



MVHS DAILY BULLETIN

Thursday, February 16, 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 Regular Schedule	
Time	Period
8:00-9:25	1st/5th
9:30-10:55	2nd/6th
11:00-11:30 11:35-1:00	Lunch A 3rd/7th
11:00-12:25 12:30-1:00	3rd/7th Lunch B
1:05-2:30	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

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

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 **today, 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.

Are you interested in track and field?

If you are interested in becoming an MVHS Track and Field athlete, there will be a meeting immediately after school next **Tuesday, February 21st** in the Mat Room. Please contact Coach Landis with any questions.

Congratulations to our Amazing Bulldog Girls Wrestling Team!

Nine wrestlers qualified for the Mat Classic State Meet this weekend at the Tacoma Dome. Give a big shout out to Cassidy Halgren, Braelyn Manke, Parker Halgren, Leslie Escamilla Ibarra, Samara Knudsen, Yasmin Rodriguez, Genesis Rodriguez, Gracie Grant, Shecid Garcia-Quiroz!

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 - Fri'd'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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MVHS DAILY BULLETIN

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button to subscribe:

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USEFUL LINKS

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

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 different media.

Looking for Artist for the City of Mount Vernon's "ALONG THE RIVER" Banner Contest

The City of Mount Vernon's Arts Commission is proud to present a [Community Banner Project](#), an opportunity to create a banner that will hang along the scenic Downtown Riverwalk and raise awareness of Mount Vernon's natural beauty, wildlife, the Mighty Skagit River, marine life, culture, and heritage and engage the community while showcasing local artists from the state of Washington.

The purpose of the contest is to add vibrancy and color to the City's Riverwalk while promoting the diverse ecosystems and culture of Mount Vernon and Skagit County.

This is a great opportunity for local artists to display their work through this banner project. For details, click here:

[Along-the-River
Banner Contest](#)

Submissions will be
accepted through
Friday March 10th,
2023

ALONG THE RIVER

City of Mount Vernon Arts Commission Banner Contest

The City of
Mount Vernon's Arts Commission
is proud to present the

COMMUNITY BANNER PROJECT

The City of Mount Vernon's Arts Commission is proud to present a Community Banner Project, an opportunity to create a street banner that will raise awareness of Mount Vernon's natural beauty, wildlife, aquatic and marine life, culture, and heritage and engage the community while showcasing local artists from the state of Washington.

Accept
Submission through
Friday, March 10th 2023



For more information
contact us at
MVParks@mountvernonwa.gov
OR
Drop off:
Monday - Friday, 8am - 4:30pm
Hillcrest Parks Office
1717 S. 13th Street, Mount Vernon, WA 98274
360-336-6215

MVHS Athletic Department News

THIS WEEKS (Post Season) SCHEDULE

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

SATURDAY 2/18

- Boys Wrestling 3A State, Tacoma Dome 10am
- Girls Wrestling 3A State, Tacoma Dome 10am
- Boys Swim 3A State Finals, King County 6pm

LAST WEEKS SCORES

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/)

Lacrosse - If interested in turning out, email Mr. Hill with any questions.

Soccer - If you are planning to play soccer you need to get all of your forms turned in and updated. First day of tryouts will be Feb 27. Contact Mr. Ibarra with any questions.

Track & Field - If you are interested in becoming an MVHS Track and Field athlete, there will be a meeting immediately after school next Tuesday, February 21st in the Mat Room. Please contact Coach Landis with any questions.

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 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](#)

MONTHLY WELLNESS TIPS

From your MVHS Counseling Team

February
Issue #3

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
30-Jan	31-Jan	1-Feb	2-Feb	3-Feb
No School	Corndog	Hot Ham & Cheese Sandwich	Chicken Strips	Omelets & Sausage Patty Biscuits
	Tater Tots	Baked Cheetos	Cookie Pack	Applesauce
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh 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	1% White Milk or Chocolate Milk
6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
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	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
and Vegetables	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	1% White Milk or Chocolate Milk
13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
Chicken Strips	Teriyaki Chicken Burger	Beef Teriyaki Dippers	Corndog	Chicken Alfredo
Chips	Chips and a Treat	Steamed Rice	Chips	Roll
Fresh Fruit	Fresh Fruit	Veggies	Fresh Fruit	Fresh Fruit
and Vegetables	and Vegetables	Fresh Fruit	and Vegetables	and Vegetables
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	and Vegetables	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
No School	Nachos With Taco Meat or Chicken & Cheese	Hotdog & Baked Beans	Chicken Strips	Breakfast Muffin Sandwich
	Fresh Fruit	Chips	Educational Cookies	Tator Tots
	and Vegetables	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



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