



# MVHS DAILY BULLETIN

Tuesday, October 18, 2022

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- Regular Schedule

Today's Bell Schedule	
Time:	Class Period:
8:00-9:15	1st/5th
9:20-9:50	Advisory
9:55-11:10	2nd/6th
<b>11:15-11:45</b>	<b>Lunch A</b>
11:50-1:10	3rd/7th
11:15-11:50	3rd/7th
<b>11:55-12:25</b>	<b>Lunch B</b>
12:30-1:10	3rd/7th
11:15-12:35	3rd/7th
<b>12:40-1:10</b>	<b>Lunch C</b>
1:15-2:30	4th/8th

## Important Dates

**October Early Release Days:** Oct. 19, 27, 28

**Conferences:** Thurs. Oct. 27 (more info to come)

## Upcoming Activities & Events

**Tuesday, October 18:**

HOME:

Girls Soccer JV/V vs. Lakewood 5:00pm/7:00pm

AWAY:

Volleyball C/JV/V at Sehome HS 5:40pm/7:00pm

**Thursday, October 20:**

Lunch Time Activity:

LIA Popcorn, Activities & Spanish Music-Lunches

**Friday, October 21:**

Boys&Girls Club Teen Night Murder Mystery & movie. Cafeteria at 5:30

## Designers Needed

Your ASB and Senate have voted to purchase a spirit T-shirt for every MVHS student. **We need you** to submit a design for what you think our shirt should look like! If you would like to submit a design, please upload your submissions via [T-Shirt Design Contest](#). We will put all of the design proposals up for a vote by the entire school on 11/8 and depending on how many submissions are turned in, we may hold a second vote on 11/15.

## Join Us Every Day After School!

The Boys and Girls Club meets everyday after school at 2:30 in the cafeteria. Experience VR, Magic Club, and Field Trips! Sign up at [skagitclubs.org](http://skagitclubs.org) or talk to a staff member at the club.

## Attention All Freshmen

There will be a tailgate event before the home football game this Friday, the 21st, at 6pm hosted by your LINK leaders and freshmen senate. Come to the friendship circle for hotdogs and to hang out with your fellow freshmen! Be sure to enter from north of campus and stop by the friendship circle before the game, because once you enter the game you cannot leave and re-enter.

## Attention 11th and 12th Graders

Interested in learning more about Bellingham Technical College? The College and Career Center will be heading to Bellingham Technical College on Nov 15th to view their programs. Stop by the College and Career Center to pick up a permission slip today!

## Senior Corner

### Looking for help with your...

college apps, financial aid, scholarship info & more, every Thurs in Oct, during all lunches in the College & Career Center, N104.

### Senior Portraits Are Due 10-28-2022

They must be in portrait orientation, JPEG Format, no props (car, family members, etc.) Must follow school dress code.

[Click here to upload](#)

### Class of 2023

The yearbook wants your old photos of you & other Bulldogs from the Class of 2023 when you were younger (ie, K-8th grade). Upload your photo using this form and don't forget to tell us who is all in the photo. [Click Here to Upload your Photo](#)

## College & Career Center

### College Rep Visits:

University of San Francisco - 10/18 at 10am

Oregon State University - 11/8 at 9am

## 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 Links

[Art  
Department](#)

[College &  
Career Center](#)

[Music  
Department](#)

[Athletic Event  
Schedule](#)

[Student Health  
Services](#)

[MVHS  
Website](#)

## 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?

## Report ALL Student

## Absences and Tardies in Writing

Parents or guardians, **please submit written confirmation** of your students absence or tardy to the attendance office within 48 hours of your student returning to school. You do not need to call the school. **Verbal confirmation of an absence will not result in that absence being excused.** In the absence note, please include:

- Student Name:
- Date(s) Out or Tardy:
- Period(s) Missed:
- Reason Out:

## The After School Activities Bus

runs M-TH, picks you up outside the cafeteria at 4. You will need a bus pass from your teacher and/or activity advisor.

## Student Parking at MVHS

The Mount Vernon High School allows student drivers to park on campus in the south parking lot and by the tennis courts if they have a parking permit. Permits are issued on a first come, first served basis. Those who do not have a parking permit, are not allowed to park on campus or on the neighboring city streets per city ordinance.

## New Bulldog Spirit Gear Store

VHS has switched vendors for our online spirit gear store. The new Under Armour store can be found by visiting the following:

[MVHS Sprit Gear Store](#)

## Check out whats new in the Art Department!

[MVHS Art Dept Website](#)

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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.



# OCTOBER 2022

## Mount Vernon High School Special

*Growing Healthy Students!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10-OCT</b> CHICKEN STRIPS W/ ROLL FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>11-OCT</b> MANDARIN ORANGE CHICKEN, STEAMED RICE FORTUNE COOKIES FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>12-OCT</b> NON STUDENT DAY	<b>13-OCT</b> CHICKEN STRIPS CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>14-OCT</b> CHICKEN SALAD CROISSANT SAND CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK
<b>17-OCT</b> CORNDOG CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>18-OCT</b> CHICKEN STRIPS CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>19-OCT</b> MACARONI AND CHEESE ROLL FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>20-OCT</b> SWEET AND SOUR CHICKEN, RICE FORTUNE COOKIE FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>21-OCT</b> MEATBALL SUB TREAT FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK
<b>24-OCT</b> MINI CALZONES MARINARA CUP/ TREAT FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>25-OCT</b> CHICKEN STRIPS ROLL FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>26-OCT</b> CHICKEN ALFREDO ROLL FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>27-OCT</b> BREAKFAST FOR LUNCH FRENCH TOAST AND SAUSAGE FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>28-OCT</b> HOT HAM AND CHEESE ON A BRIOCHE BUN CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK
<b>31-OCT</b> CHEESE STUFFED BREADSTICKS MARINARA SAUCE/ FRUIT SNACKS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>1-NOV</b> BAKED POTATO BAR CHILI, CHEESE, SOUR CREAM, BUTTER FRESH FRUIT AND VEGETABLES 1% WHITE MILK OR CHOCOLATE MILK	<b>2-NOV</b> TERIYAKI CHICKEN RICE/FORTUNE COOKIE FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK	<b>3-NOV</b> CHICKEN STRIPS CHIPS FRESH FRUIT AND VEGETABLES 1% WHITE MILK OR CHOCOLATE MILK	<b>4-NOV</b> BBQ PORK SANDWICH CHIPS FRESH FRUIT SALAD BAR 1% WHITE MILK OR CHOCOLATE MILK

### Meal Price

Student Breakfast/Lunch Charge	No
Adult Lunch & Salad Bar	\$4.00
Side Milk	\$0.75

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

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.**