

Green/White Schedule	
8:00 – 9:25	1 st /5 th Period
9:30 – 10:55	2 nd /6 th Period
11:00 – 11:30	Lunch A
11:35 – 1:00	3rd/7th Period
11:00 – 11:45	3 rd /7 th Period
11:50 – 12:20	Lunch B
12:25 – 1:00	3 rd /7 th Period
11:00 – 12:25	3 rd /7 th Period
12:30 – 1:00	Lunch C
1:05 – 2:30	4 th /8 th Period
2:35 – 4:00	9 th /10 th Period

The Daily Bulletin

Thursday, January 9th

White Day



Weekly Bell Schedule

January 6-10, 2020

Monday	Green
Tuesday	White
Wednesday	Green Advisory
Thursday	White
Friday	Green Early Release

NEWS UPDATES

Cheerleading Tryouts

for the 2020-2021 team are coming up! Make sure you are doing well in classes, stretching and jumping to prepare. Tryouts are open to all students that are current 9th-11th graders. Applications will be released in mid-January. Tryouts are March 2, 3, 4, & 5. Email Coach Whitman with questions- kwhitman@mvsd320.org

All students are welcome to attend workouts

on Mondays, Wednesday's, and Thursdays before school from 6:45-7:45am or after school from 2:45-3:45pm.

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Baby ads appearing in this year's Skagina

must be submitted and paid for by Friday, February 1st. No extensions will be available. Don't wait until the last minute.

MVHS Graduation Ceremony

will be held Friday, June 5th, 2020 at Angel of the Winds Arena in Everett. Overwhelmingly, our students and families have indicated this choice as their preference which was gathered from family and student surveys recently sent out by the Superintendent's office.

The Washington State Opportunity Scholarship is now open!

This is an amazing scholarship opportunity worth \$22,500. The College and Career Center will be hosting a scholarship workshop on Tuesdays, January 14th and 21st during both lunches! Lunch will be provided. See you there!

It's time for the 2020 Science Night T shirt contest!

YOU could design the 2020 Science Night T shirt! All you have to do is submit your entries by Feb 14 @ 2:30pm. Get the rules, an entry form & see examples of past winners on your advisory google classroom or from any teacher! Turn your entry in to Ms. Farren. There is a giant envelope on her office door in nm300, or put entries in her mailbox.

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Director of Special and Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.



Special

Growing Healthy Students!



Monday 6-Jan	Tuesday 7-Jan	Wednesday 8-Jan	Thursday 9-Jan	Friday 10-Jan
Beef Dippers Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Bites Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Meatball Sub Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Spicy Chicken Burger Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	French Bread Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
General Tso Chicken Steamed Rice Egg Roll Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Teriyaki Burger Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	White Chicken Chili Tortilla Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Popcorn Chicken Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Variety Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
NO SCHOOL! Martin Luther King Jr. Day	Breakfast for Lunch Mini Pancakes & Sausage Links Sakuma Strawberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Chicken Bacon Ranch Burgers Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Crispitos Flamas Sour Cream/Salsa Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Chicken Pizza Caesar Side Salad Mini Rice Krispie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
No School!	Cheese Stuffed Breadsticks Marinera Dipping Sauce Caesar Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Mandarin Orange Chicken Steamed Rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Buffalo Bites Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Pepperoni Pizza Caesar Side Salad/Mini Rice Krispie Salad & Fruit Bar Nonfat Chocolate Milk

Each lunch comes complete with
salad bar or fresh vegetable, choice of fresh fruit, and milk!



This institution is an equal opportunity provider and employer. Menu subject to change without notice. Questions? Call David Connors, Food Services Director, at (360) 428-6149.