



# MVHS DAILY BULLETIN

Wednesday, March 1, 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
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35-1:00	3rd/7th
11:00-12:25	3rd/7th
<b>12:30-1:00</b>	<b>Lunch B</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

**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

- Feb 28-March 3**  
▶WIDA Testing
- Feb 18-May 4**  
▶MVHS Student art at MoNA:
- Wednesday, March 1**  
▶Pizza w/a Professional: Lunch, NM105

- Thursday, March 2**  
▶Running Start Info Night, 6pm, MVHS Aud.  
▶College Thursdays,: Lunch, College & Career C.

## 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

## Pizza with a Professional

**TODAY, Wednesday, March 1** - BOTH lunches. Skagit Regional Health will be visiting to talk about the On the Job Training program as a Medical Assistant. A high school diploma or GED is required. After completion of this program, you are guaranteed a job! Join us to hear all about this great opportunity. Open to the first 35 students - ALL grades

## College Thursday

Lunch for the first 35 seniors in the College and Career Center Get help with financial aid, applications, scholarships - anything and everything! BOTH lunches See you there!

## Bulldogs!

The boys basketball team would like to send out a special thank you to everyone for the amazing support this season! We had a lot of fun along the way & hope you did as well. We appreciate all of you! Best of luck to every team & athlete getting Spring sports started this week. Go Dogs!

## Spring is coming and FFA is starting up Garden Club for the season!

Join us every other Thursday starting this week, **March 2nd**, afterschool in CTE-2. Gain experience working with plants in our greenhouse and raised bed garden space, special guest speakers, community service project hours, and more! Come get your hands dirty! Join our Google Classroom to keep up with announcements: 37cbb7y

## 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](#)

## MVHS/Skagit Valley College Running Start Information Night

**When:** Thursday, March 2nd at 6:00pm  
**Where:** Mount Vernon High School, Old Main Auditorium  
**For:** Students who feel ready to take on a college experience, who are thinking about or planning to apply to Running Start for next year are HIGHLY encouraged to attend. Parents/guardians are also welcome and encouraged to attend.

If you are unable to attend this in person event, please view options for virtual (online) information sessions hosted by SVC, by clicking [HERE](#). For detailed information regarding the Running Start Program visit the [MVHS Running Start website](#).

## 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.

## 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 hours 7:15am-3pm. 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](#)

**TBD (Mid April):** Cap & Gowns available for pick up

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

SENIOR CORNER

# MVHS Athletic Department News

## THIS WEEKS SCHEDULE

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

## RECENT SCORES

## MVHS Spirit Gear Store

Get ready for Spring sports with Bulldog spirit wear. Visit the online store here:

[MVHS SPIRIT GEAR STORE](#)



## 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

March  
Issue #4

*From your MVHS Counseling Team*

The start of a new month is a great time to slow down, check in with yourself, and pause to take in everything around you. This month we are encouraging you to have a Mindful March. Practicing mindfulness brings you to the present moment and allows you to pay attention to things you may otherwise be too busy to notice. Mindfulness can also help reduce stress and anxiety.

Here are some ways that you can practice mindfulness this March:

- 5 Senses Mindfulness Technique: Name 5 things you see, 4 things you hear, 3 things you feel/touch, 2 things you smell, 1 thing you taste.
- Notice your breathing; Take the time to take three deep breaths at different intervals throughout the day.
- Name your feelings without judgement– simply notice them.
- Bring to mind people you love and care about and take the time to let them know
- Eat/drink mindfully– take in the smells, textures, and tastes

## 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
<b>27-Feb</b>	<b>28-Feb</b>	<b>1-Mar</b>	<b>2-Mar</b>	<b>3-Mar</b>
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
<b>6-Mar</b>	<b>7-Mar</b>	<b>8-Mar</b>	<b>9-Mar</b>	<b>10-Mar</b>
<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
<b>13-Mar</b>	<b>14-Mar</b>	<b>15-Mar</b>	<b>16-Mar</b>	<b>17-Mar</b>
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
<b>20-Mar</b>	<b>21-Mar</b>	<b>22-Mar</b>	<b>23-Mar</b>	<b>24-Mar</b>
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