



# MVHS DAILY BULLETIN

Tuesday, November 1, 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:
8:00-9:15	1st/5th
9:20-9:50	Advisory
9:55-11:10	2nd/6th
11:15-11:45	Lunch A
11:50-1:10	3rd/7th
11:15-11:50	3rd/7th
11:55-12:25	Lunch B
12:30-1:10	3rd/7th
11:15-12:35	3rd/7th
12:40-1:10	Lunch C
1:15-2:30	4th/8th

## Important Dates

November Early Release Days: Nov. 2, 16, 23  
 Daylight Savings-Fall Back: November 6  
 Picture Retakes/Make-Up: November 10  
 Veterans Day-No School: Friday, November 11  
 Thanksgiving Break-No School: Nov 24 & 25

## Upcoming Activities & Events

Tuesday, November 1:  
 No athletic events today

Thursday, November 3:  
 Jazz/Mariachi/Folklorico Concerts, Aud, 5/7pm

## 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.](#)

### 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.

## Interested in turning out for boys basketball?

Please plan on attending a short informational meeting this Thursday immediately after school in the gym. That is this Thursday right after school in the gym. Please make arrangements to attend!

## Congrats to the girls cross country team!

They are the first girls team qualify for state since 2009. Way to go Ava Rifenburg, Leila Stampanoni, Taylor Hoyer, Kiera Ruble, Elin Neuhaus, Ana Capote, Sophia Grechishkin

## MVHS Music Department Invites You

We would like to invite you to the first concert in the New Auditorium. We will be featuring a festive night of Mariachi, Folklorico Dance, and Jazz! There will be two concerts on Thursday, November 3rd, one at 5:00 pm and one at 7:00 pm. Seats are filling up fast. Both events are free, but we are asking for audience members to reserve a seat. If you are interested in attending, please visit: [www.mv-music.org](http://www.mv-music.org) to select a seat.

## November 10th is the Last Day for Picture make-ups and Retakes

There are a lot of students who have not had their picture taken yet. Students will not only be able to get into games for free without an ASB card, but they will also not appear in the yearbook. Pictures begin at 8am and finish at 3pm in alpha order. Schedule will be available.

## 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](http://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!

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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.

# NOVEMBER 2022

## Mount Vernon High School Special

Growing Healthy Students!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7-Nov</b>	<b>8-Nov</b>	<b>9-Nov</b>	<b>10-Nov</b>	<b>11-Nov</b>
PEPPERONI CALZONE MARINARA SAUCE/ TREAT	CHICKEN STRIPS CHIPS	MANDARIN ORANGE CHICKEN POT STICKERS	FLAUTAS Treat	VETERAN'S DAY NO SCHOOL
FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	
<b>14-Nov</b>	<b>15-Nov</b>	<b>16-Nov</b>	<b>17-Nov</b>	<b>18-Nov</b>
CORNDOG CHIP	CHICKEN SALAD CROISSANT CHIPS	BURRITO FRITO CHIPS W/PICO DE GALLO	TURKEY GRAVY AND MASHED POTATOES DINNER ROLL & COOKIE!	CHEESE STUFFED BREADSTICKS TOMATO SOUP GOLDFISH CRACKERS
FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK
<b>21-Nov</b>	<b>22-Nov</b>	<b>23-Nov</b>	<b>24-Nov</b>	<b>25-Nov</b>
CHICKEN STRIPS SUNCHIPS	PIEROGIS	FLAUTAS Treat	THANKSGIVING DAY! NO MEAL SERVICE	NO MEAL SERVICE
FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT AND VEGETABLES		
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK		
<b>28-Nov</b>	<b>29-Nov</b>	<b>30-Nov</b>	<b>1-Dec</b>	<b>2-Dec</b>
CHEESE STUFFED BREADSTICKS MARINARA SAUCE/ TREAT	BREAKFAST FOR LUNCH OMELET, SAUSAGE PATTY BISCUIT	MACARONI AND CHEESE ROLL	MASHED POTATO BOWL POPCORN CHICKEN/CORN	PEPPERONI CALZONE MARINARA SAUCE/TREAT
FRESH FRUIT SALAD BAR	FRESH FRUIT AND SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK



EACH LUNCH COMES COMPLETE WITH  
SALAD BAR OR FRESH VEGETABLE,  
CHOICE OF FRESH FRUIT, AND MILK

Meal Prices:  
Elementary Breakfast & Lunch: No  
Charge  
Adult Lunch & Salad Bar: \$5.00  
Side Milk: \$0.75

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