



MVHS DAILY BULLETIN

Tuesday, February 28, 2023



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

MVHS Main Campus Advisory Schedule	
Time	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
11:15-12:35	3rd/7th
12:40-1:10	Lunch B
1:15-2:30	4th/8th
2:35-4:00	9th/10th

ON TIME
START
TODAY

INSIDE YOU WILL FIND

- ▶ Monthly Wellness Tips - page 3
- ▶ Senior Corner - page 3
- ▶ March Lunch Menu - page 4

IMPORTANT DATES

Snow Make Up Day-In School: Wed 3/8 (green)
 Early Release Days: March 15, 22, 29, 30 & 31
 Conferences: Wednesday, March 29
 Spring Break - April 3-7

UPCOMING ACTIVITIES & EVENTS

- Feb 28-March 3**
 ▶WIDA Testing
- Feb 18-May 4**
 ▶MVHS Student art at MoNA:
- Wednesday, March 1**
 ▶Pizza w/a Professional: Lunch, NM105
- Thursday, March 2**
 ▶Running Start Info Night, 6pm, MVHS Aud.

AFTER SCHOOL OPPORTUNITIES

- Bulldog E.D.G.E.** - Homework help, MVHS Library
 M-R, 2:30-4pm, ER Days 12:30-2:45 pm
 No Bulldog Edge - March 9, 13-16.
- Boys & Girls Club** - Activities, MVHS Cafeteria
 Every Monday-Friday, 2:30-5pm
- Late Bus** - N. Cafeteria Doors
 M-R 4pm pick up, E.R.days 3pm

No Bells

Due to WIDA Testing, MVHS school bells will be off 2/28-3/3

Bulldogs!

The boys basketball team would like to send out a special thank you to everyone for the amazing support this season! We had a lot of fun along the way & hope you did as well. We appreciate all of you! Best of luck to every team & athlete getting Spring sports started this week. Go Dogs!

Spring is coming and FFA is starting up Garden Club for the season!

Join us every other Thursday starting this week, **March 2nd**, afterschool in CTE-2. Gain experience working with plants in our greenhouse and raised bed garden space, special guest speakers, community service project hours, and more! Come get your hands dirty! Join our Google Classroom to keep up with announcements: 37cbb7y

Pizza with a Professional

Wednesday, March 1 - BOTH lunches. Skagit Regional Health will be visiting to talk about the On the Job Training program as a Medical Assistant. A high school diploma or GED is required. After completion of this program, you are guaranteed a job! Join us to hear all about this great opportunity. Open to the first 35 students - ALL grades

Bulldog Edge News

Bulldog EDGE will not be held on the following days: March 9th and March 13-March 16. We have WWU tutors to help with math and science Wednesdays (Early Release, too) and Thursdays.

MVHS CLUBS

- ART Club** - meets Tues/Thurs, 2:30-4, AG1
- AVID Club** - every other Monday, CTE-1, 2:40
- DECA** - Tuesdays, 2:30PM, N102
- FBLA** - Mondays, 2:35PM, CTE 9
- FCCLA**- meets Mondays, 2:45 pm, NM321
- FFA** - Mondays, 2:40pm, in CTE2
- Debate Team** - Mon/Tue, 3-5pm, Admin 114
- Gaming Club** - White Thursdays, 2:30-4pm, N120
- Key Club** - Weds, Early Release, 2:45pm, N206
- LUCHA Club**- Thursday's at 2:30 in NM223
- Migrantes Unidos MV** - Tuesdays, 2:45pm, OM114
- Outdoor Leadership** - Frid's,2:40pm, Friendship Cir
- Pacific Islander Assoc.**-Thurs, 2:45 pm, OM 108
- 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
- MVSD Student Health Services, 360-428-6151**
- Transportation: 360-428-6147**
Bus and Schedule Information

If you would like to receive the
MVHS DAILY BULLETIN
please click the
button to subscribe:

[MVHS DAILY
BULLETIN
SUBSCRIPTION](#)

USEFUL LINKS

- [Art Department](#)
- [College & Career Center](#)
- [Music Department](#)
- [MVHS Counseling](#)
- [Athletic Event Schedule](#)
- [MVHS Website](#)
- [Student Health Services](#)
- [MVHS Instagram](#)
- [Student Health Services](#)
- [MVHS Facebook](#)
- [MVHSTV](#)
- [TEA WITH DR. V](#)

MVHS/Skagit Valley College Running Start Information Night

When: Thursday, March 2nd at 6:00pm
Where: Mount Vernon High School, Old Main Auditorium
For: Students who feel ready to take on a college experience, who are thinking about or planning to apply to Running Start for next year are HIGHLY encouraged to attend. Parents/guardians are also welcome and encouraged to attend.
If you are unable to attend this in person event, please view options for virtual (online) information sessions hosted by SVC, by clicking [HERE](#). For detailed information regarding the Running Start Program visit the [MVHS Running Start website](#).

Lousina Artist works with Visual Fine Art Students

Kendall Krebsbach, Northwest College of Art & Design, will be here this week working with MVHS Art Students. She originally hails from Louisiana where she attended Louisiana State University receiving her Bachelor's degree in Theatre. Along with working at NCAD, she freelances with local theatre companies working as a director and lighting designer. At NCAD and beyond, Kendall hopes she can share her love and passion for the arts and help guide others to recognize their artistic paths.

Seniors, 65% of you have outstanding fines and fees!

Some of these date back to elementary school! These **MUST** be taken care of prior to graduation. **Now's the time** to check out your fees & fines in Skyward or check with Ms. Duncan in the ASB Office between 7:15am -3:00pm. Return any Library/Textbooks you are not currently using, to the library so those fines will come off. Other fines can be paid through 1) Skyward Family Access, 2) over the phone (360-428-6174) with debit/credit card or 3) in the ASB Office with cash, check, debit/credit card. **Do Not wait until May - take care of these Now!**

Cap and Gown Orders - Order your graduation cap and gown here: [MVHS GRAD 2023 ORDER LINK](#)

TBD (Mid April): Cap & Gowns available for pick up

June 9, 2023: Graduation, 7:00 PM
[Angel of the Winds Arena](#), Everett, WA

SENIOR
CORNER

MVHS Athletic Department News

THIS WEEKS SCHEDULE

Springs Sports Schedule can be found here:
<https://mvhsbulldogs.com/events/03/2023>

RECENT SCORES

MVHS Spirit Gear Store

Get ready for Spring sports with Bulldog spirit wear. Visit the online store here:

[MVHS SPIRIT GEAR STORE](#)



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](#)

Student Parking at MVHS

The Mount Vernon High School allows student drivers to park on campus in the south parking lot and by the tennis courts if they have a parking permit. Permits are issued on a first come, first served basis. Due to construction, this year's spots are and have been limited. Those who do not have a parking permit, are not allowed to park on campus or on the neighboring city streets per city ordinance.

MONTHLY WELLNESS TIPS

February
Issue #3

From your MVHS Counseling Team

The start of a new semester is a great time to revamp your efforts to organize your life and create balance among your many responsibilities. Here are some ways you can stay organized in school and stay on top of your workload:

1. Get into a Routine: Using a planner or calendar to keep track of your responsibilities is super helpful in creating a routine. Getting into a routine can help with time management and can help you stay on track of important things to do.

2. Use tools to stay organized: Along with a planner or calendar, the use of other tools can help you stay organized; Pencil pouches to keep your writing utensils and other school supplies in one spot so you don't lose them; Folders to keep paperwork so they do not become loose in your backpack—this is how things get lost or forgotten!; Notebooks are handy to have on hand to write to-do lists, jot down assignment due-dates, and other important information to remember.

3. Color code and use labels: Color coding and labeling can help keep you on top of school work and due dates especially when balancing eight different classes. Use a different color for each class and highlight important dates and assignments with the associated color.

4. Break down big tasks into smaller ones: Big tasks can seem really overwhelming. By breaking down the assignment or task into smaller chunks it will reduce your anxiety and help you get a little bit done at a time. It may be helpful to set deadlines for yourself for each smaller part.

Have a great second semester!

NONDISCRIMINATION

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.

MARCH 2023

Mount Vernon High School Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
27-Feb	28-Feb	1-Mar	2-Mar	3-Mar
Corndog	Chicken Bacon Ranch Burger	MAX Stuffed Breadsticks w/ Marinara Sauce	Mandarin Orange Chicken	Maccaroni & Cheese
Cheese Its Crackers	Chips	Fruit Snack	Egg Roll	Roll
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
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
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
<i>Breakfast for Lunch</i> Mini Waffles	Chicken Strips	Tater Tot Casserole	Teriyaki Rice Bowl	Fish And Chips
Sausage Links	Cheddar Chex Mix	Roll	With Broccoli	Coleslaw
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
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
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Chicken Salad Sandwich on a Croissant	Chicken Alfredo	Sloppy Joes	Mandarin Orange Chicken	MAX Stuffed Breadsticks w/ Marinara Sauce
Chips	Roll	Tater Tots	Egg Rolls	Fruit Snack
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
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
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Chicken Strips	Hot Dog & Baked Beans	Hot Ham and Cheese Sandwich	Baked Potato Bar With Chili, Cheese, & Broccoli	Fish and Chips
Sunchips	Chips	Chips		Coleslaw
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
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



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.

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

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