



MVHS DAILY BULLETIN

Thursday, January 19, 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
11:00-11:30	Lunch A
11:35-1:00	3rd/7th
11:00-11:45	3rd/7th
11:50-12:20	Lunch B
12:25-1:00	3rd/7th
11:00-12:25	3rd/7th
12:30-1:00	Lunch C
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 WEEKS ACTIVITIES & EVENTS

Thursday, January 19:

HOME:

▶JV/V Girls Wrestling vs. various HS's, 6:00pm

AWAY:

▶Unified Basketball at Bellingham HS 7:00pm

DECA Fundraiser!

MVHS DECA Club is having a food fundraiser to support our community! Please bring ANY non-perishables to N120. Thanks!

Hey Bulldogs! Come Cram for Finals and Get Some Cocoa With LINK Crew

Monday, 1/23, 4-7pm in the cafeteria. This is a great time to get help from other bulldogs.

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.

Congratulations to the MVHS Debate Team!

They hosted the MV Invitational this past weekend and did great! This weekend they are at Kamiak to earn their way to state

Lets all wish our of our MVHS Debators a HUGE congratulations and good luck!



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&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-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

Art Department	College & Career Center	Music Department	MVHSTV
Athletic Event Schedule	MVHS Website	Student Health Services	TEA WITH DR. V
Student Health Services	MVHS Facebook	MVHS Instagram	MVHS Counseling

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?)

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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.

JANUARY 2023

Mount Vernon High School Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
Last Day of Winter Break!	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
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
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
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
	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
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
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