



MVHS DAILY BULLETIN

MONDAY, OCTOBER 31, 2022

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

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

Monday, October 31:
 HOME-
 C/JV/V Girls Volleyball vs. Ferndale HS, 5:40/7pm

Bulldog EDGE opens Today, Monday Oct. 31

Monday-Thursday in the MVHS Library from 2:30-4pm

MVHS Students serving in Teen Court

Skagit County Teen Court had its inaugural session last Wednesday night! This program is a collaboration between Skagit County Courts & MVHS. We are a real court and hear real cases focused on restorative justice principles. MVHS students work with attorney mentors and representatives from



the prosecutor's office, juvenile court, and Judge Niedzwski to serve in a variety of roles (judge, jury, defense and prosecution teams, bailiffs, etc.). Students interested can contact Mrs. Jewell or Mrs. Keen.

Senior Corner

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](#)

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 or by phone at 360.428.6256.

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.

Happy Halloween!

Please remember to follow the school dress policy laid out in the [MVHS Student Handbook](#).

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

LUCHA Club- Thursday's at 2:30 in NM223

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!

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 or talk to a staff member at the club.

Questions About Transcripts, Running Start, Registration, NCTA, and More?

The MVHS Counseling Department provides students and families resources to help navigate high school and beyond. School counselors can assist you with academics, college and career readiness and personal/social concerns and support. Contact the counseling office at 360-428-6156 or check out their website [MVHS Counseling Department](#)

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](#)

MVHSTV

Your source for Bulldog News!

[Click here to stream and subscribe](#)

MVHS Website

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

mountvernonhigh.mountvernonsschools.org

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MVHS DAILY BULLETIN

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