



MVHS DAILY BULLETIN

Wednesday, September 22nd, 2021 Green Day - Early Release Schedule

MVHS Main Campus Early Release Schedule

Time	Period
8:00-8:55	1st/5th
9:00-9:55	2nd/6th
9:55-10:25	Lunch A
10:30-11:30	3rd/7th
10:00-10:25	3rd/7th
10:30-11:00	Lunch B
11:05-11:30	3rd/7th
10:00-10:55	3rd/7th
11:00-11:30	Lunch C
11:35-12:30	4th/8th
12:35-1:30	5th/9th

This weeks Bell Schedule

Monday	Green Day
Tuesday	White Day- Advisory
Wednesday	Green Day-Early Release
Thursday	White Day
Friday	Green Day

MVHS South Campus Early Release Schedule

Time	Period
7:50 - 8:45	1st/5th
8:50 - 9:45	2nd/6th
9:45 - 10:15	Lunch A
10:20 - 11:20	3rd/7th
9:50-10:15	3rd/7th
10:20-10:50	Lunch B
10:55-11:20	3rd/7th
9:50 - 10:45	3rd/7th
10:50 - 11:20	Lunch C
11:25 - 12:20	4th/8th
12:35 - 1:30	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) meets on Mondays, after school in CTE 2.

Are you interested or want to learn more about Social Justice Issues

such as, systemic racism, Black Lives Matter Movement, wealth inequality, immigration reform, human rights, and more... Then this is the club for you! Join us, in Ms. Jewell's classroom New Main 207, on Mondays from 2:30 to 3:00. Come create the change that you want to see at the High School and beyond!

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!

Class of 2025 Tetherball Tournament

There are new tether balls out on the tetherball poles!! To celebrate these Tether balls we are having a tether ball tournament on October 4th (green day) and October 5th (white day)!!! To sign up to play submit your entry to [Class of 2025 Tetherball Tournament](#) or access the QR codes around the south campus on posters. When you scan the QR code you must be signed into your student email account. There will be a prize for the winner. We hope to see you there!!!

Students interested in joining the Student Library Advisory Board (SLAB)

Stop by the library after school Monday, September 27 to learn more.

Please be patient with us in the kitchen

Our food supplier US foods are having supply issues and the menu may have to be changed at a moment's notice. Thank You!

The Dawg Pound is rallying

behind our girls soccer team at their home match vs. Lynden Christian High School on September 30th @ 7:30 pm. We will have pre-made signs to cheer on our Lady Bulldogs but feel free to bring your own school-appropriate signs. We will also have spirit prizes for those who attend

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/mvvsd320.org/mvhscolleg eandcareercenter/home>

Is there a team event today?

Check out the bulldog schedule here [MVHS Bulldog Athletic Schedule](#)

Hey Bulldogs!

Did you know that Education and Determination Generate Excellence! **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

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

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 solid 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.