



# MVHS DAILY BULLETIN

Monday, November 6, 2023

## This Week's Schedule

Monday	Green - Regular Schedule
Tuesday	White Day - Advisory Schedule
Wednesday	Green Day - Regular Schedule
Thursday	White Day - Regular Schedule
Friday	No School- Veterans Day

## 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

### IMPORTANT DATES

- Nov. Early Release Days: Nov 15 & 22
- Veterans Day (No School): Friday, Nov 10
- Thanksgiving Break (No School): Nov 23 & 24
- Bulldog Spirit Week: Dec 11-15
- Winter Break: December 18 - January 1

### UPCOMING ACTIVITIES & EVENTS

**Monday, Nov 6:**  
→MVHS College & Career Night, 5-7:35 pm

**Monday, November 13:**  
→Winter Sports Begin

### AFTERSCHOOL ACTIVITIES

- Boys & Girls Club: 2:30-5:30pm, Cafeteria M-F
- Bulldog EDGE: 2:30-4pm, Library M-TH

### SENIOR INFORMATION

**Senior Yearbook Recognition Ads**  
Purchase your ad by 2/2/24 online.  
Click here: [Yearbook Rec Ad Link](#)

## YOU'RE INVITED TO OUR COLLEGE WORKSHOP ON MONDAY EVENING

C&CC is hosting a College Workshop open to 9th-12th grade on **TONIGHT, Monday Nov. 6, 5:00-7:35pm** with Guest speaker Tamam Waritu. Begin by joining us for a pizza dinner in the west foyer of New Main, then continuing on to Old Main Auditorium, listen to our Guest speaker. After there will be various breakout sessions in Old Main classrooms in both English & Spanish. For schedule and workshops details, click [HERE](#)

## BOYS WRESTLING

There will be a meeting on Tuesday, November 7 right after school in the Mat room. All boy wrestlers must attend. Wrestling starts Monday, November 13 at 3 PM in the mat room. Those interested please make sure final forms are up to date. Look forward to seeing you all. - Coach Keller

## GIRLS WRESTLING

Any girls interested in becoming a member of the MVHS Girls Wrestling team, there will be a short informational meeting on **Tuesday, November 7th** after school in the Mat Room. Contact Coach Landis with questions!

## MVHS GIRLS BASKETBALL NEWS

**Bulldog Girls Basketball begins on November 13.** If you plan to play make sure you sign up in [Final Forms](#) right away.

**Bulldog Girls Basketball needs team managers.** If interested please let Mr. Sneva, Ms. Stahlecker or Mr. Hazelwood know.

# ATHLETIC DEPT NEWS

MVHS Schedule found here:

[TEAM EVENTS](#)

Purchase Bulldog spirit wear here:

[SPIRIT STORE](#)

## MVHS CLUBS

- ASL Club -Thursdays, 2:30-4pm, Shop 110
- Debate Team-Mon's/Tue's, 3:15-5:15pm, AB114
- FBLA - Mondays at 2:35pm in NM221
- French Club-
- Gaming Club - White Thurs's, NM120, 2:45-4pm
- K-Pop Club - Mondays, OM 214, After School
- Key Club- E.R. Wednesdays, 12:45-1:30, N206
- Korean Culture Club - Tuesdays, 2:35, OM308
- LUCHA - Thursdays, at 2:30, Cafeteria
- Migrantes Unidos - Tuesdays, at 2:45, C&CC
- PIA - Thursdays, 2:45-4PM, OM 113
- Project Peace - Tuesdays, 2:30-3pm, CTE 1
- Robotics Team - Mon's & Fri's, 2:35-6pm, S110
- Skills USA- Thursdays, 2:35pm, NM220
- TSA Club - Thursdays, 2:45, CTE6

## 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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## USEFUL LINKS

- [MVHS Website](#)
- [College & Career Center](#)
- [Music Department](#)
- [MVHS Counseling](#)
- [Athletic Event Schedule](#)
- [Student Health Services](#)
- [MVHS Instagram](#)
- [Student Health Services](#)
- [MVHS Facebook](#)
- [MVHSTV](#)
- [TEA WITH DR. V](#)

## ELEVATOR KEYS

Students requesting an elevator key **MUST** have a doctor's note which includes the length of time the key will be needed. A charge of \$32 added to your account until the key is returned. There is a limited supply, so please remember to bring your key each day so that you can access the elevators as needed.

## FCCLA CLOTHING DRIVE

FCCLA is having a clothing drive for Oasis Teen Shelter and other organizations in our area to help those in need! We are collecting clean used and new clothing you no longer need. Green donation boxes are located in Mrs. McColl, Mrs. Cadero, Mrs. Mustappa, Mrs. Breum, and Mr. Hand's classrooms! When you donate, you get candy! Clothing drive ends on **November 17th**. Help us make a difference in our community!

## YEARBOOKS ON SALE UNTIL FEB 20TH

Yearbooks are on sale **8/31/2023 - 2/20/2024**. They are \$55 for Free/Reduced Lunch Students and \$65 for Full Pay Students. They can be purchased at the ASB office or via your Skyward Family Access account under Fee Management. You can also call Ms. Duncan to place your order over the phone with a credit card. She can be reached at 360-428-6174.

## HOMECOMING PORTRAITS AVAILABLE

Visit [MVHSSKAGINA.COM](http://MVHSSKAGINA.COM) to download your portraits.

## FROM THE COLLEGE & CAREER CENTER

**JUNIORS AND SENIORS**, Eastern Washington University will be in the College and Career Center for a rep visit on Monday at 10am! This rep visit is not in Naviance- so please stop by to attend this visit if you are interested in learning more about Eastern!

The **FAFSA** and the **WASFA** will be available in the month of December. We do not have a specific date yet, however once we have that date, we will plan Parent Info Sessions accordingly. We look forward to working with seniors and their families!

**Are you applying to UW?** and need help with your personal statement? or just need help writing one to any School? College and Career Center will be hosting writing sessions during lunch times/After School on Mondays and Tuesdays for the whole month of October.

# NOVEMBER 2023

## Mount Vernon High School Special Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6-Nov</b>	<b>7-Nov</b>	<b>8-Nov</b>	<b>9-Nov</b>	<b>10-Nov</b>
Beef Teriyaki Dippers	Corndogs	Chicken Noodle Casserole	Meat Ball Sub Sandwich	<b>VETERAN'S DAY</b>
Steamed Rice & Veggies	Tater Tots	Roll	Chips	No SCHOOL
Fortune Cookie	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Fresh Fruit	and Vegetables	and Vegetables	and Vegetables	
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	
<b>13-Nov</b>	<b>14-Nov</b>	<b>15-Nov</b>	<b>16-Nov</b>	<b>17-Nov</b>
Mandarin Orange Chicken	Hot Ham and Cheese Sandwich	Cheese Stuffed Breadsticks w/ Marinara Sauce	Turkey Gravy and Mashed Potatoes	Chicken Salad Croissant/ Chips
Steamed Rice & Veggies	Chips	Fruit Snacks	Dinner Roll	Tater Tots
Fortune Cookie	Fresh Fruit	Fresh Fruit	Pumpkin Dessert	Fresh Fruit
Fresh Fruit	and Vegetables	and Vegetables	Fresh Fruit & Salad Bar	and Vegetables
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
<b>17-Nov</b>	<b>18-Nov</b>	<b>19-Nov</b>	<b>20-Nov</b>	<b>21-Nov</b>
Beef Teriyaki Dippers	Macaroni and Cheese	Cheese Stuffed Breadsticks w/ Marinara Sauce	<b>THANKSGIVING DAY!</b>	
Steamed Rice & Veggies	Roll	Fruit Snacks	<b>NO MEAL SERVICE</b>	<b>NO MEAL SERVICE</b>
Fortune Cookie	Fresh Fruit	Fresh Fruit	No School	No School
Fresh Fruit	and Vegetables	and Vegetables		
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk		
<b>27-Nov</b>	<b>28-Nov</b>	<b>29-Nov</b>	<b>30-Nov</b>	<b>1-Dec</b>
Mandarin Orange Chicken	Hot Ham and Cheese Sandwich	Baked Potato Bar with Chili, Cheese	Pasta Bake	Cheese Stuffed Breadsticks w/ Marinara Sauce
Steamed Rice & Veggies	Lays Potato Chips	Sour Cream & Butter	Roll	Fruit Snacks
Fortune Cookie	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fresh Fruit	and Vegetables	and Vegetables	and Vegetables	and Vegetables
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



<p><b>Meal Prices:</b></p> <p><b>Elementary Breakfast</b> No Charge</p> <p><b>Elementary Lunch</b> No Charge</p> <p><b>Adult Lunch</b> \$5.00</p> <p><b>Side Milk</b> unavailable</p>	<p><b>Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, &amp; milk</b></p>	<p>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.</p>
<p><b>Important News:</b> Mount Vernon School District changed our food program with the government due to our high level of poverty / free and reduced eligible students. The new program we operate under is called CEP or Community Eligibility Provision. This allows all enrolled students to eat at no charge and there is no more free and reduced applications.</p>		

