



MVHS DAILY BULLETIN

MVHS Main Campus Extended Advisory

Time	Period
8:00-9:10	1st/5th
9:15-10:10	Advisory
10:15-11:25	2nd/6th
11:30-12:00	Lunch A
12:05-1:15	3rd/7th
11:30-12:10	3rd/7th
12:15-12:45	Lunch B
12:50-1:15	3rd/7th
11:30-12:40	3rd/7th
12:45-1:15	Lunch C
1:20-2:30	4th/8th
2:35-4:00	5th/9th

Wednesday, September 29th, 2021 White Day - Extended Advisory Schedule

This weeks Bell Schedule	
Monday	WhiteDay
Tuesday	Green Day- Advisory
Wednesday	White Day-Extended Advisory
Thursday	Green Day-Extended Advisory
Friday	White Day

MVHS South Campus Extended Advisory

Time	Period
7:50-9:00	1st/5th
9:05-10:00	Advisory
10:05-11:15	2nd/6th
11:20-11:50	Lunch A
11:55-1:05	3rd/7th
11:20-12:00	3rd/7th
12:05-12:35	Lunch B
12:40-1:05	3rd/7th
11:20-12:30	3rd/7th
12:35-1:05	Lunch C
1:10-2:20	4th/8th
2:35-4:00	5th/9th

2021-2022 Important Dates:

LIA Fall Fiesta Dance: Friday, Oct. 1, 7-10pm

No School: Thursday, October 13

Picture Retakes: Thursday, October 21

Homecoming Dance: Saturday, Oct 23, Time TBD

Senior Portraits Due: Friday, October 29

[Click here to Upload your photo](#)

LIA is hosting the Fall Fiesta Dance

Friday, October 1st from 7-10pm. All students are welcome. Free portraits will be done by your Skaginas staff at this event! Tickets are free, but all students must sign up for their ticket by 5pm, October 1st (via Google form on HS website), to be allowed into the dance. Register with student google account. Must show ID at the door and COVID safety rules will be enforced, so bring your masks. This dance is only for MVHS students. Unfortunately, no guests will be allowed.

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!!!

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!

MVHS Club News

Korean Culture Club is having their first official meeting Thursday, the 30th of September at 2:45 in shop room 102, for those finding others with similar interests such as Kpop, K-dramas, and Korean food.

Social Justice Club meets on Mondays from 2:30 to 3:00 in Ms. Jewell's classroom New Main 207. If you are interested in learning about systemic racism, Black Lives Matter Movement, wealth inequality, immigration reform, human rights, and more... Then this is the club for you! Come create the change that you want to see at the HS and beyond!

News From the Athletic Department

The Dawg Pound is rallying

behind our girls soccer team at their home match vs. Lynden Christian High School tomorrow, 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!

Signing up for sports?

go to <https://mountvernon-wa.finalforms.com>

Looking for new Bulldog Gear to wear?

Check out the online [School Store](#).

Is there a team event today?

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

Class of 2022....don't forget

your senior portraits are due Friday, October 29th. If you do not submit a photo, your ASB photo will be used. If you did not get an ASB photo taken, you will not be shown in the senior portrait section.

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>

Class of 2022

Senior portraits are due Friday, October 29th. If you do not submit a photo, your ASB photo will be used. If you did not get an ASB photo taken, you will not be shown in the senior portrait section.

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.