



# MVHS DAILY BULLETIN

Tuesday, September 13, 2022

This Week's Schedule	
Monday	White Day- Regular Schedule
Tuesday	Green Day- Extended Advisory
Wednesday	White Day - Early Release
Thursday	Green Day - Regular Schedule
Friday	White Day - Regular Schedule

Today's Bell Schedule	
Time:	Class Period:
8:00-9:10	1st/5th
9:15-10:10	Advisory
10:15-11:25	2nd/6th
<b>11:30-12:00</b>	<b>Lunch A</b>
12:05-1:15	3rd/7th
11:30-12:10	3rd/7th
<b>12:15-12:45</b>	<b>Lunch B</b>
12:50-1:15	3rd/7th
11:30-12:40	3rd/7th
<b>12:45-1:15</b>	<b>Lunch C</b>
1:20-2:30	4th/8th

## Important Dates

September Early Release Days: Sept. 14 & 21  
 Homecoming Week: Sept 26 – Oct 1  
 Homecoming Dance: Saturday, 10/1, 7-10 pm  
 Picture Make Up Day: Thurs., 10/6, 10am-3pm

## Upcoming Activities & Events

Mon, 9/13 -Girls Volleyball vs SW-JV/5:40pm, V-7pm  
 -Girls Swim at Oak Harbor at 4pm  
 -Girls Soccer V/JV at Ferndale 4pm  
 Thur., 9/15, Hispanic Heritage Day Kick-Off, 11-1,  
 Friendship Circle  
 Frid., 9/16, "Freeze Tag", in Courtyard- 1-1

## College Rep Visit Dates

Pacific Northwest College of Art: 9/13 - 10AM  
 University of Oregon: 9/21 - 8AM  
 Pacific Lutheran University: 9/22 - 1PM  
 SUNY at Purchase College: 9/29 - 9AM  
 Calvin University: 9/30 - 10AM

## Important Reminders

Parents/Guardians: It is important you are signed-up with Remind- it is the platform used for all communication.

**One energetic model needed for a runway show**  
 THIS Thursday, September 15, at Lairmont Manor in Bellingham, 4:30 pm Please see Ms. Watts ASAP!

### Freshmen!

Be sure to join freshmen advisory GC. Use join code **evaumds** !

**Want to learn more about the French speaking world?**  
 Club francophone/French club will hold an interest meeting on Wednesday at 12:30 and Thursday at 2:40. You only need to attend one meeting. Merci!

### Homecoming Royalty Nominations

Nominations this year will be different. Each club & Fall sports team will be given 2 nominations per grade level. Elections are on Sept. 27th. The top 6 in each class will move on to the finals on Sept. 29th. Winners will be announced on MVHStv & ASB Instagrams on Sept. 29th and presented at the Homecoming Football game Friday, Sept. 30th. Go get involved in a club today!

### Homecoming Dance is Coming Up!

- Saturday, October 1st from 7pm-10pm in the MVHS cafeteria.
- Tickets are \$15 per student & free of charge to all Free/Reduced lunch students who have opted to share this information with MVHS when they filled out their application form.
- Tickets are expected to go on sale Tuesday, 9/20 & each white day after that during all lunches.
- Tickets will also be available for purchase outside of lunch hours from the ASB office.
- Students requesting a free ticket must go to the ASB office to have their F/R lunch status verified and pick up their tickets.
- Guest form can be found on the MVHS website and must be turned into Mr. Bernal by 9-27 no later than 3pm.

## MVHS Clubs

Debate Team - Mon/Tue, 3-5pm, Admin 114

TSA - meets Thursdays, 2:45pm, CTE 6

French Club -

## Important Numbers:

**Athletic Office: 360-428-6191**

Sports Schedules and Event Information

**Attendance Office: 360-428-6153**

Report Student Absence or Tardy

**College & Career Center: 360-428-6256**

**Counseling Office: 360-428-6156**

Registration, Schedules, Transcripts, Running Start & More

**Transportation: 360-428-6147**

Bus and Schedule Information

## Useful MVHS Links

[Athletic Event Schedule](#)

[Art Department](#)

[College and Career Center](#)

[Music Department](#)

[Student Health Services](#)

[MVHS Website](#)

## TSA (Technology Students Association) Club

For any students interested in technologies or any technical fields.

We meet every Thursday at 2:45 in room CTE 6. See Mr Erickson or

Mr Young for any questions.

## Bulldog Girls Basketball Host Open Gym!

Bulldog Girls Basketball is hosting open gym times every

Wednesday and Thursday night, from 7:00-8:00 PM beginning

September 14. We hope to see you on the court!

## Class of 2026 Elections

Freshman senate elections will take place on 9-27. Visit the [MVHS](#)

[website](#) for more information and [Freshman Senate Application](#).

- Applications due: 9/22
- Elections slide and video due: 9/22
- Campaigning: 9/7-9/27
- Election Day: 9/27 9:30-1pm
- All elected senators must enroll in 7th period ASB-Leadership.

## MVHS College & Career Center

The MVHS C&C Center provides students & parents with access

to current information & resources on college and career

planning. We can assist with Career Exploration, Post High

School Options, and College Planning. Contact us at

360.428.6256 or the [College and Career Center](#) website.

**MVHS is offering the PSAT (11th Grader) & the SAT & ASVAB**

**(12th Grade)** on October 12th at 8am. Deadline to sign up is

September 13th. Click here to learn more and to sign up. [Click](#)

[here to learn more and to sign up](#)

**College Reps will be visiting MVHS throughout the fall** both

in person and virtually. It's a chance for Juniors & Seniors to learn

more about college options & admission requirements. Only

Juniors and Seniors may attend. See Career Center for more

information and to sign up. Visit dates are listed on page 1.

## MVSD STUDENT HEALTH SERVICES

### HEALTH SERVICE QUESTIONS?

Click [MVSD Student Health Services](#)

to find the answers.

### COVID QUESTIONS?

Click [MVSD COVID Information Page](#)

to find answers?

### MASK MANDATE

At this time masks are optional for students and staff in our schools and uses.

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### MISTAKES & ERRORS

The author of this bulletin is human, so please do not be surprised if there are occasional errors. Thank you.



## SEPTEMBER 2022

**Special**  
*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>7-Sep</b> Chicken Strips Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>8-Sep</b> Mashed Potato Bowl Popcorn Chicken Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>9-Sep</b> Meatball Sub Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
	<b>12-Sep</b> Cheese Stuffed Breadsticks & Marinara Sauce Educational Cookie Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>13-Sep</b> Corn Dog Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>14-Sep</b> Spaghetti & Meatsauce Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>15-Sep</b> Eggo Waffles Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>19-Sep</b> Chicken Strips Goldfish Crackers Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>20-Sep</b> Hotdog Tater Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>21-Sep</b> Macaroni & Cheese Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>22-Sep</b> Chicken Alfredo Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>23-Sep</b> Toasted Cheese Sandwich Tomato Soup Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>26-Sep</b> Corn Dog Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>27-Sep</b> Mashed Potato Bowl Corn Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>28-Sep</b> Mandarin Orange Chicken Egg Rolls Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>29-Sep</b> Chicken Strips Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>30-Sep</b> Meatball Sub Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>3-Oct</b> Cheese Stuffed Breadsticks  Marinara Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>4-Oct</b> Mandarin Orange Chicken  Egg Rolls Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>5-Oct</b> Pasta Bake  Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>6-Oct</b> Breakfast for Lunch Eggo Waffles & Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>7-Oct</b> Hot Ham and Cheese Sliders  Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk

### Meal Price

Elementary Breakfast	No Charge
Elementary Lunch	No Charge
Adult Lunch	\$4.00
Side Milk	unavailable

### Important News:

Mount Vernon School District recently changed our food program with the government due to our high level of poverty / free and reduced eligible students. The new program we operate under is called CEP or Community Eligibility Provision. This allows all enrolled students to eat at no charge and there is no more free and reduced applications.

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.

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

