



MVHS DAILY BULLETIN

Friday, May 12, 2023

National Teacher Appreciation Week

This Week's Schedule

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

CLASS OF 2023 SCHOOL DAYS COUNTDOWN

17

IMPORTANT DATES

- 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

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

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 15th: NORDIC HVAC
- 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

SPECIAL EDUCATION

No childcare provided - parent/guardian supervision required!

ESPECIALLY FOR YOU SKAGIT PRESENTS



KARAOKE NIGHT!

DATE: SATURDAY, MAY 20TH TIME: 5PM - 7PM

LOCATION: THE CORE COMMUNITY CENTER 1645 S WALNUT ST, BURLINGTON WA, 98233

ESPECIALLY FOR YOU SKAGIT AND CORE COMMUNITY CENTER ARE WORKING TOGETHER TO CREATE A FUN INCLUSIVE EXPERIENCE FOR STUDENTS AND FAMILIES. MANY OF THE EXPENSES FOR THESE EVENTS ARE PAID FOR BY ESPECIALLY FOR YOU SKAGIT VOLUNTEERS. PLEASE CONSIDER DONATING SO WE CAN CONTINUE TO OFFER INCLUSIVE EVENTS TO THE COMMUNITY.

To donate, please visit: <https://www.coreskagitvalley.com/blank-5>



FOR QUESTIONS OR CONCERNS PLEASE CONTACT ESPECIALLYFORYOUSKAGIT@GMAIL.COM CORESKAGITVALLEY.COM

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:

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 you are 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 affecting 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.