



MVHS DAILY BULLETIN

Friday, March 29, 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

Early Release Schedule

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

Have a great Spring Break!



IMPORTANT DATES

- Early Release Days: March. 29
- Spring Break: April 1-5
- Green Day: Monday, April 8th
- April Early Release Days: April 17th & 24th
- MVHS Science Night: Thur, April 18, 5-8pm
- Last Day of School: Friday, June 21

UPCOMING ACTIVITIES & EVENTS

SENIOR CORNER

The We Are MV Scholarship

provides financial support to graduating seniors who have left a lasting legacy in their school or community and are pursuing post-secondary education. You can find a link to the application on Naviance. The deadline is **April 19th**

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

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

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 24-25 NHS using your student email & Chromebook by 5/3/24 here: [MVHS NHS APP 24-25](#)**

MVHS SCIENCE NIGHT IS COMING UP!

Thursday, April 18 from 5-8 pm! All events are FREE! We've got rocket launching, planetarium shows, demonstrations & experiments, college reps, business and organizations that use science and local food trucks so you can buy dinner! For more info check out our → [MVHS SCIENCE NIGHT WEBSITE](#)

CINCO DE MAYO PARADE

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

MVHS MARIACHI PROGRAM GETS ALL INCLUSIVE!

See the story here in [GO SKAGIT](#)

REMINDER:TURN IN OVERDUE ELEVATOR KEYS!!

A \$32 charge has been added to your account until the key is returned.

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

please click the button to subscribe:

[MVHS DAILY BULLETIN SUBSCRIPTION](#)

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](#)

CONSEJO Counseling and Referral Service 2024 YOUTH EMPOWERMENT CONFERENCE

FREE PUBLIC EVENT

MAY 11, 2024 | 9AM-3PM
BREAKFAST & LUNCH WILL BE PROVIDED
*REGISTRATION AND BREAKFAST BEGIN AT 7:30 AM

BURLINGTON-EDISON HIGH SCHOOL
301 N BURLINGTON BLVD,
BURLINGTON, WA 98233

EVENT DETAILS:

- WORKSHOPS
- KEYNOTE SPEAKERS
- MUSICAL PERFORMANCES
- RESOURCE FAIR
- FOOD AND PRIZES!

SPEAKERS:

**WA STATE SENATOR,
REBECCA SALDANA
&
DR. RAYMOND AGUILAR**

WORKSHOP PRESENTATIONS ON:

- VAPING: ALTERNATIVES AND COPING
- BULLYING AWARENESS
- ANGER
- PEER PRESSURE AND REFUSAL SKILLS
- HEALTHY RELATIONSHIPS & SEXUAL ASSAULT AWARENESS
- AND MORE!

SCAN TO REGISTER!*



JOIN US!
May 11th
9am-3pm
@ BEHS
Free Public Event
Breakfast & Lunch Provided
Go to C&C Center for more info!

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.

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