



MVHS DAILY BULLETIN

Friday, April 21, 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 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



National Bulldogs are Beautiful Day Today!

Kind but courageous, friendly but dignified, the Bulldog is a thick-set, low-slung, well-muscled bruiser whose 'sourmug' face is the universal symbol of courage and tenacity. While these dogs are known for their habit of slobbering, let's not forget their beauty and glamor in their own unique and special way. To our beloved mascot, we celebrate you today!

IMPORTANT DATES

- Early Release Days in April: 26
- National Bulldogs are Beautiful Day: April 21
- MVHS Prom: Saturday, April 29
- 10th/11th Grade SBA Testing: April 27-28, May 1-2
- MVHS Graduation: Friday, June 9, 2023
- Last Day of School: Friday, June 16, 2023

UPCOMING ACTIVITIES & EVENTS

- Friday, May 5:
- NHS Apps due today by 3pm, Link in Google CR

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

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. **Prom tickets are \$25 and will be on sale before school, during lunches, and after school at the ASB Office, and cash only in the cafeteria during lunches.**

Pizza with a Pro

The College and Career Center will be hosting Pizza with a Pro during both lunches on **May 25** featuring Lurdes Ponce Ochoa a former MVHS graduate and Community Health Worker in the Emergency Preparedness & Response Division for Skagit County Public Health. All students are welcome to learn about her path from MVHS to where she is now. You will learn about some of the responsibilities of her job, the benefits that she enjoys and more.

The College and Career Center is finalizing plans with Skagit 911 to host Skagit County 911 dispatchers to speak at our Pizza with a Pro series. There currently are openings for this very important job. You must be 18 and have your high school diploma to apply. Great pay and benefits! Stay tuned for more information in morning announcements and the MVHS bulletin.

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
- Slavic Heritage Language Club** - Mon, 2:30pm, CTE
- 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

[Class of 2023 Graduation Guide](#)

Seniors, please complete the Senior Survey.

- 1) We want to learn about your plan for after high school.
- 2) We have provided information about making a final transcript request.
- 3) SCHOLARSHIPS (See below): List the merit based scholarships you have been awarded, including those to schools you are not planning to attend. These scholarships will be listed in the "Graduation Program". If you receive new or additional scholarships, please complete this survey again to provide us with that information.

Access the [Senior Survey](#) here, in your Senior Google Classroom or on the College and Career Center Website.

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:

Thur/Frid's in April: Cap & Gown pick up in Cafeteria during lunch

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
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
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
3-Apr	4-Apr	5-Apr	6-Apr	7-Apr



10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
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
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
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
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
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.