



# MVHS DAILY BULLETIN

Tuesday, January 10, 2023

This Week's Schedule	
<b>Monday</b>	White Day -Extended Advisory Schedule
<b>Tuesday</b>	Green Day - Extended Advisory Schedule
<b>Wednesday</b>	White Day - Early Release Schedule
<b>Thursday</b>	Green Day - Regular Schedule
<b>Friday</b>	White Day - Regular Schedule

Today's Bell Schedule	
Time:	Class Period:
8:00-9:10	1st/5th
9:15-10:10	Advisory
10:15-11:25	2nd/6th
<b>11:30-12:00</b>	<b>Lunch A</b>
12:05-1:15	3rd/7th
11:30-12:10	3rd/7th
<b>12:15-12:45</b>	<b>Lunch B</b>
12:50-1:15	3rd/7th
11:30-12:40	3rd/7th
<b>12:45-1:15</b>	<b>Lunch C</b>
1:20-2:30	4th/8th

## News From The Kitchen

One- Our bulldog store will be open on Monday the 9th. We will be starting to sell some ala carte items such as bottled water, cookies, juices, izzy's, ice cream, and other snacks. Students can use their lunch account if they have any money to use up or bring cash.

Two-We are starting to sell soup at the salad bar area on Tuesdays and Thursdays. It will be offered as a lunch option and will be sold as a complete lunch item if teachers want to purchase it. The meal will consist of soup, cheese stuffed breadsticks, and goldfish crackers.

## Friday Night Teen Night January 13th

Join the Boys and Girls Club for Teen Night this Friday the 13th! We'll be having fun doing Improv and making fun of the sci fi classic Plan 9 from Outer Space. See you at 5:30pm, NM200.

## MVHS is Hosting the Winter Formal Dance

It will take place January 28th, 7-10pm in the MVHS Cafeteria. Winter Formal is a formal attire dance open to all grades! Tickets go on sale January 9th in the ASB office before or after school and during all 3 lunches. Visit the MVHS Website or MVHS social media for more information.

## Try-A-Trade Day

In recognition of CTE Month, Skagit Valley College will host their annual "Try-A-Trade" Day at the Mount Vernon Campus on Tuesday, 2/28/23. This event features hands-on demonstrations highlighting their professional technical programs. This event is mostly focused on juniors and seniors, particularly those interested in learning about professional and technical training options at Skagit Valley College. Permission slips are available in the College and Career Center. (Deadline 2/15)

**Star Testing:** January 9 & 10

**No School/MLK Day:** Monday, Jan. 16

**January Early Release Days:** Jan. 11 & 25

**Second Semester Starts:** January, 31, 2023

## THIS WEEKS ACTIVITIES & EVENTS

### Athletic Events

►For This Weeks Athletic Schedule [Click Here](#)

### Friday, Jan 13:

►Boys & Girls Club Teen Night, 5:30pm, NM200

## Senior Corner

**January 11th from 10-11am:** Central Washington University Application Workshop. A CWU Representative will be in the College and Career Center on Wednesday the 11th to assist students with their applications. Students pre-register for the app workshop using [this link](#): (on the College and Career Center website and senior Google Classroom)

**It's scholarship time!** The College and Career Center provides a Step by Step Guide for applying to scholarships. Visit our website to learn more. [C&CC](#)

**Final day to order your Senior Ad** is 2-1-2023. The price will be \$60 for 1/4 page ad and \$120 for 1/2 page ad. [Click here to design your ad.](#)

**College Application Deadlines** - [Click Here](#)

**Graduation:** June 9, 2023, held at Angel of the Winds Arena, Everett, WA 7pm

## AFTER SCHOOL OPPORTUNITIES:

**Bulldog E.D.G.E.** - Homework help, M-F, 2:30-4pm,  
Early Release, 12:30-2:45 pm MVHS Library

**Boys & Girls Club** -Activities/Games, M-F, 2:30-5pm,  
MVHS Cafeteria, sign up at [skagitclubs.org](http://skagitclubs.org)

**Late Bus**-M-R, 4pm pick up, E.R.days 2:30pm, cafeteria

## MVHS CLUBS

**ART Club** - meets Tues/Thurs, 2:30-4, AG1

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

**FBLA** - Mondays , 2:35PM, CTE 9

**FCCLA**- meets Mondays, 2:45 pm, NM321

**FFA** - Mondays, 2:40pm, in CTE2

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

**Gaming Club** - White Thursdays, 2:30-4pm, N120

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

**LUCHA Club**- Thursday's at 2:30 in NM223

**Outdoor Leadership** -Frid's,2:40pm,Friendship Cir

**Pacific Islander Assoc.**-Thurs, 2:45 pm, OM 108

**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

**MVSD Student Health Services, 360-428-6151**

**Transportation: 360-428-6147**

Bus and Schedule Information

## USEFUL LINKS

<a href="#">Art Department</a>	<a href="#">College &amp; Career Center</a>	<a href="#">Music Department</a>	<a href="#">MVHSTV</a>
<a href="#">Athletic Event Schedule</a>	<a href="#">MVHS Website</a>	<a href="#">Student Health Services</a>	<a href="#">TEA WITH DR. V</a>
<a href="#">Student Health Services</a>	<a href="#">MVHS Facebook</a>	<a href="#">MVHS Instagram</a>	<a href="#">MVHS Counseling</a>

## All MVHS Students are Invited to join the new BSU Club!

The small percentage of black students at MVHS but has a big impact to our community!. If you want to share your black culture, join the BSU! All students are invited to this inclusive space for everyone to share their stories.This club will include black history month, a little potluck, and watching an inspiring black history film! So come join us on Jan 25, 2023 for our first meeting in NM 320. Hope to see you there!

## The last day to purchase a yearbook

or a senior baby ad is February 1st. The only way to guarantee that you have a book is to preorder one. Only a handful of extra books will be available in June. See Ms. Duncan in the ASB Office (located in the Athletics Office) to purchase one. \$55 for Free/Reduced Lunch students and \$65 for non-Free/Reduced Lunch students.

## Attention 10th Graders:

Would you like to take the PSAT 10 to measure college readiness? The test will be on March 15th and is free through GEAR UP Funding. For more information and to sign up, visit the College and Career Center website and click on 10th graders. Deadline Feb 22nd.

## WEEKLY WELLNESS TIPS

*From your MVHS Counseling Team*

**Hygge is the Danish tradition of taking time** for the daily rush to be with people you care about or in peaceful solitude.

**Alongside the hustle and bustle of the holidays**, maybe you can sprinkle some pockets of hygge throughout the winter break.

**Hygge focuses on using the five senses** to savor a moment or an experience, appreciating the ordinary everyday events of our lives.

**Here are some ideas to live Hygge this Winter season:** Be cozy– surround yourself with warm blankets and pillows; Nature– find ways to be outside; Gatherings– Spend time with people who support and encourage you; Simplicity– Take time throughout the day to notice small moments (smells & textures around you, smells that make you happy, etc.)

*If you would like to receive the*

**MVHS DAILY BULLETIN**

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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.





# DECEMBER 2022

## Mount Vernon High School Special

Growing Healthy Students!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5-DEC</b>	<b>6-DEC</b>	<b>7-DEC</b>	<b>8-DEC</b>	<b>9-DEC</b>
PEPERONI CALZONES MARINARA SAUCE	CHICKEN STRIPS	MANDARIN ORANGE CHICKEN	PASTA BAKE	CHICKEN BACON RANCH BURGER
TREAT	DORITOS	STEAMED RICE & VEGGIES	ROLL	
FRESH FRUIT AND VEGETABLES	FRESH FRUIT SALAD BAR	FRESH FRUIT SALAD BAR	FRESH FRUIT AND VEGETABLES	FRESH FRUIT AND VEGETABLES
1% WHITE MILK AND 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>12-DEC</b>	<b>13-DEC</b>	<b>14-DEC</b>	<b>15-DEC</b>	<b>16-DEC</b>
MAX MOZZ BREADSTICKS MARINARA SAUCE	BAKED POTATO BAR CHEESE & SOUR CREAM	CORNDOG	TURKEY GRAVY MASHED POTATOES	HOT HAM AND CHEESE SANDWICH
FRUIT ROLL UP	BUTTER	TATER TOTS	GREEN BEANS	CHIPS
FRESH FRUIT SALAD BAR	CHILI AND BROCCOLI FRUIT AND VEGETABLES	FRESH FRUIT AND VEGETABLES	ROLL HOLIDAY CAKE	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
<b>19-DEC</b>	<b>20-DEC</b>	<b>21-DEC</b>	<b>22-DEC</b>	<b>23-DEC</b>
CHICKEN STRIPS	COOK'S CHOICE	 <b>WINTER BREAK - NO SCHOOL</b> 	 <b>WINTER BREAK - NO SCHOOL</b> 	 <b>WINTER BREAK - NO SCHOOL</b> 
DORITOS	HOLIDAY TREAT			
FRESH FRUIT	FRESH FRUIT			
AND VEGETABLES	AND VEGETABLES			
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK			
<b>December 22, 2022 - January 2, 2023</b>				
<b>Back on January 3</b>				

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.

### Meal Prices:

Elementary Breakfast & Lunch: **No Charge**

Adult Lunch & Salad Bar: **\$5.00**

Side Milk: **\$0.75**

**EACH LUNCH COMES COMPLETE WITH SALAD BAR OR  
FRESH VEGETABLE, CHOICE OF FRESH FRUIT, AND MILK**





# JANUARY 2023

## Mount Vernon High School Special

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2-Jan</b>	<b>3-Jan</b>	<b>4-Jan</b>	<b>5-Jan</b>	<b>6-Jan</b>
<b>Last Day of Winter Break!</b>	Corndog	Macaroni and Cheese	Omelet and Biscuit	Chicken Strips
	Tater Tots	Roll	Sausage Patty	Chips
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	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
<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>	<b>12-Jan</b>	<b>13-Jan</b>
Cheese Stuffed Breadsticks Marinara Sauce	Chicken Strips	Chicken Alfredo	Smothered Burritos	Chicken Bacon Ranch Burgers
Educational Cookie pack	Chips	Roll	w/ Hot sauce	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>	<b>19-Jan</b>	<b>20-Jan</b>
	Chicken Strips	Cheese Stuffed Breadsticks and Tomato Soup	Mandarin Orange Chicken	Meatball Sub
	Chips	Golfish Crackers	Egg Roll	Chips
MLK Day! No School	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	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>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>	<b>26-Jan</b>	<b>27-Jan</b>
Calzones with Marinara Sauce	Hot Dogs	Beef Teriyaki	Mashed Potato Bowl with Popcorn Chicken,	BBQ Pulled Pork Sandwich
Fruit Snack	Baked Beans	Dippers	Gravey and Corn	Chips
Fresh Fruit	Chips	Steamed Rice & Veggies	Fresh Fruit	Fresh Fruit
Salad Bar	Fresh Fruit and Vegetables	Salad Bar	and Vegetables	Salad Bar
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



EACH LUNCH COMES COMPLETE WITH SALAD BAR OR FRESH VEGETABLE, CHOICE OF FRESH FRUIT AND MILK

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