



# MVHS DAILY BULLETIN

Wednesday, October 26, 2022

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

Today's Bell Schedule	
Time:	Class Period:
8:00-9:25	1st/5th
9:30-10:55	2nd/6th
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35-1:00	3rd/7th
11:00-11:45	3rd/7th
<b>11:50-12:20</b>	<b>Lunch B</b>
12:25-1:00	3rd/7th
11:00-12:25	3rd/7th
<b>12:30-1:00</b>	<b>Lunch C</b>
1:05-2:30	4th/8th
2:35-4:00	9th/10th

## Important Dates

October Early Release Days: Oct. 27 & 28  
 Conferences: Thurs. Oct. 27, at 2-5 & 6-8pm  
 November Early Release Days: Nov. 2, 16, 23  
 Daylight Savings-Fall Back: November 6  
 Veterans Day-No School: Friday, November 11  
 Thanksgiving Break-No School: Nov 24 & 25

## Upcoming Activities & Events

Wednesday, October 26:  
 -Boys C Football at Cascade HS at 4:30pm  
 -V Boys Tennis (Distr 1 Tourn) at Snohom HS- 11am

## Senior Corner

### Senior Portraits Are Due 10-28-2022

They must be in portrait orientation, JPEG Format, no props (car, family members, etc.)Must follow school dress code.

[Click here to upload](#)

### Senior Yearbook Ads

The final day to order your Senior Ad is 2-1-2023. Early bird pricing ends 10/31/2022. On 11/1/2022 the price will increase to \$60 for 1/4 page ad and \$120 for 1/2 page ad.

[Click here to design your ad.](#)

### Young Senior Photos Due 10-31-22

The yearbook wants your old photos of you & 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](#)

## Parent Teacher Conferences

Thursday, October 27th, from 2-5pm and 6-8pm  
 Mount Vernon High School Cafeteria & Library

## Senior Portraits Are Due Friday, 10-28-2022

They must be in portrait orientation, JPEG Format, no props (car, family members, etc.)Must follow school dress code.

[Click here to upload](#)

## Homecoming portraits are now available

All proceeds go towards the free/reduced lunch student discount on yearbooks. More photos will be uploaded on Thursday. Click here [MVHS Homecoming Photos](#)

## Designers Needed

Your ASB & Senate have voted to purchase a spirit T-shirt for every MVHS student. **We need you** to submit your t-shirt design by uploading your submissions via [T-Shirt Design Contest](#). We will put all of the design proposals up for a vote by the entire school on 11/8. Depending on how many submissions are turned in, a second vote on 11/15 may be needed.

## MVHSTV

Your source for Bulldog News!

[Click here to stream and subscribe](#)

## College & Career Center

### College Rep Visits:

Oregon State University - 11/8 at 9am

## 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 Links

[Art  
Department](#)

[College &  
Career Center](#)

[Music  
Department](#)

[Athletic Event  
Schedule](#)

[Student Health  
Services](#)

[MVHS  
Website](#)

## 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?

## Attention 11th and 12th Graders

Interested in learning more about Bellingham Technical College? The College and Career Center will be heading to Bellingham Technical College on Nov 15th to view their programs. Stop by the College and Career Center to pick up a permission slip today!

## Senior Parents

The College and Career Center has a video and presentation available to answer questions about the college application process and more. Visit the [MVHS College and Career Center website](#). Parents to watch the video and review the presentation. Ms. Zimmer is available via email at [pzimmer@mvsd320.org](mailto:pzimmer@mvsd320.org) or by phone at 360.428.6256.

## Join Us Every Day After School!

The Boys and Girls Club meets everyday after school at 2:30 in the cafeteria. Experience VR, Magic Club, and Field Trips! Sign up at [skagitclubs.org](http://skagitclubs.org) or talk to a staff member at the club.

## The After School Activities Bus

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

## New Bulldog Spirit Gear Store

VHS has switched vendors for our online spirit gear store. The new Under Armour store can be found by visiting the following:

[MVHS Sprit Gear Store](#)

## MVHS Website

Check out our school website. There is lots of great information!

[mountvernonhigh.mountvernonschools.org](http://mountvernonhigh.mountvernonschools.org)

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**MVHS DAILY BULLETIN**

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### NONDISCRIMINATION

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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.

# OCTOBER 2022

## Mount Vernon High School Special

*Growing Healthy Students!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10-OCT</b> CHICKEN STRIPS W/ ROLL FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>11-OCT</b> MANDARIN ORANGE CHICKEN, STEAMED RICE FORTUNE COOKIES FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>12-OCT</b> NON STUDENT DAY	<b>13-OCT</b> CHICKEN STRIPS CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>14-OCT</b> CHICKEN SALAD CROISSANT SAND CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK
<b>17-OCT</b> CORNDOG CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>18-OCT</b> CHICKEN STRIPS CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>19-OCT</b> MACARONI AND CHEESE ROLL FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>20-OCT</b> SWEET AND SOUR CHICKEN, RICE FORTUNE COOKIE FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>21-OCT</b> MEATBALL SUB TREAT FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK
<b>24-OCT</b> MINI CALZONES MARINARA CUP/ TREAT FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>25-OCT</b> CHICKEN STRIPS ROLL FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>26-OCT</b> CHICKEN ALFREDO ROLL FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>27-OCT</b> BREAKFAST FOR LUNCH FRENCH TOAST AND SAUSAGE FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>28-OCT</b> HOT HAM AND CHEESE ON A BRIOCHE BUN CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK
<b>31-OCT</b> CHEESE STUFFED BREADSTICKS MARINARA SAUCE/ FRUIT SNACKS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>1-NOV</b> BAKED POTATO BAR CHILI, CHEESE, SOUR CREAM, BUTTER FRESH FRUIT AND VEGETABLES 1% WHITE MILK OR CHOCOLATE MILK	<b>2-NOV</b> TERIYAKI CHICKEN RICE/FORTUNE COOKIE FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>3-NOV</b> CHICKEN STRIPS CHIPS FRESH FRUIT AND VEGETABLES 1% WHITE MILK OR CHOCOLATE MILK	<b>4-NOV</b> BBQ PORK SANDWICH CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK

### Meal Price

Student Breakfast/Lunch Charge	No
Adult Lunch & Salad Bar	\$4.00
Side Milk	\$0.75

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

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.**