

# Mar Vista High School

October 19th - October 24th, 2026

| Day and Date           | MONDAY- 19                                                                                                                                                                                                                                                                                                                                                           | TUESDAY- 20                                                                                                                                                                                                              | WEDNESDAY- 21                                                                                                                                                     | THURSDAY- 22                                                                                                                                                                                                                                                                                                 | FRIDAY- 23                                                                                                                                                                                         |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| School Day Event Type  | Full<br>8:30-3:35                                                                                                                                                                                                                                                                                                                                                    | Green<br>8:30-3:35                                                                                                                                                                                                       | Gold<br>8:30-3:35                                                                                                                                                 | Green<br>8:30-3:35                                                                                                                                                                                                                                                                                           | Gold<br>8:30-3:35                                                                                                                                                                                  |
| STUDENT ACTIVITIES     | Varsity Flag Football Vs. Chula Vista @ Mar Vista High School 5pm ( <b>SENIOR NIGHT!</b> )<br><br>ARE YOU ON THE CHOICES LIST???<br><br>@marinersasb<br>@mvh_athletics<br><br>Want to have an announcement made?<br><a href="mailto:asb.mariner@gmail.com">asb.mariner@gmail.com</a> | Boys Water Polo Vs. Otay Ranch @ Southwestern College <ul style="list-style-type: none"> <li>JV @ 4pm</li> <li>Varsity @ 5pm</li> </ul>                                                                                  | Boys Water Polo @ Mater Dei Catholic <ul style="list-style-type: none"> <li>JV @ 3pm</li> <li>Varsity @ 4pm</li> </ul>                                            | JV Football Vs. Castle Park HS @ Mar Vista High School 3:30pm<br><br>Varsity Girls Golf Southbay Day 2 @ Chula Vista GC 2pm<br><br>Girls Volleyball Vs. Chula Vista HS @ Mar Vista High School <ul style="list-style-type: none"> <li>Novice @ 3:30pm</li> <li>JV @ 3:30pm</li> <li>Varsity @ 5pm</li> </ul> | Varsity Boys Water Polo D2 Tournament @ Mar Vista High School 3:30pm<br><br>Boys Cross Country @ Kit Carson Park <ul style="list-style-type: none"> <li>JV @ 3pm</li> <li>Varsity @ 3pm</li> </ul> |
|                        |                                                                                                                                                                                                                                                                                                                                                                      | Varsity Girls Golf South Bay Day 1 @ National City GC 1pm<br><br>Girls Volleyball @ Sweetwater High School <ul style="list-style-type: none"> <li>Novice @ 3:30pm</li> <li>JV @ 3:30pm</li> <li>Varsity @ 5pm</li> </ul> | Varsity Girls Flag Football Vs. Southwest HS @ Mar Vista High School 5pm<br><br>United Against Hate Activities<br><br>Wishwell EmpowerME Student Group 12:45-1:45 | Varsity Boys Water Polo D2 Tournament @ Mar Vista High School 6:30pm ( <b>SENIOR NIGHT!</b> )<br><br>Varsity Boys Water Polo D2 Tournament @ Mar Vista High School 8pm                                                                                                                                       |                                                                                                                                                                                                    |
|                        |                                                                                                                                                                                                                                                                                                                                                                      | Teen Mobile Clinic @lunch in the quad                                                                                                                                                                                    |                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                    |
| STAFF                  | SSC 3:45 in Room 410                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                          |                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                              | Staff Appreciation Day at Football Game                                                                                                                                                            |
| PARENTS                |                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                          |                                                                                                                                                                   | Wishwell Parent Empowerment Workshop 11:00-12:00pm                                                                                                                                                                                                                                                           |                                                                                                                                                                                                    |
| SATURDAY, October 24th |                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                          |                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                              | <b>UPCOMING:</b><br>Next Spirit Week: October 26th<br>Bell Game:10-30<br>Veteran's Day Celebration:11-10<br>Athletic Clearances start 10/26<br>Pancakes with the Principal 10/29 in the library    |