



MVHS DAILY BULLETIN

Wednesday, January 25, 2023 Finals 1 & 3

This Week's Schedule

| | |
|-----------|--|
| Monday | Green Day- Regular Schedule |
| Tuesday | White Day- Finals 5 & 7 Schedule |
| Wednesday | Green Day- Finals 1 & 3 Schedule/Early Release |
| Thursday | White Day- Finals 6 & 8 Schedule |
| Friday | Green Day - Finals 2 & 4 Schedule |

MVHS Main Campus 1 & 3 Finals Early Release Schedule

| Time | Period |
|-------------|-----------|
| 8:00-9:25 | 1st-FINAL |
| 9:30-9:55 | 2nd |
| 10:00-10:30 | Lunch A |
| 10:35-12:00 | 3rd-FINAL |
| 10:00-11:25 | 3rd-FINAL |
| 11:30-12:00 | Lunch C |
| 12:05-12:30 | 4th |

INSIDE YOU WILL FIND

- ▶ Monthly Wellness Tips - page 3
- ▶ Senior Corner - page 3
- ▶ Athletic Department News & Scores-page 3
- ▶ January's Lunch Menu - page 4

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

Last Day to Purchase Yearbook: Wed, Feb 1

UPCOMING ACTIVITIES & EVENTS

Monday-Thursday:

- ▶ Study for Finals in E.D.G.E., 2-4:30 pm, Library

Saturday, January 28:

- ▶ Winter Formal Dance, 7-10pm, MVHS Cafeteria

AFTER SCHOOL OPPORTUNITIES

Bulldog E.D.G.E. - Homework help, MVHS Library
M-R, 2:30-4pm, ER Days 12:30-2:45 pm

Boys & Girls Club - Activities, MVHS Cafeteria
Every Monday-Friday, 2:30-5pm

Late Bus - N. Cafeteria Doors
M-R 4pm pick up, E.R.days 3pm

NEED TO STUDY FOR FINALS?

Come to the E.D.G.E for Help Studying for Finals!

Bulldog E.D.G.E. in the MVHS Library each **Monday-Thursday, 2:30-4pm, and Early Release Days, 12:30-2:45 pm.** Late bus pick up at 4pm and 3pm on Early Release Days.

ALSO....

Freshmen students who attend today's Bulldog Edge will be eligible to earn one of four \$25 gift cards! Show up and get rewarded. Pizza will also be available for those who attend.

CONGRATULATIONS

to our Girls Bowling Team!

for winning their district tournament yesterday, for the second year in a row! and advancing to the State Tournament next week down in Tukwila!! GO BULLDOGS!!!

MVHS Winter Formal Dance

This Saturday, **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.

Questions about the Winter Formal Dance?

Click on the following form for answers to all of your questions.

[WINTER DANCE INFORMATION](#)

Are you bringing a guest to the Winter Formal from another school?

Do not forget to fill out the guest form and turn it into Mr. Bernal in the admin office no later than **Thursday, January 26, @3 pm.** Visit the MVHS website to download the guest form or click here: [MVHS DANCE GUEST FORM](#)

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

Bus and Schedule Information

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Student Parking at MVHS

Parking on campus without a parking permit is not allowed. Parking on campus without a permit is a \$20 fine. Illegally parking on campus may also result in your vehicle being booted or even towed at your expense. There are still parking permits available in the ASB office to be purchased if you do not have one. There is also free parking off of the west lawn of campus and at the YMCA.

Starting 2 Lunch Bell Schedule at MVHS

Starting next semester, **Monday, January 30th**, we will be going to two lunches. We have added a 3rd register and put tables in the West hallway to accommodate the larger numbers at lunch. We ask that students to use their ASB cards instead of their lunch number in order to make the lines move more smoothly. If you don't have an ASB card, please see Mr. Bernal.

The LAST DAY to Purchase a Yearbook

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 before Wednesday, February 1!

Varsity Coed Cheerleading Tryouts

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.

Questions About Transcripts, Running Start, Registration, NCTA, & More?

The MVHS Counseling Department provides students and families resources to help navigate high school and beyond. School counselors can assist you with academics, college and career readiness and personal/social concerns and support. Contact the counseling office at 360-428-6156 or check out their website [MVHS Counseling Department](#)

Report All Student Absences & Tardies in Writing

Parents or guardians, to report an absence or tardy of the absence to the attendance office within 48 hours of your student returning to school. For convenience, written confirmation can be submitted via email to ATTENDANCE.SECRETARY@MVSD320.ORG

MVHS Athletic Department News

This Weeks Schedule

TUESDAY, 1/24

Home:

- Unified Basketball vs. Lakewood 7:00pm

THURSDAY 1/26

HOME:

- Boys Swim V vs. Lynden 3:30pm, SENIOR NIGHT
- Girls Basketball C vs. Coupeville 5:40pm
- JV/V Girls Basketball vs. Nooksack, 5:40 & 7:15pm

AWAY:

- Boys Basketball C/JV/V @ Nooksack ,5:40/7:00
- Girls Wrestling at Oak Harbor HS 6:00pm

Softball Open Gym Times & Days

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

Last Weeks Scores

THURSDAY 1/19

JVGirls Wrestling: MV 48 Bellingham 30, MV 42 Blaine 27, MV 48 Meridian 30
Unified Basketball: MV 32 Bellingham 36

FRIDAY 1/20

Boys Basketball: C-MV 36 Lynden 61,
JV-24 Lynden 64, V-MV 52 Lynden 72
Girls Basketball:5, JV-MV 19 Lynden 55
V-MV 45 Lynden 69

SATURDAY 1/21

Girls Basketball:C-MV 32 Concrete JV 13, JV-MV 44 Concrete V 28
Boys & Girls Wrestling:
MV Boys-8th out of 21 teams
MV Girls-2nd out of 26 teams
V Boys Swim: MV-6th out of 14 teams

MONDAY 1/23

Boys Basketball: C-MV 49 Blaine 37, JV-MV 68 Blaine 71, V-MV 82 Blaine 79 in OT!!
Girls Basketball: V-MV 63 Blaine 40

IMPORTANT DATES:

June 9, 2023

Class of 2023, Graduation, 7:00 PM
[Angel of the Winds Arena](#), Everett, WA

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 is \$60 for 1/4 page ad and \$120 for 1/2 page ad. [Click here to design your ad.](#)

College Application Deadlines

For deadlines and dates [Click Here](#)

MONTHLY 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?)

NONDISCRIMINATION

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Executive Director/Student Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.

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 | 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

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**