



# MVHS DAILY BULLETIN

Friday, April 28, 2023

## This Week's Schedule

Monday	White Day - Regular Schedule
Tuesday	Green Day - Advisory Schedule
Wednesday	White Day - Early Release Schedule
Thursday	Green Day- Testing Schedule
Friday	White Day - Testing Schedule

## MVHS Campus Testing Schedule

Time	Period
8:00-9:55	Advisory/Testing
10:00-10:55	1st/5th
11:00-11:55	2nd/6th
<b>12:00-12:30</b>	<b>Lunch A</b>
12:35-1:30	3rd/7th
12:00-12:55	3rd/7th
<b>1:00-1:30</b>	<b>Lunch B</b>
1:35-2:30	4th/8th
4:00 ((M-Th))	Activity Bus

## IMPORTANT DATES

- 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

- Thursday & Friday, April 27 & 28:
  - SBA Testing
- Friday, April 28:
  - Boys & Girls Club Teen Night, 5:30-9:30, NM200
  - Freshman Friday, each lunch, C&C Center
- Saturday, April 29:
  - MVHS Prom, 7-10pm, SV Inn & Convention Cnt
- Monday & Tuesday, May 1 & 2:
  - SBA Testing
- 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

## Freshman Friday's

will be held in the college and career center during both lunches for the whole month of May! The first Freshman Friday will be this **Friday, April 27**. The first 30 Freshman in each lunch will be treated to lunch and a 9th grade presentation. Please stop by and have lunch with us!

## Join the Boys & Girls Club for our teen night Friday as we go on an epic quest to reclaim The One Ring!

We will be watching The Lord of the Rings and playing games from 5:30 to 9:30 in Mr. Willoughby's room!

## MVHS Prom Information

Prom is **Saturday, April 29** at Skagit Valley Convention Center.. 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.

## 10th & 11th graders interested in Business

are welcomed to join GEAR UP on a field trip to Western Washington University to learn more about the [College of Business & Economics](#). We have 30 slots. Stop by the CCC for a permission slip form. Forms are due **Friday, April 28th**.

## NHS is hosting a Blood Drive on May 5th

in the NM foyer. Sign up during both lunches or see Mrs. Wright in OM107 before or after school. You must be 16 with a permission slip to donate and weigh at least 125 pounds. Every pint of blood saves three lives...don't delay, donate today.

## Did you take photos at Science Night?

PLEASE share them with Ms. Farren for our Science Night Facebook, instagram & website! Just put them in a google drive folder and share or email to [hfarren@mvsd320.org](mailto:hfarren@mvsd320.org). Thank you!

# 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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## 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](#)

### 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 @ lunch

**May 4, 9, 18:** Cap & Gown pick up in Cafeteria @ lunch

**Frid, 5/12:** Senior Bowling, 6-8pm, Riverside Lanes, MV

**Wed, 5/31:** Library, Text & Chromebooks due to library.

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

**Mon, June 5:** Senior Yearbook Distribution during lunches

**Wed, 6/7:** Senior Sunset, 8:30pm, football field, treats

**Frid, 6/9:** Last day to pay fines & fees. Pay by noon.

### Frid, June 9, Graduation Day:

- **Senior Sunrise Breakfast** 8:30-9:30am in the cafeteria.
- **Parade** begins at 10am at the City Library.
- **Graduates load bus** at 9:30 with cap and gown.
- **Seniors arrive** at Angel of the Winds Arena, 5:30pm
- **Ceremony** at 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.