

Early Dismissal	
8:00-8:55	1 st /5 th period
9:00-9:55	2 nd /6 th period
10:00-10:30	Lunch A
10:35 -11:30	3rd/7th period
10:00-10:55	3 rd /7 th period
11:00-11:30	Lunch B
11:35-12:30	4 th /8 th period
12:35-1:30	9 th /10 th period

The Daily Bulletin

Thursday, November 7th
White Day



Weekly Bell Schedule November 4-8	
Monday	Green -Veterans Assembly Schedule
Tuesday	White
Wednesday	Green
Thursday	White -Conferences Early Release
Friday	Green- Early Release

NEWS UPDATES

MVHS Parent Conference

TODAY, November 7, from 2-5 pm & 6-8 pm in the Cafeteria.
Please come to the foyer of New Main to check in. See you there!

Congrats to our AMAZING MVHS football team

on making the playoffs in back to back seasons for the first time in school history!
Please congratulate your players and coaches on the historic accomplishment! The Bulldogs play Friday night at Graham Kapowsin, the number two ranked team in the state, in the first round of the playoffs. Go Bulldogs!

If you are interested in Boy's wrestling

there will be a meeting this Friday at 12:45 in the mat room. Come meet the new coach and get ready for the wrestling season! Go Bulldogs!

All players interested in boys' basketball

need to have all paperwork, physical completed, along with athletic fee paid before the first day of tryouts which begin Monday November 18th. We will meet in the field house on Monday Nov. 18 at 2:50 in turnout gear.

Attention Future Softball Players

There is a parent/player meeting tomorrow, Today, November 7th @ 6PM in G5.
We look forward to you meeting the new coaching staff.

New Bell Schedule

Beginning November 12th, MVHS will be going to a 3-lunch schedule. The daily bell schedule is always posted at the top of this page.

Important Phone Numbers for the High School

Main Office: 428-6100 Fax: 428-6152 Counseling Office: 428-6156 Fax: 428-6157
Attendance: 428-6153 Fax: 428-6201 Athletic Office: 428-6191 Fax 428-6192
ASB: 428-6174 Fax: 428-6192 CTE: Fax 428-6143

Juniors! Do you want to go to college but aren't sure where to start?

Consider joining the College Success Foundation Achievers Scholars Program. As an Achiever, you will receive group and one-on-one guidance on determining your college fit, exploring career fields, applying for college, and navigating the scholarship search. You'll also have the opportunity to participate in college visits and our 3-day overnight ACE program at a college campus this summer. The final deadline for applications is Friday, November 15th - stop by the College and Career Center and chat with Ashley Barnes, College Prep Advisor, to learn more!

-----SENIORS-----

Yearbook Baby Ads and Senior Portraits


Yearbook Baby Ads for seniors are on sale now. Early bird pricing is \$50 for 1/4 page and \$100 for 1/2 page if ordered by November 15th.



Mount Vernon School District

Growing Healthy Students!



Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month: Broccoli!!! Join us November 5th and 19th as we enjoy local broccoli! Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium & fiber. A few lucky schools will have special guests in their cafeterias those days. Lets get excited about Broccoli!!				1-Nov French Bread Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
4-Nov Mandarin Orange Steamed Rice/Steamed Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	5-Nov Hamburger French Fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	6-Nov Cheese Stuffed Breadsticks marinara Sauce/ Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	7-Nov Smothered Burrito Spanish Rice Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	8-Nov Variety Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
11-Nov No School! Veterans Day	12-Nov Chicken Nuggets French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	13-Nov Ham and Cheese Sandwich Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	14-Nov Nachos w/ Taco Meat Cheese Sauce & Salsa Black Beans & Corn Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	15-Nov Pepperoni Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
18-Nov Beef Teriyaki Dippers Egg Roll/Steamed Broccoli Fortune Cookie Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	19-Nov Crispy Chicken Burger French Fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	20-Nov Breakfast for Lunch Mini Pancakes & Sausage Link Sakuma blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	21-Nov Thanksgiving Meal Turkey & Gravy Mashed Potatoes Roll/ Cranberries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	22-Nov Cheese Pizza Caesar Salad/Rice Krispy Salad & Fruit Bar Nonfat Chocolate Milk
25-Nov Cheese Stuffed Breadsticks Marinera Dipping Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	26-Nov Grilled Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	27-Nov Pepperoni Pizza Frosted Cookie Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk	28-Nov No School Thanksgiving Break 	29-Nov No School Thanksgiving Break

Meal Prices:	
Elementary Breakfast	No Charge
Elementary Lunch	\$2.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50

\$\$\$ Student Lunch News \$\$\$

Please note: Balances carry over from last year, even if you have changed school sites in the Mount Vernon School District.

Please be aware of your student's lunch account balance. Applications for free and reduced lunches are located in the school office and the Food Service office.
We appreciate your attention!