



MVHS DAILY BULLETIN

Monday, March 13, 2023

| This Week's Schedule | |
|----------------------|------------------------------------|
| Monday | Green Day - Regular Schedule |
| Tuesday | White Day - Advisory Schedule |
| Wednesday | Green Day - Early Release Schedule |
| Thursday | White Day - Regular Schedule |
| Friday | Green 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 | Lunch A |
| 11:35-1:00 | 3rd/7th |
| 11:00-12:25 | 3rd/7th |
| 12:30-1:00 | Lunch B |
| 1:05-2:30 | 4th/8th |
| 2:35-4:00 | 9th/10th |

IMPORTANT DATES

Early Release Days: March 15, 22, 29, 30 & 31
Conferences: Wednesday, March 29
Spring Break: April 3-7
MVHS Science Night: Thur, April 20, 5-8pm

UPCOMING ACTIVITIES & EVENTS

Feb 18-May 4
 ▶MVHS Student art at [MoNA](#):
March 9-16:
 ▶Bulldog Edge closed thru March 16.
Monday, March 13:
 ▶Poster Making, 2:30-4pm, NM307
Wednesday, March 15:
 ▶Choir Concert @ McIntyre Hall @ 7:00pm
Wednesday, March 16:
 ▶Poster Making, 2:30-4pm, NM307

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

SENIORS

Please check in with the Counseling Office for the spelling of your name. We want to make sure it is spelled correctly on your diploma.

Join us on a Field Trip to the Northwest Carpenters Institute on **April 24th** to learn more about apprenticeship opportunities for after graduation. Permission slips are available in the College and Career Center. Space is limited.

Heritage Language Test

It's that time again the Heritage Language Test will be on **March 25th**. At 8:30 am please stop by OM203 with Mrs. Gonzalez, Mrs. Moreno or Mrs Chuprinov in CTE A. We have 70 spots. Students this is our last time to offer the test this year so make sure you don't miss the opportunity.

Interested in Making Science Night Posters?

Science Night poster making activity will be held Monday **March 13** & **Thursday March 16** from 2:30-4 pm both days in NM307. Snacks provided, late bus at 4pm available and this counts toward volunteer hours if needed.

Bulldog Edge Closed For A Week

EDGE is closed **March 9-16** & will reopen on Mon., March 20th.

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](#)

ATHLETIC DEPT NEWS

MVHS Schedule found here: [TEAM EVENTS](#)

Purchase Bulldog spirit wear here: [SPIRIT STORE](#)

MVHS CLUBS

- ART Club - meets Tues/Thurs, 2:30-4, AG1
- AVID Club - every other Monday, CTE-1, 2:40
- Debate Team - Mon/Tue, 3-5pm, Admin 114
- DECA - Tuesdays, 2:30PM, N102
- FBLA - Mondays , 2:35PM, CTE 9
- FCCLA- meets Mondays, 2:45 pm, NM321
- FFA - Mondays, 2:40pm, in CTE2
- Gaming Club - White Thursdays, 2:30-4pm, N120
- Garden Club - Every other Thurs, 2:30pm, CTE-2
- 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

If you would like to receive the **MVHS DAILY BULLETIN**

please click the button to subscribe:

[MVHS DAILY BULLETIN SUBSCRIPTION](#)

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](#)

Class of 2023

SENIOR CORNER

Correct Spelling

Please check in with the Counseling Office to make sure your name is spelled correctly for your diploma.

Financial Aid Help

MVHS College & Career Center (Rm N104) is offering SENIORS help on Thursdays during lunches. Get assistance with Financial Aid, College Applications, Understanding your options.

Pay Your Fines

- Check your fees & fines in Skyward or with Ms. Duncan, in ASB.
- Return all Library/Textbooks you are not using to the library
- Pay your fines in Skyward Family Access, the phone (360-428-6174) with debit/credit card or in the ASB Office.

Cap & Gown

Order your grad cap & gown [MVHS Grad 2023 Order Link](#)

Important Dates For Seniors:

Monday, April 10: Cap and Gown Distribution

Wednesday, May 31: Library, text & Chromebooks due to library.

Friday, June 9th: Last day to pay fines & fees. Pay by noon.

Friday, June 9: Graduation, 7PM at [Angel of the Winds Arena](#) Everett, Washington

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

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

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.