



MVHS DAILY BULLETIN

Friday, September 23, 2022

This Week's Schedule	
Monday	Green Day- Regular Schedule
Tuesday	White Day- Extended Advisory
Wednesday	Green Day -Early Release Schedule
Thursday	White Day - Regular Schedule
Friday	Green Day - PM Assembly Schedule

Today's Bell Schedule	
Time:	Class 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
10:45-11:20	3rd/7th
11:25-11:55	Lunch B
12:00-12:35	3rd/7th
10:45-12:00	3rd/7th
12:05-12:35	Lunch C
12:40-1:55	4th/8th
2:00-2:30	Assembly

Important Dates

Homecoming Week: Sept 26 – Oct 1
Homecoming Game: Frid., 9/30, 7-9:30, home
Homecoming Dance: Sat., 10/1, 7-10 pm
Picture Make Up Day: Thurs., 10/6, 10am-3pm

Upcoming Activites & Events

Friday, Sept . 23:
 V Boys Tennis @ Sehome, 4:30pm
 JV Boys Tennis vs Sehome, home, 4pm
 Varsity Football @ Stanwood, 7pm

Friday, September 23:
 Homecoming Fashion Show, 11-1, Cafeteria
 Homecoming Assembly

College & Career Center

College Rep Visits:
 SUNY at Purchase College - 9/27 at 9am
 George Fox University - 9/29 at 10am
 Calvin University - 9/30 at 10am
 U of Portland - 10/4 at 8am
 NW University - 10/4 at 10am

Seniors: Scholarships are available through [Naviance](#).

Important Reminders

Parents/Guardians: It is important you are signed-up with Remind- it is the platform used for all communication.

Start with Hello Week Day 5

The MVHS National Honor Society challenges you not to only not keep saying hi to other students, say hi to 5 adults you don't know and introduce yourself! **WE MUST FIND TIME TO STOP AND THANK THE PEOPLE WHO MAKE A DIFFERENCE IN OUR LIVES.**

"Do you play disc golf? Do you want to learn how?"

The Bulldog Bombers Disc Golf Club is looking for you! Come see Mr. Young in OM 108 to help get the disc golf club going.

FFA will be having its first meeting of the year

Monday afterschool in CTE 2. All are welcome! We will go over club activities for the year and have an ice cream sundae bar! Hope to see you there!

Your ASB would like to celebrate your special day

by wishing you a happy birthday during our morning announcements as well as delivering a card to you. If you would like to be included in this student appreciation project, please fill out [this form](#). This needs to be filled out yearly if interested. Are you already working a job where you receive a paycheck?

Looking for a job with a regular paycheck?

Stop by the worksite learning table in the cafeteria on Wednesday, 9/28 during all three lunches. Talk to Mr. Erickson or Mrs. Chandler with CTE. They'll tell you how you can receive high school credits for the job you already have or plan to get. Want a job but don't know where to look? They've got you covered there too! Come on down and work smarter, not harder!

Homecoming Dance is Coming Up!

- Students requesting a free ticket must go to the ASB office to have their F/R lunch status verified and pick up their tickets.
- Guest form can be found on the MVHS website and must be turned into Mr. Bernal by 9-27 no later than 3pm.

MVHS Clubs

AVID Club - every other Monday, CTE-1, 2:40

FBLA - Mondays, 2:35PM, CTE9

FCCLA- meets Mondays, 2:45 pm, NM321

FFA- Mondays, 2:40pm, in CTE2

Debate Team -Mon/Tue, 3-5pm, Admin 114

Key Club - Weds,Early Release, 2:45pm, N206

Outdoor Leadership -Fridays,2:40pm,Friendship Cir

Pacific Islander Assoc.-Thurs, 2:45pm, OM108

Pride Club - Mondays, 2:45pm, OM308

Robotics Team- Tues/Fri, 3:30- 6:30 in CTE 10.

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

Transportation: 360-428-6147

Bus and Schedule Information

Useful MVHS Links

[Athletic Event Schedule](#)

[Art Department](#)

[College and Career Center](#)

[Music Department](#)

[Student Health Services](#)

[MVHS Website](#)

MVHS Homecoming Week

Monday, September 26

Dress Like: *Celebrities Off Duty*

LTA: Garbage Football

Tuesday, September 27

Dress Like: *Class Color Day*

Macho Volleyball Tourny, 6pm warm-up, 6:30 Game,

Gym

LTA: LIA School Spirit Activity

Wednesday, September 28

Dress Like: *Stunt Double Twin Day*

LTA: Hollywood Kahoot

Thursday, September 29

Dress Like: *Old Hollywood Black and White*

Spirit Stick Hunt, 7-8pm, MVHS Friendship Circle

LTA: LIA School Spirit Activity

Friday, September 30

Dress With: *Bulldog Pride*

LTA: Water Balloon Toss

Homecoming Football Game against Marysville, 7pm

Saturday, October 1

Homecoming "Hollywood" Dance, 7-10pm,

MVHS Cafeteria

MVSD STUDENT HEALTH SERVICES

HEALTH SERVICE QUESTIONS?

Click [MVSD Student Health Services](#)
to find the answers.

COVID QUESTIONS?

Click [MVSD COVID Information Page](#)
to find answers?

MASK MANDATE

At this time masks are optional for
students and staff in our schools and uses.

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MISTAKES & ERRORS

The author of this bulletin is human, so please do not be surprised if there are occasional errors. Thank you.

SEPTEMBER 2022

Special
Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content;"> <p>Welcome Back to School!</p> </div>		7-Sep Chicken Strips Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	8-Sep Mashed Potato Bowl Popcorn Chicken Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	9-Sep Meatball Sub Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
	12-Sep Cheese Stuffed Breadsticks & Marinara Sauce Educational Cookie Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	13-Sep Corn Dog Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	14-Sep Spaghetti & Meatsauce Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	15-Sep Eggo Waffles Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
19-Sep Chicken Strips Goldfish Crackers Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	20-Sep Hotdog Tater Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	21-Sep Macaroni & Cheese Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	22-Sep Chicken Alfredo Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	23-Sep Toasted Cheese Sandwich Tomato Soup Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
26-Sep Corn Dog Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	27-Sep Mashed Potato Bowl Corn Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	28-Sep Mandarin Orange Chicken Egg Rolls Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	29-Sep Chicken Strips Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	30-Sep Meatball Sub Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
3-Oct Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	4-Oct Mandarin Orange Chicken Egg Rolls Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	5-Oct Pasta Bake Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	6-Oct Breakfast for Lunch Eggo Waffles & Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	7-Oct Hot Ham and Cheese Sliders Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk

Meal Price	
Elementary Breakfast	No Charge
Elementary Lunch	No Charge
Adult Lunch	\$4.00
Side Milk	unavailable

Important News:
 Mount Vernon School District recently 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 David Connors, Food Services Director, at (360) 428-6149.

**Each lunch comes complete with
 !salad bar or fresh vegetable, choice of fresh fruit, and milk**

