



MVHS DAILY BULLETIN

Tuesday, May 16, 2023

This Week's Schedule

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

MVHS Extended Advisory

| Time | Period |
|-------------|----------|
| 8:00-9:10 | 1st/5th |
| 9:15-10:10 | Advisory |
| 10:15-11:25 | 2nd/6th |
| 11:30-12:00 | Lunch A |
| 12:05-1:15 | 3rd/7th |
| 11:30-12:40 | 3rd/7th |
| 12:45-1:15 | Lunch B |
| 1:20-2:30 | 4th/8th |

CLASS OF 2023 SCHOOL DAYS COUNTDOWN

15

IMPORTANT DATES

- Early Release Days: Wednesday, May 17
- Spring Reign Dance: Friday, May 26
- No School/Memorial Day: Monday, May 29
- Yearbook Delivery Dates: June 5-9
- MVHS Graduation: Friday, June 9, 2023
- Last Day of School: Friday, June 16, 2023

UPCOMING ACTIVITIES & EVENTS

Tuesday, May 16:

- Star Testing

Thursday, May 18:

- Cap & Gown pick up in Cafeteria @ lunch

Friday, May 19:

- Last Day NHS Book Drive

Saturday, May 20:

- Karaoke Night, 5-7pm, Core Community Center

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 EDGE on May 10, 11 & 23.

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

SUMMER ACTIVITES FOR STUDENTS

Free Gym Memberships for Teens- PLANET FITNESS

Pride Club Invites Students and Staff

to an LGBTQ+ info night! Come learn about different identities within the LGBTQ+ community. Pride club is hosting two info nights, one on Monday June 5th and another on **Monday, 6/12**. Both will be from 2:45-3:45 in OM 308. You are welcome to attend one or both. Please direct questions to Ms. Crow or Ms. Rodgers.

Calling all Current Sophomores and Juniors!

Do you want to help welcome our Freshmen next Fall at orientation? We are looking for 150 students to become LINK Leaders! If you love our school, want to continue creating a welcoming and inclusive high school experience, and want to help freshmen get excited for high school, please apply at [23-24 LINK LEADER APPLICATION](#)

Please join in honoring the Class of 2023 at the Evening of Excellence

Wednesday, May 24th in the MVHS Cafeteria. Scholarships 5pm, Cords, Medals 6pm, Department Awards 7pm.

Pizza with a Pro

Guest Speakers are booked for the remainder of the year! Join us to learn more about exciting careers!

- May 24th: Edge Analytical Laboratories (CHEMIST)
- May 25th: Skagit County Public Health (Former MVHS Graduate)
- May 31st: NW Laborers Union: Miguel Edmondson
- June 1st: Seattle City Lights

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

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[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:

May 18: Cap & Gown pick up in Cafeteria @ lunch

Wed, 5/31:All library books are due as well as any classroom material/textbooks not needed for finals.

June 1, 2, 5 & 6: Senior Semester Finals. Return textbooks and chromebooks used for finals upon completion.

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 9:30am with cap and gown for parade.
- **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

May 2023 Issue #6

May is Mental Health Awareness Month! The end of the school year can be a stressful time, whether your a student who is preparing for finals or a teacher trying to juggle your many responsibilities; Now is the time to check in with yourself and reflect on the following questions over the next month:

1. How have I been feeling lately (stressed, burned-out, hopeful, excited, nervous, etc.)? Sit with those emotions and allow yourself to feel them with no judgement.
2. Who are the people I trust to talk to when times are tough? (Teachers, adults in the community, friends, family, etc.).
3. What is something I can do for myself over the next month (besides school, work, other responsibilities-- something for YOU and your mental health)?
4. Have I checked in with the people I'm close to lately? How are my strong friends?
5. What are some things that have been effecting my mental health lately? Write them down or say them out-loud to someone you trust.

May 2023

Mount Vernon High School Special

Growing Healthy Students!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|----------------------------------|------------------------------------|---------------------------------|---------------------------------|
| 1-May | 2-May | 3-May | 4-May | 5-May |
| BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE | SPAGHETTI WITH MEATSAUCE | SWEET CHICKEN CHILI AND RICE BOWLS | FETTUCINNE ALFREDO | BEEF TERIYAKI BOWL WITH RICE |
| CHILI W/CORNBREAD | GARLIC BREAD AND PARMESAN CHEESE | WITH BROCCOLI AND CARROTS | BREADSTICK | AND BROCCOLI |
| FRESH FRUIT AND VEGGIES | FRESH FRUIT AND VEGGIES | FRESH FRUIT AND VEGGIES | FRESH FRUIT AND VEGGIES | FRESH FRUIT AND VEGGIES |
| 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 |
| 8-May | 9-May | 10-May | 11-May | 12-May |
| BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE | SPAGHETTI WITH MEATSAUCE | SWEET CHICKEN CHILI AND RICE BOWLS | FETTUCINNE ALFREDO | BEEF TERIYAKI BOWL WITH RICE |
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| 15-May | 16-May | 17-May | 18-May | 19-May |
| BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE | SPAGHETTI WITH MEATSAUCE | SWEET CHICKEN CHILI AND RICE BOWLS | FETTUCINNE ALFREDO | BEEF TERIYAKI BOWL WITH RICE |
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| 22-May | 23-May | 24-May | 25-May | 26-May |
| BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE | SPAGHETTI WITH MEATSAUCE | SWEET CHICKEN CHILI AND RICE BOWLS | FETTUCINNE ALFREDO | BEEF TERIYAKI BOWL WITH RICE |
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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 is occasional errors. Thank you.