



# MVHS DAILY BULLETIN

Tuesday, March 15, 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 Advisory Schedule	
Time	Period
8:00-9:15	1st/5th
9:20-9:50	Advisory
9:55-11:10	2nd/6th
11:15-11:45	Lunch A
11:50-1:10	3rd/7th
11:15-12:35	3rd/7th
12:40-1:10	Lunch B
1:15-2:30	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
- Early Release Days in April: 19 & 26
- MVHS Prom: Saturday, April 29

## UPCOMING ACTIVITIES & EVENTS

- Feb 18-May 4
  - MVHS Student art at [MoNA](#):
- March 9-16:
  - Bulldog Edge closed thru March 16.
- Wednesday, March 15:
  - Choir Concert @ McIntyre Hall @ 7:00pm
- Wednesday, March 16:
  - Poster Making, 2:30-4pm, N307, snacks, late bus
  - MVHS Spring Choir Concert, 7-9pm, McIntyre H

## 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.

## Congratulations to our Debate Team!

Last weekend, the MVHS Debate Team competed at the WIAA State Speech Championships, held on the beautiful University of Puget Sound campus in Tacoma, WA. Many individual awards were won and as a team, they placed 3rd overall!

## 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.

## Student or Staff Member in the MVSD?

Join our MVHS Science Night FANS & Volunteers Google Classroom! Learn how to volunteer, Get Science Night updates, share your photos from Science Night with us & more!  
Join Code: mgnpxvs

# 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**

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[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.

June 1, 2, 5 & 6: Senior Semester Finals

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
<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**

### 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.