



MVHS DAILY BULLETIN

Monday, February 28, 2023

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

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

INSIDE YOU WILL FIND

- ▶ Monthly Wellness Tips - page 3
- ▶ Senior Corner - page 3
- ▶ March Lunch Menu - page 4

IMPORTANT DATES

Spring Sports Start: Monday, Feb 27
 Snow Make Up Day-In School: Wed 3/8 (green)
 Early Release Days: March 15, 22, 29, 30 & 31
 Conferences: Wednesday, March 29
 Spring Break - April 3-7

UPCOMING ACTIVITIES & EVENTS

WIDA Testing: Feb 28-March 3
 Feb 18-May 4: MVHS Student art at **MoNA**

AFTER SCHOOL OPPORTUNITIES

Bulldog E.D.G.E. - Homework help, MVHS Library
 M-R, 2:30-4pm, ER Days 12:30-2:45 pm
 No Bulldog Edge - March 9, 13-16.
Boys & Girls Club - Activities, MVHS Cafeteria
 Every Monday-Friday, 2:30-5pm
Late Bus - N. Cafeteria Doors
 M-R 4pm pick up, E.R.days 3pm

No Bells

Due to WIDA Testing, MVHS school bells will be off 2/28-3/3

Bulldog Edge News

Bulldog EDGE will not be held on the following days: March 9th and March 13-March 16. We have WWU tutors to help with math and science Wednesdays (Early Release, too) and Thursdays.

MVHS Spirit Gear Store

Get ready for Spring sports with Bulldog spirit wear. Visit the online store here: [MVHS SPIRIT GEAR STORE](#)

Report All Student Absences and Tardies in Writing

Parents or guardians, to report an absence or tardy of the absence to the attendance office within 48 hours of your student returning to school. For convenience, written confirmation can be submitted via email to ATTENDANCE.SECRETARY@MVSD320.ORG

- Student Name:
- Date(s) Out or Tardy:
- Period(s) Missed:
- Reason Out:

Lousina Artist works with Visual Fine Art Students

Kendall Krebsbach, Northwest College of Art & Design, will be here this week working with MVHS Art Students. She originally hails from Louisiana where she attended Louisiana State University receiving her Bachelor's degree in Theatre. Along with working at NCAD, she freelances with local theatre companies working as a director and lighting designer. At NCAD and beyond, Kendall hopes she can share her love and passion for the arts and help guide others to recognize their artistic paths.

MVHS CLUBS

- ART Club** - meets Tues/Thurs, 2:30-4, AG1
- AVID Club** - every other Monday, CTE-1, 2:40
- DECA** - Tuesdays, 2:30PM, N102
- FBLA** - Mondays, 2:35PM, CTE 9
- FCCLA**- meets Mondays, 2:45 pm, NM321
- FFA** - Mondays, 2:40pm, in CTE2
- Debate Team** - Mon/Tue, 3-5pm, Admin 114
- Gaming Club** - White Thursdays, 2:30-4pm, N120
- Key Club** - Weds, Early Release, 2:45pm, N206
- LUCHA Club**- Thursday's at 2:30 in NM223
- Migrantes Unidos MV** - Tuesdays, 2:45pm, OM114
- Outdoor Leadership** - Frid's,2:40pm, Friendship Cir
- Pacific Islander Assoc.**-Thurs, 2:45 pm, OM 108
- 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
- MVSD Student Health Services, 360-428-6151**
- Transportation: 360-428-6147**
Bus and Schedule Information

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USEFUL LINKS

- [Art Department](#)
- [College & Career Center](#)
- [Music Department](#)
- [MVHS Counseling](#)
- [Athletic Event Schedule](#)
- [MVHS Website](#)
- [Student Health Services](#)
- [MVHS Instagram](#)
- [Student Health Services](#)
- [MVHS Facebook](#)
- [MVHSTV](#)
- [TEA WITH DR. V](#)

Seniors, 65% of you have outstanding fines and fees!

Some of these date back to elementary school!
These **MUST** be taken care of prior to graduation.

Now's the time to check out your fees & fines in Skyward or check with Ms. Duncan in the ASB Office between 7:15am -3:00pm. Return any Library/Textbooks you are not currently using, to the library so those fines will come off. Other fines can be paid through 1) Skyward Family Access, 2) over the phone (360-428-6174) with debit/credit card or 3) in the ASB Office with cash, check, debit/credit card. **Do Not wait until May - take care of these Now!**

Cap and Gown Orders - Order your graduation cap and gown here: [MVHS GRAD 2023 ORDER LINK](#)

June 9, 2023: Graduation, 7:00 PM
[Angel of the Winds Arena](#), Everett, WA

SENIOR CORNER

Looking for Artist for the City of Mount Vernon's "ALONG THE RIVER" Banner Contest

The City of Mount Vernon's Arts Commission is proud to present a [Community Banner Project](#), an opportunity to create a banner that will hang along the scenic Downtown Riverwalk and raise awareness of Mount Vernon's natural beauty, wildlife, the Mighty Skagit River, marine life, culture, and heritage and engage the community while showcasing local artists from the state of Washington.

The purpose of the contest is to add vibrancy and color to the City's Riverwalk while promoting the diverse ecosystems and culture of Mount Vernon and Skagit County.

This is a great opportunity for local artists to display their work through this banner project. For details, click here: [Along-the-River Banner Contest](#). Submissions will be accepted through **Friday March 10th, 2023**

Don't Miss this Amazing Event to See MVHS Art Students Art on Exhibit at MoNA!

MVSD student art is on exhibition at MoNA from **February 18-May 14, 2023**. [Learning the Language of Art: MoNA Link Student Art Exhibition](#). This exhibition of student art is much more than wonderful pictures on the wall; it is a celebration of the learning and accomplishments of the K-12 students and teachers that participated in the MoNA Link program in 2022 working to integrate art into classroom curriculum using different media.

MVHS Athletic Department News

THIS WEEKS SCHEDULE

Springs Sports Schedule can be found here:
<https://mvhsbulldogs.com/events/03/2023>

RECENT SCORES

Friday, February 17

►V Boys Basketball: MV 69 MG 68

SATURDAY 2/18

- Boys Wrestling 3A ST Ryan Wilson 4th Place
- Girls Wrestling 3A ST: Shecid Garcia-Quiroz 6th
- Boys Swim 3A State Finals:
Wyatt Carlton 1st-100 Fly, 2nd-200 Free
Dan Levasseur 11th-100 Back
200 Free Relay-15th, 400 Free Relay-6th

Tuesday, February 21

►Boys Basketball: MV 46 WW 55

OPEN GYM TIMES

Softball players - very Thursday at 7:30pm and every Sunday at 7:30am in the fieldhouse

SPRING SPORTS BEGIN 2/27

FinalForms-Athletes and parents, please register using the link below to create your account and sign your forms.

[HTTPS://MOUNTVERNON-WA.FINALFORMS.COM/](https://mountvernon-wa.finalforms.com/)

Girls Golf - All girls interested in Girls Golf, please see Ms. Hagg in room NM222 for more information.

Lacrosse - If interested in turning out, email Mr. Hill with any questions.

Soccer - If you are planning to play soccer your forms must be turned in and updated. First day of tryouts is 2/27. Contact Mr. Ibarra with ?

Track & Field-If you are interested in becoming an MVHS Track and Field athlete, Please contact Coach Landis with questions.

Questions About Transcripts, Running Start, Registration, NCTA, and More?

The MVHS Counseling Department provides students and families resources to help navigate high school and beyond. School counselors can assist you with academics, college and career readiness and personal/social concerns and support. Contact the counseling office at 360-428-6156 or check out their website [MVHS Counseling Department](#)

Student Parking at MVHS

The Mount Vernon High School allows student drivers to park on campus in the south parking lot and by the tennis courts if they have a parking permit. Permits are issued on a first come, first served basis. Due to construction, this year's spots are and have been limited. Those who do not have a parking permit, are not allowed to park on campus or on the neighboring city streets per city ordinance.

MONTHLY WELLNESS TIPS

From your MVHS Counseling Team

February
Issue #3

The start of a new semester is a great time to revamp your efforts to organize your life and create balance among your many responsibilities. Here are some ways you can stay organized in school and stay on top of your workload:

1. Get into a Routine: Using a planner or calendar to keep track of your responsibilities is super helpful in creating a routine. Getting into a routine can help with time management and can help you stay on track of important things to do.

2. Use tools to stay organized: Along with a planner or calendar, the use of other tools can help you stay organized; Pencil pouches to keep your writing utensils and other school supplies in one spot so you don't lose them; Folders to keep paperwork so they do not become loose in your backpack-this is how things get lost or forgotten!; Notebooks are handy to have on hand to write to-do lists, jot down assignment due-dates, and other important information to remember.

3. Color code and use labels: Color coding and labeling can help keep you on top of school work and due dates especially when balancing eight different classes. Use a different color for each class and highlight important dates and assignments with the associated color.

4. Break down big tasks into smaller ones: Big tasks can seem really overwhelming. By breaking down the assignment or task into smaller chunks it will reduce your anxiety and help you get a little bit done at a time. It may be helpful to set deadlines for yourself for each smaller part.

Have a great second semester!

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.

MISTAKES & ERRORS

The author of this bulletin is human, so please do not be surprised if there are occasional errors. Thank you.

MARCH 2023

Mount Vernon High School Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
27-Feb	28-Feb	1-Mar	2-Mar	3-Mar
Corndog	Chicken Bacon Ranch Burger	MAX Stuffed Breadsticks w/ Marinara Sauce	Mandarin Orange Chicken	Maccaroni & Cheese
Cheese Its Crackers	Chips	Fruit Snack	Egg Roll	Roll
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
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
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
<i>Breakfast for Lunch</i> Mini Waffles	Chicken Strips	Tater Tot Casserole	Teriyaki Rice Bowl	Fish And Chips
Sausage Links	Cheddar Chex Mix	Roll	With Broccoli	Coleslaw
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
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
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Chicken Salad Sandwich on a Croissant	Chicken Alfredo	Sloppy Joes	Mandarin Orange Chicken	MAX Stuffed Breadsticks w/ Marinara Sauce
Chips	Roll	Tater Tots	Egg Rolls	Fruit Snack
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
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
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Chicken Strips	Hot Dog & Baked Beans	Hot Ham and Cheese Sandwich	Baked Potato Bar With Chili, Cheese, & Broccoli	Fish and Chips
Sunchips	Chips	Chips		Coleslaw
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
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



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.

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

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