



# MVHS DAILY BULLETIN

Wednesday, January 18, 2023

This Week's Schedule	
Monday	MLK Jr. Day - No School
Tuesday	Green Day - Advisory Schedule
Wednesday	White Day - Regular Schedule
Thursday	Green Day - Regular Schedule
Friday	White Day - Regular Schedule

Today's Bell Schedule	
Time:	Class Period:
8:00-9:25	1st/5th
9:30-10:55	2nd/6th
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35-1:00	3rd/7th
11:00-11:45	3rd/7th
<b>11:50-12:20</b>	<b>Lunch B</b>
12:25-1:00	3rd/7th
11:00-12:25	3rd/7th
<b>12:30-1:00</b>	<b>Lunch C</b>
1:05-2:30	4th/8th
2:35-4:00	9th/10th

## IMPORTANT DATES

January Early Release Days: Wed. Jan. 25

Finals Week: January, 24-27

Winter Formal Dance: Sat. 1/28, 7-10pm, Cafet

Second Semester Starts: January, 31, 2023

## THIS WEEK'S ACTIVITIES & EVENTS

Wednesday, January 18:

**HOME:**

▶JV/VGirls Basketball vs.Ferndale, 5:40pm/7:15pm

**AWAY:**

▶C/JV/V Boys Basketball at Ferndale HS 5:40/7:15pm

▶JV/V Girls Wrestling at Lake Stevens HS 6:00pm

## DECA Fundraiser!

MVHS DECA Club is having a food fundraiser to support our community! Please bring ANY non-perishables to NM120. We appreciate your support.

## Pizza with a Professional is back!

Join us in the College and Career Center TODAY to talk with Skagit Valley College, Catherine Wyman and hear about the Computer Science program! All grades are invited. During all three lunches. First come first served - FREE Pizza and fruit! CTE students can earn leadership points!

## Softball Open Gym Times & Days

Every Thursday at 7:30pm and every Sunday at 7:30am in the fieldhouse.

## 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.

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

The small percentage of black students at MVHS has a big impact in 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.

## Senior Corner

**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&C](#)

**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-R, 2:30-4pm,  
Early Release, 12:30-2:45 pm MVHS Library

**Boys & Girls Club** - M-F, 2:30-5pm, MVHS Cafeteria

**Late Bus**-M-R, 4pm pick up, E.R.days 3pm, cafeteria

## MVHS CLUBS

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

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

**DECA** - Tuesdays, 2:30PM, N102

**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

**Migrant Leaders Club** - Tuesdays, 2:45pm, Aud.

**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**

## 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>

## The LAST DAY to Purchase a Yearbook

or a senior baby ad is **February 1st**. The only way to guarantee one 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.

## Varsity Coed Cheerleading Tryouts are coming!

Tryout Meeting is **Feb.8th** 12:45 in the main gym. Please use the link to add your name to the tryout list [Cheer Tryouts 23/24](#).

- Applications must be a current 8-11 grader
- Registered in Final Forms under "spring cheer tryout"
- All paperwork, application and sports physical completed.

Tryout Dates are March 6 &7 from 6-8pm in the matroom, and the Final tryout is March 8th beginning at 5pm. An open review will be held from 3-5pm after school before final tryout begins.

## 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 January 22nd.**

## WEEKLY WELLNESS TIPS

*From your MVHS Counseling Team*

January has routinely been the month of resolutions, with some people making them and others choosing not to. How about another option? Maybe one we can ALL get behind.

In honor of January being Mental Wellness Month, lets all try to resolve to **WOOP** up our mental health all year long?

Here is the **WOOP** goal-setting plan:

- W**-Wish (What do you WISH could happen)
- O**-Outcome (Imagine how it will look and feel like)
- O**-Obstacle (What obstacles might get in the way of your goal?)
- P**-Plan (What's your plan to achieve your goal?)

*If you would like to receive the*

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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.

# 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	Fresh Fruit	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



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