



# MVHS DAILY BULLETIN

Monday, April 10, 2023

This Week's Schedule	
Monday	White Day- Regular Schedule
Tuesday	Green Day- Extended Advisory Schedule
Wednesday	White Day -Regular Schedule
Thursday	Green Day- Regular Schedule
Friday	White Day- PM Assembly Schedule

MVHS Main Campus Extended Advisory	
Time	Period
8:00-9:10	1st/5th
9:15-10:10	Advisory
10:15-11:25	2nd/6th
<b>11:30-12:00</b>	<b>Lunch A</b>
12:05-1:15	3rd/7th
11:30-12:40	3rd/7th
<b>12:45-1:15</b>	<b>Lunch B</b>
1:20-2:30	4th/8th
2:35-4:00	9th/10th

## IMPORTANT DATES

- Early Release Days in April: 19 & 26
- MVHS Science Night: Thur, April 20, 5-8pm
- National Bulldogs are Beautiful Day: April 21
- MVHS Prom: Saturday, April 29

## UPCOMING ACTIVITIES & EVENTS

- Tuesday, April 11:**  
►Pizza with a Pro, C&C Center, lunches
- Friday, April 14:**  
►ASB Office and Senate

## AFTER SCHOOL OPPORTUNITIES

- Bulldog E.D.G.E.** - Homework help, MVHS Library M-R, 2:30-4pm, ER Days 12:30-2:45 pm
- 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

## Slavic Heritage Language Club

starts today, **Monday, April 10th**; we will meet on Mondays, 2:30 CTE

## Pizza With A Pro

Join us in the College and Career Center on **Tuesday 4/11** for a Pizza with a Pro with HF Sinclair Refinery. Learn about exciting careers in the industry. See you there!

## MVHS Prom Information

Prom is **Saturday, April 29** at Skagit Valley Convention Center. If you are planning to take a guest who does not attend MVHS, be sure to pick up a [Guest Dance Permission Form](#) at the front office. For more information, watch the video. [MVHS Prom](#)

## Interested in running for an ASB Officer or Senate position?

Complete the following [APPLICATION](#) by **4/17/2023** and be sure to have your slide and video turned into Mr. Hornbacher ([thornbacher@mvsd320.org](mailto:thornbacher@mvsd320.org)) no later than 4/24/2023.

## Attention 9th, 10th and 11th Graders!

The application for the 23-24 National Honor Society is now open. Check your grade level google classroom for the link. Applications are due by 3pm on **May 5th**.

## Yearbook is now accepting applications!

Interviews will begin **May 2nd**. See Mr. Hornbacher if you have any questions. Complete online [APPLICATION](#)

### TIMELINE

- APPLICATIONS DUE:4/17
- ELECTIONS SLIDE AND VIDEO DUE: 4/24
- CAMPAIGNING: 4/17- ELECTION DAY (5/2 FOR OFFICERS & 5/9 FOR SENATORS)
- ELECTION DAY: 5/2 FOR OFFICERS AND 5/9 FOR SENATORS

# 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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## 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

MVHS Graduation Guide for Grads and their Families  
[Class of 2023 Graduation Guide](#)

### Correct Spelling

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

### 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, 4/10:** Cap and Gown Distribution during lunches
- Friday, 4/14:** Senior Bowling Event, 6-8pm, Riverside Lanes, Register here: [Senior Bowling](#)
- Wednesday, 5/31:** Library, text & Chromebooks due to library.
- June 1, 2, 5 & 6:** Senior Semester Finals
- Friday, 6/9:** Last day to pay fines & fees. Pay by noon.
- Friday, 6/9:** Graduation, 7PM at [Angel of the Winds Arena](#), 2000 Hewitt Avenue, Everett, Washington

## MONTHLY WELLNESS TIPS

*From your MVHS Counseling Team*

April 2023 Issue #5

As we begin the month of April on Spring Break it is the perfect opportunity to pause and reflect on what's been going on in your life and how you've been feeling. With the busyness of school, work, and other responsibilities, it is important to take time to rest and recharge. Here are some simple ways to mentally recharge so that you're better equipped to continue taking on the challenges that life brings:

1. Make a mental list of the accomplishments you've made over the past month, big or small
2. With the Spring weather coming, take some time to get outside, go for a walk, or take a few moments to breathe in the fresh air.
3. Take a social media/technology break
4. Declutter/ organize your workspace, backpack, bedroom, etc.
5. Do something fun that doesn't use a lot of brain power (watch your favorite movie, bake cookies, catch up on your favorite podcast, watch live-animal cams, color/draw)



# April 2023

## Mount Vernon High School Special

### Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>27-Mar</b>	<b>28-Mar</b>	<b>29-Mar</b>	<b>30-Mar</b>	<b>31-Mar</b>
MASHED POTATO BOWL WITH POPCORN CHICKEN CORN FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	CHICKEN BACON RANCH BURGER CHIPS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	MANDERIN ORANGE CHICKEN RICE AND BROCCOLI FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	CHEESE STUFFED BREADSTICKS WITH MARINARA SAUCE FRUIT SNACKS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	MEATBALL SUB SANDWICH CHIPS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK
<b>3-Apr</b>	<b>4-Apr</b>	<b>5-Apr</b>	<b>6-Apr</b>	<b>7-Apr</b>



<b>10-Apr</b>	<b>11-Apr</b>	<b>12-Apr</b>	<b>13-Apr</b>	<b>14-Apr</b>
BAKED POTATO W/SHREDDED CHEESE, SOURCREAM CHILI & CORNBREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	FETTUCINNE ALFREDO GARLIC BREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SWEET CHILI CHICKEN RICE BOWLS BROCCOLI & CARROTS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SPAGHETTI WITH MEATSAUCE WITH BREADSTICKS PARMESAN CHEESE FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	BEEF TERIYAKI BOWL WITH RICE AND BROCCOLI FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK
<b>17-Apr</b>	<b>18-Apr</b>	<b>19-Apr</b>	<b>20-Apr</b>	<b>21-Apr</b>
BAKED POTATO W/SHREDDED CHEESE, SOURCREAM CHILI & CORNBREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SPAGHETTI WITH MEATSAUCE WITH BREADSTICKS PARMESAN CHEESE FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SWEET CHILI CHICKEN RICE BOWLS BROCCOLI & CARROTS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	FETTUCINNE ALFREDO GARLIC BREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	BEEF TERIYAKI BOWL WITH RICE AND BROCCOLI FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK
<b>24-Apr</b>	<b>25-Apr</b>	<b>26-Apr</b>	<b>27-Apr</b>	<b>28-Apr</b>
BAKED POTATO W/SHREDDED CHEESE, SOURCREAM CHILI & CORNBREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SPAGHETTI WITH MEATSAUCE WITH BREADSTICKS PARMESAN CHEESE FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SWEET CHILI CHICKEN RICE BOWLS BROCCOLI & CARROTS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	FETTUCINNE ALFREDO GARLIC BREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	BEEF TERIYAKI BOWL WITH RICE AND BROCCOLI FRESH FRUIT AND VEGGIES 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.**



#### 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.