

## Regular Schedule

8:00-9:25	1 <sup>st</sup> /5 <sup>th</sup> period
9:30-10:55	2 <sup>nd</sup> /6 <sup>th</sup> period
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35 -1:00	3 <sup>rd</sup> /7 <sup>th</sup> period
11:00-12:25	3 <sup>rd</sup> /7 <sup>th</sup> period
<b>12:30-1:00</b>	<b>Lunch B</b>
1:05-2:30	4 <sup>th</sup> /8 <sup>th</sup> period
2:35-4:00	9 <sup>th</sup> /10 <sup>th</sup> period

# The Daily Bulletin

Monday, March 4, 2019

White Day



Weekly Bell Schedule  
03/04-03/08

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

## News Updates

### Cheer Tryouts

If you would like to try out for Cheer next year, please attend the following meetings;

**Feb. 1<sup>st</sup> Informational Tryout Meeting NM 321 at 2:45 \*\*Tryout packets Released\*\***

Feb. 6<sup>th</sup> Open Gym 6:30-8pm

Feb. 12<sup>th</sup> Open Gym 6:30-8pm

Feb. 27<sup>th</sup> Parent Meeting 6pm MVHS Library

Feb. 28<sup>th</sup> Last day to turn in Applications to Mrs. Whitman (mailbox or classroom NM 321)

Tryouts are March 4, 5, 6 & 7<sup>th</sup> 6-8pm in the Mat room

\*All athletic paperwork must be completed & turned in prior to first night of tryouts!

### Class Photo

On Wed, **MARCH 13<sup>th</sup>**, Skagina will be taking an all school photo in the Friendship Circle during advisory. We will also be taking all class photos for Freshmen, Sophomores, and Juniors. Please make sure you are in attendance so you don't miss out on the exciting photo event. Students are encouraged to wear their class color that day.

Freshmen-Green  
Sophomores-Grey  
Juniors-White  
Seniors-Black

## 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

### **Spotlight on Women**

The College and Career Center would like to invite 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> grade female students to an exciting field trip at McIntyre Hall on Thursday, March 21<sup>st</sup> 8:00am-2:00pm. The field trip is “Spotlight on Women in STEM” sponsored by Skagit STEM. The field trip features companies such as Microsoft, Facebook, Amazon, Paccar, Hexcel, as well as women in Healthcare! Permission slips are available in the College and Career Center.



# MARCH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	<b>Teriyaki Chicken</b> With Brown Rice Sliced Peaches/Broccoli Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Mini Burgers</b> French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Breakfast for Lunch</b> Whole Grain Waffle Sausage Links Applesauce cup Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Chicken Pot Pies</b> Salad & Fruit Bar 1% Milk & NF Chocolate Milk	<b>Variety Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	
3	4	5	6	7	8	9
	<b>Mandarin Orange Chicken</b> Egg Roll Broccoli Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Spicy Chicken Burger</b> Chips Coleslaw Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Creamy Alfredo w/ spinach</b> Roll Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Buffalo Chicken Bites</b> Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>French Bread Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	
10	11	12	13	14	15	16
	<b>Teriyaki Beef Dippers</b> Steamed Brown Rice Broccoli Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Hot Ham and Cheese</b> Sunchips Carrot Sticks Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Variety Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Cook's Choice Day!</b> Secret Treat Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Fish Sticks and Fries</b> Cole Slaw Salad & Fruit Bar Nonfat Chocolate Milk	
17	18	19	20	21	22	23
	<b>Buffalo Chicken Bites</b> WG Frosted Sugar Cookie! Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Variety Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Chicken Chow Mein</b> Stir Fried Veggies Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Meatball Sub</b> Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Cheese Stuffed Breadsticks</b> With marinara sauce Spinach Salad Nonfat Chocolate Milk	
24	25	26	27	28	29	30
	<b>Teriyaki Chicken</b> Steamed Brown Rice Broccoli Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Grilled Cheese</b> Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>Breakfast for Lunch</b> Mini Maple Pancakes Sausage Links Strawberries Salad & Fruit Bar Nonfat & 1% Milk	<b>Chicken Bacon Ranch</b> Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<b>French Bread Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk	