



MVHS DAILY BULLETIN

Friday, September 30, 2022

This Week's Schedule

Monday	White Day- Regular Schedule
Tuesday	Green Day- Advisory Schedule
Wednesday	White Day - Regular Schedule
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

Homecoming Game: Frid., 9/30, 7-9:30, home

Homecoming Dance: Sat., 10/1, 7-10 pm

Picture Make Up Day: Thurs., 10/6, 10am-3pm

Upcoming Activities & Events

Friday, September 30:

Boys Tennis V vs. Squalicum - 4pm

Football V vs. Marysville Getchell - 7pm

Boys Tennis JV at Squalicum HS - 4:00pm

Saturday, October 1:

Girls Swim V@ OH -Vanderzicht Memorial Pool 11am

College & Career Center

College Rep Visits:

Calvin University - 9/30 at 10am

U of Portland - 10/4 at 8am

NW University - 10/4 at 10am

Gonzaga University- 10/6 at 8am

Seattle University - 10/6 at 10am

Pacific Lutheran University - 10/6 at 1pm

Western Washington University -10/6 at 2pm

Seniors: Find scholarships through [Naviance](#)

Important Reminders

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

MVHS Homecoming Week

Friday, September 30

DRESS WITH: *Bulldog Pride*

LUNCH TIME ACTIVITY: WATER BALLOON TOSS

HOMECOMING FOOTBALL GAME VS MARYSVILLE, 7PM

Saturday, October 1

HOMECOMING "HOLLYWOOD" DANCE, 7-10PM, MVHS CAFETERIA

Visit the MVHS website for answers to all of your questions about the Homecoming Dance.

Museum of Northwest Art

We invite you to Fiesta Latina, October 2nd, Sunday 3pm - 6pm!

FIESTA LATINA

Sunday, October 2, 3pm - 6pm

121 South First Street, La Conner, WA 98257

Free Admission

Celebrate with MoNA National Hispanic Heritage Month! We invite you to enjoy an afternoon of art, music and activities for the whole family. This event will be both in English and Spanish, and everyone is invited to attend!

Admission is FREE

The celebration will open with a walk-through of the galleries and a catalog signing of the current exhibition with international Mexican painter, Alfredo Arreguín.

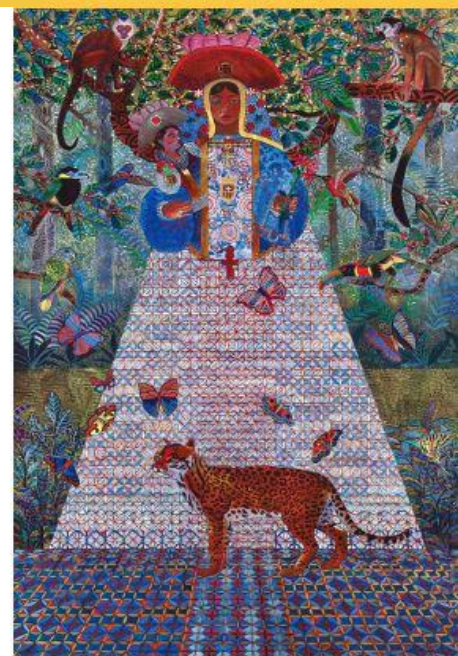


Image: Alfredo Arreguín, "Mujer Senora de la Selva," 1999, oil on canvas, 72" x 48"

MVHS Clubs

AVID Club - every other Monday, CTE-1, 2:40

FBLA - Mondays, 2:35PM, CTE9

FCCLA - meets Mondays, 2:45 pm, NM321

FFA - Mondays, 2:40pm, in CTE2

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

Key Club - Weds, Early Release, 2:45pm, N206

Outdoor Leadership - Fridays, 2:40pm, Friendship Cir

Pacific Islander Assoc. - Thurs, 2:45pm, OM108

Pride Club - Mondays, 2:45pm, OM308

Robotics Team - Tues/Fri, 3:30- 6:30 in CTE 10.

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

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

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](#)

Tickets on sale

You can still purchase tickets from the ASB office in the gym before and after school and during lunches.

ASB Cards Are Here!

They will be handed out during all 3 lunches this week.

Class of 2023

The yearbook wants your old photos of you and other Bulldogs from the Class of 2023 when you were younger (ie, K-8th grade). Upload your photo using this form and don't forget to tell us who is all in the photo. [CLICK HERE TO UPLOAD YOUR PHOTO](#)

The After School Activities Bus

is up and running. It runs M-TH, picks you up outside the cafeteria at 4. You will need a bus pass from your teacher and/or activity advisor.

MVHS College Thursdays

The Mount Vernon High School College and Career Center, Rm N104 is offering SENIORS help every Thursday during all three lunches during the month of October. Get assistance with:

- Financial Aid
- College Applications
- Understanding your options
- Scholarship Information

We are here to support you!

No need to make an appointment. Just drop in.

Food Provided!

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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MVHS DAILY BULLETIN

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The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Executive Director/Student Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.

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
<div>Welcome Back to School!</div>		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**

