



MVHS DAILY BULLETIN

January 3-6, 2023

This Week's Schedule	
Monday	Winter Break
Tuesday	White Day - Advisory Schedule
Wednesday	Green Day - Regular Schedule
Thursday	White Day - Regular Schedule
Friday	Green 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

IMPORTANT DATES

Back To School: Tuesday, January 3, 2023

Star Testing: January 9 & 10

January Early Release Days: Jan. 11 & 25

Second Semester Starts: January, 31, 2023

THIS WEEKS ACTIVITIES & EVENTS

Tuesday, January 3- Saturday January 7:

►Athletic Events This Week [Click Here](#)

First NHS Meeting of the Year

this Thursday at 2:40pm in the auditorium! See you there:).

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.

Robotics season starts the 7th of January!

Come participate on our award winning team! No experience necessary, we will teach you what you need to know. We meet Tue/Fri, 3:30-6:30 in CTE10. Questions /more information contact Mrs. Slater at m Slater@mvsd320.org

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, February 28th, 2023. 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)

Senior Corner

Looking at UW ? Do you ever wonder what college is like at UW or college in general ?? Well come and join us for Chat with Alumni on Tuesday December 20th during all lunches, our guest speakers are Manny and Iker who are MVHS alumni and are currently UW students. Come and join us for a Q&A session, ask about college life, college HW, college culture, student clubs etc.

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 - [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, 12:30-2:45pm MVHS Library

Boys & Girls Club -Activities/Games, M-F, 2:30-5pm,
MVHS Cafeteria, sign up at 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, CTE9

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, 2:45pm, 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

MVSD Student Health Services, 360-428-6151

Transportation: 360-428-6147

Bus and Schedule Information

USEFUL LINKS

[Art Department](#)

[College & Career Center](#)

[Music Department](#)

[MVHSTV](#)

[Athletic Event Schedule](#)

[MVHS Website](#)

[Student Health Services](#)

[TEA WITH DR. V](#)

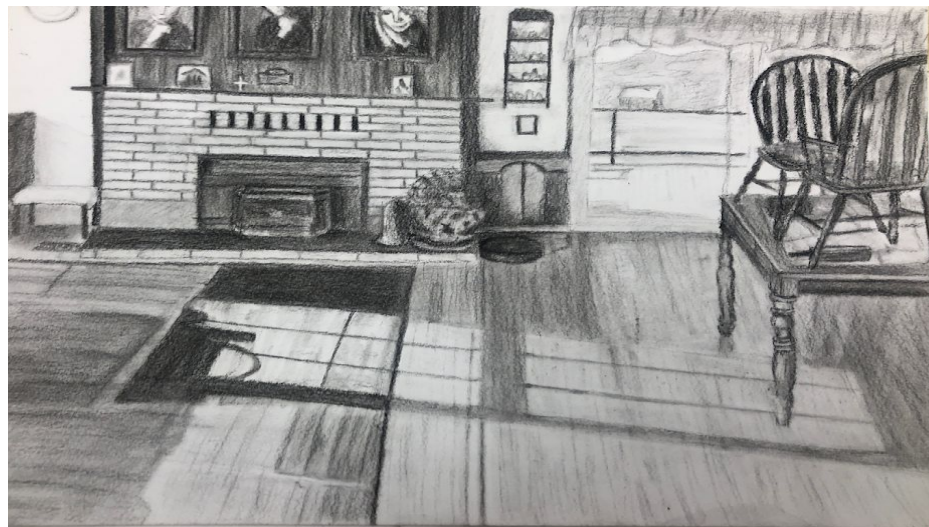
[Student Health Services](#)

[MVHS Facebook](#)

[MVHS Instagram](#)

[MVHS Counseling](#)

MVHS Art Students and Charcoal Studies



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 every day 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.)

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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.



DECEMBER 2022

Mount Vernon High School Special

Growing Healthy Students!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-DEC	6-DEC	7-DEC	8-DEC	9-DEC
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
12-DEC	13-DEC	14-DEC	15-DEC	16-DEC
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
19-DEC	20-DEC	21-DEC	22-DEC	23-DEC
CHICKEN STRIPS	COOK'S CHOICE	 WINTER BREAK - NO SCHOOL 	 WINTER BREAK - NO SCHOOL 	 WINTER BREAK - NO SCHOOL
DORITOS	HOLIDAY TREAT			
FRESH FRUIT	FRESH FRUIT			
AND VEGETABLES	AND VEGETABLES			
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK			
December 22, 2022 - January 2, 2023				
Back on January 3				

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
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

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