



# MVHS DAILY BULLETIN

Wednesday, November 2, 2022

This Week's Schedule	
Monday	White Day - Regular Schedule
Tuesday	Green Day - Advisory Schedule
Wednesday	White Day - Early Release Schedule
Thursday	Green Day - Regular Schedule
Friday	White Day- Regular Schedule

Today's Bell Schedule	
Time:	Class Period:
8:00-8:55	1st/5th
9:00-9:55	2nd/6th
<b>9:55-10:25</b>	<b>Lunch A</b>
10:30-11:30	3rd/7th
10:00-10:25	3rd/7th
<b>10:30-11:00</b>	<b>Lunch B</b>
11:05-11:30	3rd/7th
10:00-10:55	3rd/7th
<b>11:00-11:30</b>	<b>Lunch C</b>
11:35-12:30	4th/8th
12:35-1:30	9th/10th

## Important Dates

November Early Release Days: Nov. 2, 16, 23  
 Daylight Savings-Fall Back: November 6  
 Picture Retakes/Make-Up: November 10  
 Veterans Day-No School: Friday, November 11  
 Thanksgiving Break-No School: Nov 24 & 25

## Upcoming Activities & Events

Wednesday,, November 2:  
 HOME-  
 Volleyball C/JV/V vs. Anacortes 5:40pm/7:00pm  
 Thursday, November 3:  
 Jazz/Mariachi/Folklorico Concernts, Aud, 5/7pm

## Senior Corner

### Senior Yearbook Ads

The final day to order your Senior Ad is 2-1-2023. The price will is \$60 for 1/4 page ad and \$120 for 1/2 page ad. [Click here to design your ad.](#)

### Senior Parents

The College and Career Center has a video and presentation available to answer questions about the college application process and more. Visit the [MVHS College and Career Center website](#). Parents to watch the video and review the presentation. Ms. Zimmer is available via email at [pzimmer@mvsd320.org](mailto:pzimmer@mvsd320.org) or by phone at 360.428.6256.

## Are you interested in being a part of the MVHS Girls Wrestling program?

If so, there will be an informational meeting on Monday Nov. 7th at 2:45 in the Mat Room. Please contact Coach Landis in Old Main 103 with any questions

## Interested in turning out for boys basketball?

Please plan on attending a short informational meeting this Thursday immediately after school in the gym. That is this Thursday right after school in the gym. Please make arrangements to attend!

## MVHS Music Department Invites You

We would like to invite you to the first concert in the New Auditorium. We will be featuring a festive night of Mariachi, Folklorico Dance, and Jazz! There will be two concerts on Thursday, November 3rd, one at 5:00 pm and one at 7:00 pm. Seats are filling up fast. Both events are free, but we are asking for audience members to reserve a seat. If you are interested in attending, please visit: [www.mv-music.org](http://www.mv-music.org) to select a seat.

## November 10th is the Last Day for Picture make-ups and Retakes

There are a lot of students who have not had their picture taken yet. Students will not only be able to get into games for free without an ASB card, but they will also not appear in the yearbook. Pictures begin at 8am and finish at 3pm in alpha order. Schedule will be available.

## College & Career Center

### College Rep Visits:

Oregon State University - 11/8 at 9am

## 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

**LUCHA Club**- Thursday's at 2:30 in NM223

**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 Links

[Art Department](#)

[College & Career Center](#)

[Music Department](#)

[Athletic Event Schedule](#)

[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?

## Join Us Every Day After School!

The Boys and Girls Club meets everyday after school at 2:30 in the cafeteria. Experience VR, Magic Club, and Field Trips! Sign up at [skagitclubs.org](http://skagitclubs.org) or talk to a staff member at the club.

## Afterschool Homework Help?

### Bulldog EDGE

Monday-Thursday in the MVHS Library from 2:30-4pm

## The After School Activities Bus

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

## New Bulldog Spirit Gear Store

VHS has switched vendors for our online spirit gear store. The new Under Armour store can be found by visiting the following:

[MVHS Sprit Gear Store](#)

## MVHSTV

Your source for Bulldog News!

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### NONDISCRIMINATION

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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.



# NOVEMBER 2022

## Mount Vernon High School Special

*Growing Healthy Students!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7-Nov</b>	<b>8-Nov</b>	<b>9-Nov</b>	<b>10-Nov</b>	<b>11-Nov</b>
PEPPERONI CALZONE MARINARA SAUCE/ TREAT	CHICKEN STRIPS CHIPS	MANDARIN ORANGE CHICKEN POT STICKERS	FLAUTAS Treat	VETERAN'S DAY NO SCHOOL
FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	
<b>14-Nov</b>	<b>15-Nov</b>	<b>16-Nov</b>	<b>17-Nov</b>	<b>18-Nov</b>
CORNDOG CHIP	CHICKEN SALAD CROISSANT CHIPS	BURRITO FRITO CHIPS W/PICO DE GALLO	TURKEY GRAVY AND MASHED POTATOES DINNER ROLL & COOKIE!	CHEESE STUFFED BREADSTICKS TOMATO SOUP GOLDFISH CRACKERS
FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR
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
<b>21-Nov</b>	<b>22-Nov</b>	<b>23-Nov</b>	<b>24-Nov</b>	<b>25-Nov</b>
CHICKEN STRIPS SUNCHIPS	PIEROGIS	FLAUTAS Treat	THANKSGIVING DAY! NO MEAL SERVICE	NO MEAL SERVICE
FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT AND VEGETABLES		
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK		
<b>28-Nov</b>	<b>29-Nov</b>	<b>30-Nov</b>	<b>1-Dec</b>	<b>2-Dec</b>
CHEESE STUFFED BREADSTICKS MARINARA SAUCE/ TREAT	BREAKFAST FOR LUNCH OMELET, SAUSAGE PATTY BISCUIT	MACARONI AND CHEESE ROLL	MASHED POTATO BOWL POPCORN CHICKEN/CORN	PEPPERONI CALZONE MARINARA SAUCE/TREAT
FRESH FRUIT SALAD BAR	FRESH FRUIT AND SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR
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



**EACH LUNCH COMES COMPLETE WITH  
SALAD BAR OR FRESH VEGETABLE,  
CHOICE OF FRESH FRUIT, AND MILK**

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

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