DAILY BULLETIN for
WEDNESDAY, OCTOBER 23, 2019

TODAY’S SCHEDULE: Blocks 2, 4, 6 | Paws Time | Collab: INDIVIDUAL

Today’s Bells

- Thursday, Oct. 24  Blocks 1, 3, 5, 7 | Paws Time
- Friday, Oct. 25   Periods 0-7 | Club Time | PTSA Luncheon

THIS WEEK:

➔ Make sure you have your Club Pass for Club Time on Friday! No pass? Stay in 2nd period!
➔ Juniors! There’s a mandatory junior class meeting in the NPAC during Club Time this Friday. Mrs. Yamada, one of our counselors, will be presenting important information you’ll need to navigate your year. Juniors - go to the NPAC on Friday, not your CLUB!
➔ Voting is open for the KING 5’s BIG GAME OF THE WEEK! Get on king5.com and cast your vote. It’s us vs. IHS at the Pop on Friday!

NATIONAL SUDDEN CARDIAC ARREST AWARENESS MONTH!

Keep your heart in the game and get a free EKG youth heart screening on November 6th in the Bothell High gym. You may be one in 250 teens with an underlying heart condition that can put you at risk for Sudden Cardiac Arrest, a syndrome that can stop your heart without warning. This is an easy test - no needles or x-rays, just a non-invasive EKG that measures your heartbeat. We encourage all students to attend (and you miss a little bit of class!). Check out the Bothell High School website for details on how to register for the Nick
of Time heart screening. Ask your parents to complete the registration packet and return it to the main office prior to the screening.

**ALERT: AP STUDENTS!**
Get online and register for your exams! Even though the tests aren’t until May, registration is only open until Oct. 31st. Go to myap.collegeboard.org and make sure your account is set up. You’ll get your “join codes” from your AP teachers, then pay the fees on Total Registration.

**THE CLOCK IS TICKING SO GET REGISTERED!**

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**OCTOBER IS BULLYING PREVENTION MONTH**

The theme this week is INCLUSION:
- Continue to encourage inclusive activities throughout the school day (especially during lunch).
- Introduce yourself to a student you haven’t met before.

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**SPORTS SCHEDULE / DAILY BELL SCHEDULE**
**Tuesday, October 22, 2019**
- 4:00 pm: Boys Tennis Varsity Skyline (B) Bothell Skyline High School
- 5:00 pm: Girls Soccer Varsity Bothell Ingelmoor Pop Keeney Stadium
- 7:00 pm: Girls Soccer Varsity Bothell Ingelmoor Pop Keeney Stadium

**Wednesday, October 23, 2019**
- 4:00 pm: Boys Tennis Varsity Skyline (B) Bothell Skyline High School
- 5:15 pm: Volleyball Junior Varsity Bothell Eastlake Bothell High School
- 6:30 pm: Volleyball C-Train Bothell Eastlake Bothell High School
- 8:00 pm: Football C-Train Mount Si Bothell Mt. Si High School
- 7:00 pm: Volleyball Varsity Bothell Eastlake Bothell High School

**Thursday, October 24, 2019**
- 3:00 pm: Girls Swim Varsity Eastlake Bothell Juanita Aquatics Center
- 4:00 pm: Girls Softball Varsity Chief Sealth Bothell SWAC
- 5:00 pm: Girls Soccer Junior Varsity Lake Washington Bothell Lake Washington HS
- 7:00 pm: Girls Soccer Varsity Lake Washington Bothell Lake Washington HS

**Friday, October 25, 2019**
- 8:00 am: Boys Tennis Varsity Kingsman Tournament Quarterfinals and Semi Finals (Equidistant)
- 9:00 am: Girls Softball Varsity Bothell Eastlake Bothell High School
- 7:00 pm: Football Varsity Ingelmoor Bothell Pop Keeney Stadium

**Saturday, October 26, 2019**
- TBD: Volleyball Junior Varsity Bothell (10) Bellevue... Edmonds
- 6:00 am: Boys Tennis Varsity Kingsman Tournament Finals and Consolation
- 11:00 am: Boys Cross Country Varsity Bellevue (10) Bothell... Lake Sammamish State Park
- 11:00 am: Girls Cross Country Varsity Bellevue (10) Bothell... Lake Sammamish State Park
- 1:00 pm: Girls Soft Varsity Juanita (32) Eastside... Juanita High School

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**COLLABORATIVE WEDNESDAY**
**Periods 0, 2, 4, 6: 95 min. classes**

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<tr>
<th>Period</th>
<th>Time</th>
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<tr>
<td>0</td>
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<td>4</td>
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