



# MVHS DAILY BULLETIN

Wednesday, March 27, 2024

## This Week's Schedule

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

## MVHS Regular Schedule

Time	Period
8:00-9:25	1st/5th
9:30-10:55	2nd/6th
11:00-11:30 11:35-1:00	Lunch A 3rd/7th
11:00-12:25 12:30-1:00	3rd/7th Lunch B
1:05-2:30	4th/8th

## IMPORTANT DATES

Early Release Days: March. 29

Spring Break: April 1-5

Last Day of School: Friday, June 21

## UPCOMING ACTIVITIES & EVENTS

Daily After School

→Boys & Girls Club:2:30-5:30pm,Cafet M-F

→Bulldog EDGE: M-R

## TODAY IS THE LAST DAY TO

## ORDER YOUR SCIENCE NIGHT SHIRT!

We have MVHS Science Night T-shirts, long sleeves shirts and hoodies all with our vintage Science Night logo. Orders must be submitted **by 11:59 pm tonight!**. All orders will be delivered to MVHS by April 12th and can be picked up at the science department.

Order here →[MVHS SCIENCE NIGHT T-SHIRT STORE](#)



## SENIOR CORNER

If you have not done so already, order your Cap & Gown today @ [JOSTENS](#).

If you recently were admitted to UW and want to attend a field trip to UW's Campus on 4/11, stop by the C&CC to pick up your permission slip! Space is limited.

## IMPORTANT DATES

**Cap & Gown Distribution:** Thurs, April 11th in the Cafeteria during lunches.

**AVID Senior Night:** Thursday, May 16, MVHS

**Scholarship & Awards Night:** Tues., June 4, 5-8pm

**Senior Semester Finals:** June 6,7,10 & 11

**Senior Yearbook Distribution:** Thurs. June 10th

**Fines and Fees Due By:** Thursday, June 13, 3pm

**Graduation:** Friday, June 14th, 10AM,  
Angel of the Winds Arena,  
Everett

## THE NATIONAL HONOR SOCIETY

is a national high school organization that MVHS students can apply to if they have a 3.5 cumulative GPA or higher. This society meets once a month and are leaders on campus with a focus on demonstrating good character in and out of class as well as doing service projects on and off campus. Students pay \$10 yearly in dues, complete 40 hours of community service each year and can lead a project their senior year to earn a graduation cord. We host social events and guest-speakers at our meetings as well as celebrate college and scholarship applications and acceptances.

Students can apply to join the 2024-2025 National Honor Society using your student email and chromebook by May 3rd, 2024 here: [MVHS NHS APPLICATION 2024-2025](#)

## 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  
Club Prism-Thursdays, 2:45pm, OM308  
Debate Team-Mon's/Tue's, 3:15-5:15pm, AB114  
DECA Club - Tuesdays, 2:45pm, NM120  
FBLA - Mondays at 2:35pm in NM221  
Fiber Arts Club - Thursdays, 2:45-4pm, CTE5  
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, Cafetería  
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  
Slavic Club-Mondays, 2:30-4pm, NM120  
TSA Club - Thursdays, 2:45, CTE10

## 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

[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](#)

## MVHS SCIENCE NIGHT IS COMING UP!

**Thursday, April 18** from 5-8 pm! All events are FREE! Come learn about Science Careers, do some hands-on Science Fun, see a planetarium show and watch Rocket Launching! We'll even have awesome local food trucks so you can buy dinner! [MVHS Science Night Website](#)

## CINCO DE MAYO PARADE

On **Sunday, May 5th** from 5 to 6:30pm, MVHS's Latino in Action classes, the Lincoln Theatre, and the Mount Vernon Downtown association and are hosting the first annual Cinco de Mayo parade in downtown Mount Vernon! The parade will include our MVHS Mariachis Folkloricos group, bands, horses, floats and more. We are looking for entries cars floats, bands, and dance groups are encouraged to apply. No cost to enter the parade. Apply Here: [LIA Downtown Cinco de Mayo Parade Online Application](#)

## FROM THE COLLEGE AND CAREER CENTER

### UW 4/4/2024: "DOCTOR FOR A DAY" EVENT

The purpose of Doctor for a Day is to provide outreach to youth of color in the greater Seattle area. The aim is to inspire and encourage middle school and high school students of color to consider medicine or other healthcare careers. Run almost entirely by UW School of Medicine students, Doctor for a Day events are made up of hands-on stations such as: teaching physical exam skills, patient interviewing techniques, and suturing. Students may inquire at C&CC.

### LAWYER FIRM DAY 4/10/2024

Students are welcome to learn With a team of experienced attorneys, Williams Kastner provides comprehensive legal representation to clients across various industries, including healthcare, transportation, real estate, construction, and technology. The firm's practice areas cover a wide spectrum, including business law, litigation, employment law, intellectual property, environmental law, and more. Students may inquire at C&CC.

### PIZZA WITH A PRO

**Wed. 3/27, Lunch A & B:** Come have pizza and listen to Gabriela Head, HR, of Janicki Industries. Learn about more about Janicki Industries - a world leader in innovative technology, research & development and manufacturing for a myriad of industries, including aerospace, defense, space, marine, architecture and more!

### NEW FIELD TRIPS

Stop by to pick up a permission slip or to see what's available. Spots fill up quickly, so make sure to check the CC & C and your email often. That is how we are communicating with students regarding field trips.

### UPCOMING C & CC FIELD TRIPS

4/11 ■ **University of Washington** ■ Juniors and Seniors ■ **Slips Due 3/26**

4/17 ■ **Men of Color in Higher Ed Summit** ■ Juniors/Seniors ■ **Slips Due 4/1**  
Building community and Reimagining Modern Manhood. We are so excited to bring Carlos Andres Gomez to Skagit Valley College, for a keynote and workshop for Juniors and Seniors.

[High School and Beyond Plan and Naviance.](#)

**MVHS COLLEGE & CAREER CENTER**

**PHONE NUMBER: 360.428.6256**



# MARCH 2024

## Mount Vernon High School Special Growing Healthy Students!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4-MAR</b>	<b>5-MAR</b>	<b>6-MAR</b>	<b>7-MAR</b>	<b>8-MAR</b>
Cheese Stuffed Breadsticks w/ Marinara Sauce	Mandarin Orange Chicken Steamed Rice	Spaghetti With Meat Sauce	Corn Dogs	Sloppy Joes
Fruit Snacks	Fortune Cookie	Breadstick	Chips	Chips
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
and Vegetables	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
<b>11-Mar</b>	<b>12-Mar</b>	<b>13-Mar</b>	<b>14-Mar</b>	<b>15-Mar</b>
Pasta Bake	Beef Teriyaki Dippers and Steamed Rice	<b>No School Non-Student, Non-Contract</b>	Mashed Potato Bowl	Hot Ham & Cheese Sandwich
Roll	Fortune Cookie		Popcorn Chicken	Chips
Fresh Fruit	Fresh Fruit		Corn and Gravy	Fresh Fruit
and Vegetables	and Vegetables		Fresh Fruit	and Vegetables
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk		and Vegetables	1% White Milk or Chocolate Milk
			1% White Milk or Chocolate Milk	
<b>18-Mar</b>	<b>19-Mar</b>	<b>20-Mar</b>	<b>21-Mar</b>	<b>22-Mar</b>
Cheese Stuffed Breadsticks w/ Marinara Sauce	Mandarin Orange Chicken & Steamed Rice	Breakfast For Lunch	Chicken and Cheese Quesadilla	Chicken Bacon Ranch Burger
Fruit Snacks	Fortune Cookie	Biscuit and Gravy	Educational Cookie	Chips
Fresh Fruit	Fresh Fruit	Omelette	Fresh Fruit	Fresh Fruit
and Vegetables	and Vegetables	Fresh Fruit	and Vegetables	and Vegetables
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	and Vegetables	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
		1% White Milk or Chocolate Milk		
<b>25-Mar</b>	<b>26-Mar</b>	<b>27-Mar</b>	<b>28-Mar</b>	<b>29-Mar</b>
Corn Dogs	Beef Teriyaki Dippers and Steamed Rice	Macaroni and Cheese with Roll	Sloppy Joes	Teriyaki Chicken Burger
Chips	Fortune Cookie	Dried Cranberries	Educational Cookie	Chips
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
and Vegetables	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

### Meal Prices:

Elementary Breakfast  
No Charge

Elementary Lunch  
No Charge

Adult Lunch  
\$5.00

Side Milk  
unavailable

Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, & milk

### Important News:

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.

This institution is an equal opportunity provider and employer.  
Menu subject to change without notice.  
Questions?

Call Cheyenne Walker,  
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.