



# MVHS DAILY BULLETIN

Thursday, June 8, 2023

## This Week's Schedule

|           |  |
|-----------|--|
| Monday    | Green Day - Regular Schedule Senior Finals 2nd/4th |
| Tuesday   | White Day -Regular Schedule Senior Finals 6th/8th  |
| Wednesday | Green Day - Moving Up Assembly 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        |
| <b>11:00-11:30</b> | <b>Lunch A</b> |
| 11:35-1:00         | 3rd/7th        |
| 11:00-12:25        | 3rd/7th        |
| <b>12:30-1:00</b>  | <b>Lunch B</b> |
| 1:05-2:30          | 4th/8th        |

**7**  
Days  
of  
School  
Left

## IMPORTANT DATES

- Yearbook Delivery Dates: June 5-9
- MVHS Graduation: Friday, June 9, 2023
- 9th-11th Grade Finals: Tue, June 13 - Fri, June 16
- Early Release Days: Friday, June 16
- Last Day of School: Friday, June 16, 2023

## UPCOMING ACTIVITIES & EVENTS

- Friday, June 9th:**
  - Graduation Parade, 10am, Downtown MV
  - Graduation, Angel of the Winds Arena, 7pm
- Monday, June 12:**
  - Pride Club-LGBTQ+ Info Night, 2:45-3:45pm, OM308
- Tuesday, June 13:**
  - Finals in 1st & 3rd
- Wednesday, June 14:**
  - Finals in 5th & 7th
- Thursday, June 15:**
  - Finals 2nd & 4th
- Friday, June 16:**
  - Finals in 6th & 8th
  - Early Release, Last Day of School

## SUMMER ACTIVITIES FOR STUDENTS

- Free Gym Memberships for Teens- [PLANET FITNESS](#)
- Skagit Transit New [Youth Ride Free Program](#)
- [Salish Sea School](#)
- [Boys & Girls Clubs of Skagit County](#)

## Class of 2023

### Class of 2023 Graduation Guide

**ALL seniors must have** completed the High School & Beyond Plan requirements entered into Naviance in order to check out and graduate! Click here to complete: [High School & Beyond Plan](#)

### Important Dates For Seniors:

**Jun 7-9:** Senior Final Check Out with Counseling Office

- Wednesday, June 7th, 10 am-3pm
- Thursday, June 8th, 7am-3pm
- Friday, June 9th, 7am-12pm

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

**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  
[New Bag Policy](#)

*Congratulations to the Class of 2023!*



SENIOR CORNER

## 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*

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DR. V](#)

## 9th-11th Grade Finals

Tuesday, June 13 - Friday, June 16

## Yearbook Handout Schedule 6/5 - 6/9

### Monday -

Seniors only during Lunch 1 & 2 and after school in CT4 until 3pm

### Tuesday -

All students and staff during Lunch 1 & 2 and after school in CT4 until 3pm

### Wednesday -

All students and staff during Lunch 1 & 2 and after school in CT4 until 3pm

### Thursday-

1. All extras go on sale for \$75 at the ASB Office to SENIORS ONLY at 7:30am. Extra books are first come, first serve with no book reservations available.

2. Any pre-ordered yearbooks can be picked up at the ASB Office only from 7:30-8am, Lunch 1 & 2, and from 2:30-3pm

### Friday

Any extras still that remain will go on sale to all students/staff at 7:30am in the ASB office.

### Beyond 6/9 -

Yearbooks can be picked up from the ASB Office. If it is past 6/16 please call ahead to verify what time the ASB office will be open, due to varying summer hour.

## June & Summer Monthly Wellness Tips From Your Counseling Office

The end of the year is here! As you wrap up the school year and go into Summer take some time to think about what you can do the next couple months to promote your well-being and keep yourself busy. Here are some ideas to help fill your summer with activities that will leave you feeling refreshed and ready to take on the next school year:

1. Host friends or family for an outdoor hangout/ picnic
2. Take a hike; Skagit and Whatcom county is full of beautiful hikes and trails
3. Create a list of books or movies to read/watch over the summer (if you don't have a library card, now is a great time to get one!)
4. Learn a new skill with a friend or family member (learn to cook a new recipe, start learning a new language, a new sport, craft, or game, etc.)

Have a safe and healthy summer!



# June 2023

## Mount Vernon High School Special Growing Healthy Students!

| MONDAY  | TUESDAY                         | WEDNESDAY  | THURSDAY                        | FRIDAY                                    |
|---|---------------------------------|--|---------------------------------|---|
| 29-MAY  | 30-MAY                          | 31-MAY   | 1-JUN                           | 2-JUN                                     |
| <b>MEMORIAL DAY!<br/>No SCHOOL<br/>No FOOD SERVICES</b> | SPAGHETTI WITH MEATSAUCE        | SWEET CHILI CHICKEN RICE BOWLS                         | FETTUCINNE ALFREDO              | BEEF TERIYAKI BOWL WITH RICE AND BROCCOLI |
|   | GARLIC BREAD                    | BROCCOLI & CARROTS                                     | BREAD STICKS                    | 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           |
| 5-JUN   | 6-JUN                           | 7-JUN  | 8-JUN                           | 9-JUN                                     |
| BAKED POTATO CHILI W/CORNBREAD                          | SPAGHETTI WITH MEATSAUCE        | <i>Eat Local Day</i><br>FRESH HOMEMADE BBQ PULLED PORK | MACARONI AND CHEESE             | BEEF TERIYAKI BOWL WITH RICE AND BROCCOLI |
| FORTUNE COOKIE  | GARLIC BREAD                    | HOMEMADE COLE SLAW                                     | ROLLS                           | 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 | 1% WHITE MILK OR CHOCOLATE MILK           |
| 12-JUN  | 13-JUN                          | 14-JUN   | 15-JUN                          | 16-JUN                                    |
| BAKED POTATO WITH CHILI                                 | SPAGHETTI WITH MEATSAUCE        | SWEET CHICKEN CHILI                                    | FETTUCINNE ALFREDO              | COOKS CHOICE                              |
| CRAKER OR BREAD   | GARLIC BREAD                    | RICE BOWLS WITH BROCCOLI AND CARROTS                   | BREAD STICKS                    | FRUIT                                     |
| FRESH FRUIT AND VEGGIES                                 | FRESH FRUIT AND VEGGIES         | FRESH FRUIT AND VEGGIES                                | FRESH FRUIT AND VEGGIES         | FRESH 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           |



Summer Meal Service - Free for any child 18 and under. Breakfast & Lunch.

Mount Vernon High School June 26 - August 5th.  
Monday- Thursday. Closed Fridays. Closed July 4th.  
Skagit Valley College July 11th - August 10th.  
Monday- Thursday. Closed Fridays.

\*\* Times TBD

**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.**

Enjoy your summer!



### 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.