



MVHS DAILY BULLETIN

Friday, September 16, 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:
8:00-9:25	1st/5th
9:30-10:55	2nd/6th
11:00-11:30	Lunch A
11:35-1:00	3rd/7th
11:00-11:45	3rd/7th
11:50-12:20	Lunch B
12:25-1:00	3rd/7th
11:00-12:25	3rd/7th
12:30-1:00	Lunch C
1:05-2:30	4th/8th
2:35-4:00	9th/10th

Important Dates

September Early Release Days: Sept. 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

Friday, September 16:
 "Freeze Tag"- Courtyard at lunchtime
 Boys Tennis JV vs. Sedro-Woolley 4pm
 Boys Tennis V at Sedro-Woolley HS 3:30pm
 Football V at Arlington HS 7pm

College Rep Visit Dates

University of Oregon: 9/21 - 8AM
 University of WA: 9/22 - 9am
 Pacific Lutheran University: 9/22 - 1PM
 SUNY at Purchase College: 9/27 - 9AM
 George Fox University: 9/29 - 10AM
 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.

Interested in being a Teaching Assistant?

Ms.Zavala at the attendance office is looking for TA's?

Students, if you borrow a day-loaner chromebook, please return it to the library by the end of the day. They are only meant to be used for the day. Once we're out of them, obviously, your fellow students will lose a valuable back-up. Thanks!

Lost and Found Location

The lost & found of smaller items is in the Admin Building front desk.

Student Schedules, Questions and Changes

To minimize disruptions to student schedules and teacher class lists, the last day for students to submit a schedule change inquiry is this Friday 9/16. As outlined in the MVHS Student Handbook, the approved reasons for a schedule change are listed below.

1. Schedule is incomplete (missing a class)
2. Student has taken and received credit previously
3. Student does not meet prerequisite for the class
4. Student needs course for graduation requirement
5. Inappropriate skill level placement (e.g., incorrect math level)

Please see page 11 of this year's Student Handbook for additional information regarding schedule changes.

Class of 2026 Elections

Freshman senate elections will take place on 9-27. Visit the [MVHS website](#) for more information and [Freshman Senate Application](#).

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](#)

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 College & Career Center

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.

Are you a Juniors interested in taking the PSAT on October 12th at 8am at MVHS? We have 25 more tests available and it will be first come first serve. Please complete this [form](#) below to register. You will be emailed a confirmation. Or visit the MVHS Homepage 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.

Seniors: Scholarships are available in Naviance. The College and Career Center web page>College>Paying for College to learn more.

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

