

# MVHS DAILY BULLETIN

Friday, April 19, 2024



## This Week's Schedule

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

## MVHS 30/PM Assembly Schedule

Time	Period
8:00-9:20	1st/5th
9:25-10:40	2nd/6th
10:45-11:15	Lunch A
11:20-12:35	3rd/7th
10:45-12:00	3rd/7th
12:05-12:35	Lunch B
12:40-1:55	4th/8th
2:00-2:30	Assembly



It's Autism Awareness month. Click the tree for info

## IMPORTANT DATES

April Early Release Days: April 24th  
 MVHS Science Night: Thur, April 18, 5-8pm  
 Junior Senior Prom: Sat. April 27, 7-10pm  
 Last Day of School: Friday, June 21

## UPCOMING ACTIVITIES & EVENTS

Friday, April 19th  
 → Spring Assembly, 2pm

## SENIOR CORNER

Please complete this **Class of 2024 Senior Survey** by May 16th at 3PM. This is an important survey that provides the College and Career Center with information about your future. It is also where you notify us of your scholarship for the GRADUATION PROGRAM. Check your email, check the Senior Google Classroom, or visit the College and Career Center Website to find the survey!

**If you have not done** so already, order your Cap & Gown today @ **.JOSTENS**

### IMPORTANT DATES

**Cap & Gown Distribution:** Go to the Main Office  
**AVID Senior Night:** Thursday, May 16, MVHS  
**Scholarship & Awards Night:** Tues., June 4, 5-8pm  
**Senior Yearbook Distribution:** Mon., June 10th  
**Moving-Up Assembly:** June 11th, 9:15-10:15am, Gym  
**Graduation Parade:** Tues., June 11th, 6-7pm  
**Fines and Fees Due By:** Thursday, June 13, 3pm  
**Graduation:** Friday, June 14th, 10AM,  
**Angel of the Winds Arena**, Everett

## NEXT WEEK IS PROM WEEK!

It is TANGLED Theme. Here is your info for the week-

- Friday 4/19:** PM 30 Min Assembly
- Monday 4/22:** Snuggly Duckling Pajama Day
- Tuesday 4/23:** Class color day- upper vs. underclassmen. Juniors and Seniors wear purple, Freshman and Sophomores wear yellow.  
**8pm:** Capture the flag (upper vs. underclassmen)
- Wednesday 4/24:** Sidekick day! Be like tangled and pascal and bring your favorite stuffed animal
- Thursday 4/25:** Chameleon Camo Day  
**6pm:** Students vs. Senior Basketball Tournament
- Friday 4/26:** Bulldog Spirit
- Saturday 4/27:** Prom at The Broadway, 7-10pm  
 Presale tickets are available in the ASB office for \$20. We have a limited supply of tickets, so get yours today! Prom Guest Forms are available at the front office. They MUST be completed and turned in by 2:30pm on Wed., 4/24.

## LAST BLOOD DRIVE IS MAY 6TH!

Sign up during both lunches. Every pint saves 3 lives!

## SENIORS

Are you planning to attend Skagit Valley College in the fall? The College and Career Center would like you to join us on a field trip to SVC for their New Student Registration event. The event will be on My 16th from noon-2pm. Permission slips are available in the College and Career Center.

# 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:*

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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](#)

# THE ANNUAL MVHS FFA PLANT SALE SATURDAY, MAY 4TH

MVHS, 8am-12pm. We've got more plants growing, new additions, more metal art and TSA's woodshop engineers are building some cedar planter boxes and hanging baskets! Save the date and see you there!

## MVHS UNIFIED SOCCER SEASON IS HERE!

Unified Sports is a program that combines equal numbers of athletes with and without disabilities, on a sports team for training and competition. All Unified Sports players, both athletes and partners, are similar age and matched sport skill ability. MVHS Unified Soccer has begun with our first game today at 6pm in Arlington. Here is our game schedule:

- Tues 4/16 6pm Arlington (away)
- Mon 4/22 5:30pm Burlington (home)
- Wed 5/01 6pm Lakewood (away)
- Wed 5/08 6pm Arlington (home)
- Wed 5/15 5pm Burlington (away)

We have some students signed up, but would love to add more to our team this year. If you are interested, please email Coach Stephanie at [scufley@mvsd320.org](mailto:scufley@mvsd320.org).

### TRY-A-TRADE DAY

Skagit Valley College is pleased to announce our annual Try-A-Trade day at our Mount Vernon Campus with reception at McIntyre Hall Performing Arts and Conference Center on **May 14th, 2024**. This event will feature hands-on demonstrations highlighting our professional technical programs. Permission slips are available in the C&CC. **Due back no later than 4/30**

**The United States Military Academy at West Point offers unique educational opportunities and leadership development.** How a West Point education can empower students to become leaders of character, equipped with the skills and values to excel in any field. The application process and key factors for student success. The support is available to ensure students' academic and personal growth. This is an excellent opportunity to learn more about West Point's commitment to academic excellence, character development, and service to our nation. To help us prepare for this exciting event, RSVP by using the following link or the QR code on the attached flyers.

**Event Details: 28 April 2024** -12:30 pm Registration / Event 1:00 pm - 2:30 pm  
Seattle Convention Center Room: 3AB 800 Pike Place, Seattle, WA 98101  
RSVP: <https://apply.westpoint.edu/register/Seattle>

### UPCOMING C & CC FIELD TRIPS

**5/18 ■ Esperanza en Educación ■ Juniors ■ @ UW ■ Slips due 5/3/24**

One day conference at the UW for Hispanic and Latino HS juniors to learn about higher education, the UW admission process, and the Hispanic/Latino community on campus. Come pick up a permission slip in the College & Career Center today!

**5/18 ■ Y.E.L.L. Conference ■ 9-12th ■ Highline College ■ Slips due 5/3/24**

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

**MVHS COLLEGE & CAREER CENTER**  
**PHONE NUMBER: 360.428.6256**



# April 2024

Mount Vernon High School  
Special  
Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
				
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
Cheese Stuffed Breadsticks with Marinara Sauce	Mandarin Orange Chicken with Rice	Beefy Macaroni	Hot Ham and Cheese Sandwich	Chili Dog
Fruit Snacks	Fortune Cookies	Roll	Chips	Goldfish Cracker
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit 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
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
Chicken Caesar Salad Wrap	Teriyaki Beef Dippers with Rice	Macaroni and Cheese	Baked Potato Bar with Chili & Cheese	Meatball Sub Sandwich
Treat	Fortune Cookies	Roll	Sour Cream & Butter	Chips
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit 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
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
CornDog	Mandarin Orange Chicken with Egg Roll	<i>Breakfast for Lunch</i> Breakfast Sandwich	Cheese Quesadilla	Loaded Chili Fries
Chips	Fortune Cookie	Hash Brown Patty	Churro	with Cheese
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Dried Cherries	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	Fresh Vegetables	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
29-Apr	30-Apr	1-May	2-May	3-May
Cheese Stuffed Breadsticks with Marinara Sauce	Teriyaki Beef Dippers with Rice	Chicken Alfredo	Mashed Potato Bowl w/ Popcorn Chicken	Chili Dog
Fruit Snacks	Fortune Cookies	Roll	Corn and Gravy	Goldfish Cracker
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit 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

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.

**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.



**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.