



# MVHS DAILY BULLETIN

Tuesday, February 14, 2023

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

MVHS Main Campus Advisory Schedule	
Time	Period
8:00-9:15	1st/5th
9:20-9:50	Advisory
9:55-11:10	2nd/6th
11:15-11:45	Lunch A
11:50-1:10	3rd/7th
11:15-12:35	3rd/7th
12:40-1:10	Lunch B
1:15-2:30	4th/8th
2:35-4:00	9th/10th

## INSIDE YOU WILL FIND

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

## IMPORTANT DATES

- Presidents Day-No School: Mon. Feb 20
- Snow Make Up Day-In School: Wed. March 8
- Spring Break - April 3-7,

## UPCOMING ACTIVITIES & EVENTS

- Wednesday, February 15:
  - ▶MVHS Rooter Bus, tp Jackson HS, 3pm
- Thursday, February 16:
  - ▶College Thursday for Juniors, lunches, NM105
- Friday, February 17:
  - ▶Pizza w/a Pro, lunches, C&C Center NM105

## 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

## Come and cheer our Bulldogs at their away game at Jackson High School!

Tomorrow, Wednesday, at 8pm, our MVHS Boys Basketball play Jackson in the 3rd round of 3A districts. Your ASB card provides a free rooter bus to Jackson HS. You must purchase a ticket to the game and have a signed permission slip. The bus will leave MVHS at 6:15pm by the Cafeteria and arrive back at approx 10:30pm. See the [MVHS website](#) for ticket prices, permission slip, and specific details.. Go Bulldogs!

## Congratulations to the Boys Wrestling Team

4 of our wrestlers qualified for State. Congratulations to Dalton Kurtz-Rios, Jr. Barajas, Ryan Wilson and Alexis Zendejas.

## Lacrosse Anyone?

If you are interested in playing on Mt Vernon High School's first lacrosse team this Spring, there is an information meeting in Mr. Hill's room (New Main 220) on **Feb. 15, Wednesday** morning at 7:30am. If you cannot make the meeting but are interested just stop in to Mr. Hill's room or send an email to him. THERE WILL BE DOUGHNUTS!!!

## Interested in Playing Soccer?

The 2023 soccer season is around the corner. If you are planning to play soccer this spring right now is the time to get all of your forms turned in and updated. We anticipate another successful year so please dont delay. First day of tryouts will be **February 27th**. Contact Mr. Ibarra with any questions.

## 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

**Migrantes Unidos MV** - Tuesdays, 2:45pm, OM114

**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

*If you would like to receive the*

**MVHS DAILY BULLETIN**

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## USEFUL LINKS

[Art  
Department](#)

[College &  
Career Center](#)

[Music  
Department](#)

[MVHS  
Counseling](#)

[Athletic Event  
Schedule](#)

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Website](#)

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[MVHS  
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[Student Health  
Services](#)

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[TEA WITH  
DR. V](#)

## JUNIORS!

The 11th/12th grade College and Career Center will be hosting College Thursday and want you to come for lunch and great information. This will be during both lunches and is limited to the first 35 in attendance. Let's get excited about your senior year at MVHS! We will see you on **Thursday, Feb 16th**.

## PIZZA WITH A PRO is back!

Join us on Friday, Feb 17th to learn about the HVAC (Heating, Ventilation, Air Conditioning) trade and all of the great perks of being in that industry. Ken Duncan, District Sales Manager for the Pacific Northwest from BELIMO AMERICAS will be in the 11th/12th grade College and Career Center during both lunches. YOU get pizza and a great opportunity to listen, learn and network! All grades are invited. The doors will close once the first 35 students sign in.

## MVHS Art Students At MoNA

MVSD student art will be on exhibition at MoNA from **February 18-May 14, 2023**. [Learning the Language of Art: MoNA Link Student Art Exhibition](#). The MoNA Link program was established in 2003 to provide opportunities for local students to have access to an arts education. This exhibition of student art is much more than wonderful pictures on the wall; it is a celebration of the learning and accomplishments of the K-12 students and teachers that participated in the MoNA Link program in 2022 working to integrate art into classroom curriculum using many different art media.

## 2023 Winter Formal Portraits

are now available [VIA THIS LINK](#). All proceeds go towards paying for the free/reduced lunch price for the yearbook.

## 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.

## Questions About Transcripts, Running Start, Registration, NCTA, and 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](#)

# MVHS Athletic Department News

## THIS WEEKS SCHEDULE

To purchase tickets, click each event

### Wednesday, Feb 15

- ▶V Boys Basketball at Mt Lake Terrace, 8pm
- ▶Unified Basketball at Squalicum HS 7:00pm

### Friday, February 17

- ▶Boys Wrestling 3A State, Tacoma Dome 10am
- ▶Girls Wrestling 3A State Tacoma Dome 10:00
- ▶Boys Swim 3A State Prelims, King County 6pm

## LAST WEEKS SCORES

### Thursday, 2/9

- ▶V Boys Basketball: MV 87 Oak Harbor 67

### SATURDAY 2/11

- ▶V Boys Basketball: MV 57 Monroe 51
- ▶V Boys Swimming 3A Finals 4th Place
- ▶Boys Wrestling 3A Regionals 11th Place
- ▶Girls Wrestling 3A Regionals 2nd place

## OPEN GYM TIMES

**Softball players** - very Thursday at 7:30pm and every Sunday at 7:30am in the fieldhouse

## SPRING SPORTS

With Spring Sports around the corner, are asking that ALL parents of athletes use FinalForms. Please register using the link below to create your account and sign your forms.

[HTTPS://MOUNTVERNON-WA.FINALFORMS.COM/](https://mountvernon-wa.finalforms.com/)

**MVHS's first lacrosse team** - If interested, there is an information meeting in Mr. Hill's room, NM220 Wed. 2/15, 7:30am. Email Mr. Hill with any questions.

**The 2023 soccer season** is around the corner. If you are planning to play soccer this spring right now is the time to get all of your forms turned in and updated. We anticipate another successful year so please don't delay. First day of tryouts will be February 27th. Contact Mr. Ibarra with any questions.

## IMPORTANT DATES:

**June 9, 2023**

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

### 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

For deadlines and dates [Click Here](#)

SENIOR  
CORNER

## MONTHLY WELLNESS TIPS

February  
Issue #3

*From your MVHS Counseling Team*

The start of a new semester is a great time to revamp your efforts to organize your life and create balance among your many responsibilities. Here are some ways you can stay organized in school and stay on top of your workload:

**1. Get into a Routine:** Using a planner or calendar to keep track of your responsibilities is super helpful in creating a routine. Getting into a routine can help with time management and can help you stay on track of important things to do.

**2. Use tools to stay organized:** Along with a planner or calendar, the use of other tools can help you stay organized; Pencil pouches to keep your writing utensils and other school supplies in one spot so you don't lose them; Folders to keep paperwork so they do not become loose in your backpack—this is how things get lost or forgotten!; Notebooks are handy to have on hand to write to-do lists, jot down assignment due-dates, and other important information to remember.

**3. Color code and use labels:** Color coding and labeling can help keep you on top of school work and due dates especially when balancing eight different classes. Use a different color for each class and highlight important dates and assignments with the associated color.

**4. Break down big tasks into smaller ones:** Big tasks can seem really overwhelming. By breaking down the assignment or task into smaller chunks it will reduce your anxiety and help you get a little bit done at a time. It may be helpful to set deadlines for yourself for each smaller part.

Have a great second semester!

## 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.

# FEBRUARY 2023

## Mount Vernon High School Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30-Jan</b>	<b>31-Jan</b>	<b>1-Feb</b>	<b>2-Feb</b>	<b>3-Feb</b>
<i>No School</i>	Corndog	Hot Ham & Cheese Sandwich	Chicken Strips	Omelets & Sausage Patty Biscuits
	Tater Tots	Baked Cheetos	Cookie Pack	Biscuits
	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Applesauce
	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	Fresh Vegetables
				1% White Milk or Chocolate Milk
<b>6-Feb</b>	<b>7-Feb</b>	<b>8-Feb</b>	<b>9-Feb</b>	<b>10-Feb</b>
MAX Stuffed Breadsticks & Marinara	Chicken Bacon Ranch Burger	Spaghetti with Meatsauce	Smothered Burrito	Macaroni and Cheese
Fruit Snack	Chips	Garlic Bread	With Chips	Roll
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	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>13-Feb</b>	<b>14-Feb</b>	<b>15-Feb</b>	<b>16-Feb</b>	<b>17-Feb</b>
Chicken Strips	Teriyaki Chicken Burger	Beef Teriyaki Dippers	Corndog	Chicken Alfredo
Chips	Chips and a Treat	Steamed Rice	Chips	Roll
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Veggies	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	Fresh Fruit and Vegetables	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
<b>20-Feb</b>	<b>21-Feb</b>	<b>22-Feb</b>	<b>23-Feb</b>	<b>24-Feb</b>
<i>No School</i>	Nachos With Taco Meat or Chicken & Cheese	Hotdog & Baked Beans	Chicken Strips	Breakfast Muffin Sandwich
		Chips	Educational Cookies	Tator Tots
	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	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

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.



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

### Meal Prices

Elementary Breakfast & Lunch: No Charge  
Adult Lunch & Salad Bar: \$5.00  
Side Milk: \$0.75