

# MYHS DAILY BULLETIN

#### MVHS Main Campus Regular Schedule

Time	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	5th/9th

### Friday, September 17th, 2021 White Day - Regular Schedule

This weeks Bell Schedule		
Monday	White Day	
Tuesday	Green Day- Advisory	
Wednesday	White Day-Early Release	
Thursday	Green Day	
Friday	White Day	

MVHS South Campus Regular Schedule			
Time	Period		
7:50-9:15	1st/5th		
9:20-10:45	2nd/6th		
10:50-11:20	Lunch A		
11:25-12:50	3rd/7th		
10:50-11:35	3rd/7th		
11:30-12:00	Lunch B		
12:05-12:50	3rd/7th		
10:50-12:15	3rd/7th		
12:20-12:50	Lunch C		
12:55-2:20	4th/8th		
2:35-4:00	5th/9th		

### **Important Dates:**

Picture Retakes: Thursday, October 21, 2021

Senior Portraits Due: Friday, October 29,2021

Click here to Upload your photo

#### **MVHS Club News**

**FBLA (Future Business Leaders of America)** will be meeting Mondays after school in CTE-9. See you there!

Mount Vernon FFA (Future Farmers of America) is meeting for the first time this year on MONDAY, September 20th afterschool in CTE-2. Please join us for free food, play some cornhole games, and see what our club has planned for this year! Whether you want to compete in a leadership event, welding contest, floral art shows, be a club officer, volunteer at the animal shelter, help raise plants in our school greenhouse, and a million other things--- FFA is for you! See Mr. Hopkins or Ms. Morrison with your questions and find us on Instagram and Facebook! Go Bulldogs!

# Students & Staff, if you don't want to wait in long lines at Friday's Battle of the Bridge

football game, buy your game tickets in the Athletic Office TODAY from 7:30am-3:00pm.

#### **Attention Leaders:**

Election applications are due by TODAY, Friday, September 17th. It is not too late to consider applying to be an ASB officer or a class senator. If you want to make sure events like Prom and traditional senior activities are well planned, we need your voice. If you have any questions, please see Mr. Hornbacher in CT4.

#### Reminder:

The third floor of new main is closed during lunch. There is no eating on the 3rd floor of new main. Please eat lunch in the cafeteria or friendship circle!

#### **Join Debate Practice!**

Mondays & Tuesdays from 3-6 pm in Ms. Breum's room, NM224 and Zoom on Wednesdays from 7-9pm. Join us before October 15th!

## All girls who plan on playing Girls Basketball

this year are invited to our first Open Gym this Sunday, Sept. 19, from 6:30-7:30 PM. Open Gym is a time to work on your basketball skills and hoop it up with friends who also love basketball. We hope to see you there!

### **Open Weight Room!**

IF you are looking to lift weights in preparation for sports, to make up missed PE classes or just to get in shape, come join us in the MVHS Weight Room for open workout times. The weight room will be open Mon, Wed and Fri after school 2:45-4:00 pm and before school Tue and Thurs 6:45-7:45!

# The MVHS College & Career Center is open for business.

All students are welcome to stop by and learn more about careers and college options. College Representatives will be visiting MVHS to speak with juniors and seniors about their college, the application process and more. Seniors can find assistance with post secondary plans, college applications, financial aid and scholarship information and more! All of this information is available on the MVHS College and Career Center website. https://sites.google.com/mvsd320.org/mvhscollegeandcareercenter/home

#### **Hey Bulldogs!**

Did you know that **E**ducation and **D**etermination **G**enerate **E**xcellence! **Bulldog E.D.G.E**. is an after school program for students to work on schoolwork and is open to ANY MVHS student! Held in the MVHS library Monday through Thursday from 2:30-4:15, beginning this week. Use this time to work on schoolwork or get tutoring help. There will be a late bus for those who need transportation. Bus passes will be issued to Bulldog E.D.G.E. students at 4:00. Direct any questions to Mrs. Love in CTE 3 or see the bulletin board in the hallway outside the library.

### **MVHS Parking News**

A parking permit is needed to park anywhere on the MVHS campus. Parking permits can be purchased in the ASB office. Parking on campus without a valid parking permit is a 20\$ fine and can result in your vehicle being towed from campus at your expense. If you have any questions, please contact the security office at MVHS

#### Signing up for sports?

Head to the Athletic Office located in the Gym

#### Is there a team event today?

Check out the bulldog schedule here

MVHS Bulldog Athletic Schedule

### Looking for new Bulldog Gear to wear?

Check out the online **School Store**.

Grade/Grad Year	Your Google Classroom Code
Freshman 2025	c26chgy
Sophomore 2024	jfcnzcg
Junior 2023	scayne3
Senior 2022	zt2hgkt

# Questions about our Student Health Services?

Click here to have all of them answered

**MVSD Student Health Services** 

#### 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.



### **High School**

**Growing Healthy Students!** 

Monday	Tuesday	Wednesday	Thursday	Friday
-	9610	1-Sep	2-Sep	3-Sep
Welcome Back to School!		Corn Dogs Tater Tots Freash Fruit/ Veggies  1% White Milk or Chocolate	Chicken Strips Fries Fresh Fruit/ Veggies  1% White Milk or Chocolate	Pizza (Variety of Choices) Caesar Salad Mini Rice Krispie Trea 1% White milk or Chocolate
	7.0			
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
Labor Day! No School. No Food Service.	Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit Side Salad 1% White Milk or	Manderine Orange Chicken Rice/ Broccoli Fresh Fruit Fortune Cookie 1% White Milk or	Popcorn chicken  Tater Tots Fresh Fruit  Veggies 1% White Milk or	(Variety of choices) Caesar Salad Mini Rice Krispie Treat 1% White Milk or
	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
13-Sep Corn Dog	14-Sep Bacon Ranch Chicken	15-Sep Pasta Bake	16-Sep Tamale	17-Sep Pizza
Tater Tots Red Grapes Veggies 1% White Milk or Chocolate Milk	Burger French Fries Fresh Fruit Veggies 1% White Milk or Chocolate Milk	Texas Toast Fresh Fruit Veggies 1% White Milk or Chocolate Milk	Hot Sauce Jicama & Lime Fresh Fruit 1% White Milk or Chocolate Milk	(Variety of Choices) Caesar Salad Mini Rice Krispie Treat 1% White Milk or Chocolate Milk
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
Super Pretzel w/ Cheese Sauce for dipping Caesar Salad Fresh Fruit & Veggies 1% White Milk or Chocolate Milk	Popcorn Chicken Tater Tots Fresh Fruit Veggies 1% White Milk or Chocolate Milk	Teriyaki Beef Dippers Rice & Broccoli Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	Nacho Bites Flama Chips/Salsa Fresh Fruit Veggies 1% White Milk or Chocolate Milk	Pizza (Variety of Choices)  Caesar Salad Mini Rice Krispie Treat 1% White Milk or Chocolate Milk
27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
Cheese Stuffed Breadsticks Marinara Sauce Side Salad Fruit	Breakfast For Lunch  Panckaes  Omelette  Sausage Link/Fruit	Egg Rolls  Rice & Broccoli  Fresh Fruit  Fortune Cookie	Burrito/Garden Salsa Chips W/ Hot Sauce Fresh Fruit Veggies	Pizza (Variety of Choices) Caesar Salad Mini Rice Krispie Treat
1% White Milk or	1% White Milk or	1% White Milk or	1% White Milk or	1% White Milk or
Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	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.

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



#### Meal Prices:

Student Lunch	Free
Adult Lunch	\$4.00
Side Milk	\$0.50

#### 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.