



MVHS DAILY BULLETIN

Thursday, September 29, 2022

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

Today's Bell Schedule	
Time:	Class 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	9th/10th

Important Dates

Homecoming Week: Sept 26 – Oct 1
 Homecoming Game: Frid., 9/30, 7-9:30, home
 Homecoming Dance: Sat., 10/1, 7-10 pm
 Picture Make Up Day: Thurs., 10/6, 10am-3pm

Upcoming Activites & Events

Thursday, Sept. 29:
 JV Girls Soccer @ Anacortes - 5pm
 V Girls Soccer @ Anacortes - 7pm
 V Boys Tennis vs Squalicum HS - 4pm
 JV Boys Tennis @ Squalicum-4pm

College & Career Center

College Rep Visits:
 George Fox University - 9/29 at 10am
 Calvin University - 9/30 at 10am
 U of Portland - 10/4 at 8am
 NW University - 10/4 at 10am
 Seniors: Find scholarships through [Naviance](#)

Important Reminders

Parents/Guardians: It is important you are signed-up with Remind- it is the platform used for all communication.

MVHS Homecoming Week

Monday, September 26

DRESS LIKE: *Celebrities Off Duty*
 LUNCH TIME ACTIVITY: GARBAGE FOOTBALL

Tuesday, September 27

DRESS LIKE: *Class Colon Day*
 MACHO VOLLEYBALL TOURNY, 6PM WARM-UP, 6:30 GAME, GYM
 LUNCH TIME ACTIVITY: SCHOOL SPIRIT ACTIVITY

Wednesday, September 28

DRESS LIKE: *Stunt Double Twin Day*
 LUNCH TIME ACTIVITY: HOLLYWOOD KAHOOT

Thursday, September 29

DRESS LIKE: *Old Hollywood Black and White*
 SPIRIT STICK HUNT, 7-8PM, MVHS FRIENDSHIP CIRCLE
 LUNCH TIME ACTIVITY: LIA SCHOOL SPIRIT ACTIVITY

Friday, September 30

DRESS WITH: *Bulldog Pride*
 LUNCH TIME ACTIVITY: WATER BALLOON TOSS
 HOMECOMING FOOTBALL GAME VS MARYSVILLE, 7PM

Saturday, October 1

HOMECOMING "HOLLYWOOD" DANCE, 7-10PM,
 MVHS CAFETERIA

Visit the MVHS website for answers to all of your questions about the Homecoming Dance.

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

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 MVHS Links

[Athletic Event Schedule](#)

[Art Department](#)

[College and Career Center](#)

[Music Department](#)

[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?

MASK MANDATE

At this time masks are optional for students and staff in our schools and uses.

Tickets on sale

Wednesday only your ASB staff will have tickets for sale during all three lunches. Tickets are \$15. You can always still purchase tickets from the ASB office in the gym.

ASB Cards Are Here!

They will be handed out during all 3 lunches this week.

Class of 2023

The yearbook wants your old photos of you and other Bulldogs from the Class of 2023 when you were younger (ie, K-8th grade). Upload your photo using this form and don't forget to tell us who is all in the photo. [CLICK HERE TO UPLOAD YOUR PHOTO](#)

Looking for a job with a regular paycheck?

Stop by the worksite learning table in the cafeteria TODAY, Wednesday, 9/28 during all three lunches. Talk to Mr. Erickson or Mrs. Chandler with CTE. They'll tell you how you can receive high school credits for the job you already have or plan to get. Want a job but don't know where to look? They've got you covered there too! Come on down and work smarter, not harder!

The After School Activities Bus

is up and running. It runs M-TH, picks you up outside the cafeteria at 4. You will need a bus pass from your teacher and/or activity advisor.

MVHS Website

Check out our school website. There is lots of great information! mountvernonhigh.mountvernonschools.org

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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.

SEPTEMBER 2022

Special
Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome Back to School!</p>		7-Sep Chicken Strips Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	8-Sep Mashed Potato Bowl Popcorn Chicken Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	9-Sep Meatball Sub Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
	12-Sep Cheese Stuffed Breadsticks & Marinara Sauce Educational Cookie Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	13-Sep Corn Dog Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	14-Sep Spaghetti & Meatsauce Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	15-Sep Eggo Waffles Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
19-Sep Chicken Strips Goldfish Crackers Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	20-Sep Hotdog Tater Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	21-Sep Macaroni & Cheese Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	22-Sep Chicken Alfredo Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	23-Sep Toasted Cheese Sandwich Tomato Soup Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
26-Sep Corn Dog Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	27-Sep Mashed Potato Bowl Corn Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	28-Sep Mandarin Orange Chicken Egg Rolls Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	29-Sep Chicken Strips Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	30-Sep Meatball Sub Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
3-Oct Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	4-Oct Mandarin Orange Chicken Egg Rolls Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	5-Oct Pasta Bake Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	6-Oct Breakfast for Lunch Eggo Waffles & Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	7-Oct Hot Ham and Cheese Sliders Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk

Meal Price

Elementary Breakfast	No Charge
Elementary Lunch	No Charge
Adult Lunch	\$4.00
Side Milk	unavailable

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.

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**

