



MVHS DAILY BULLETIN

Friday, February 17, 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
- Spring Sports Start: Monday, Feb 27
- Snow Make Up Day-In School: Wed. March 8
- Spring Break - April 3-7,

UPCOMING ACTIVITIES & EVENTS

- Friday, February 17:
▶ Pizza w/a Pro, lunches, C&C Center NM105
- Saturday, February 18
▶ MVHS Student Art Exhibit, 4-5pm, [MoNA](#)

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

PIZZA WITH A PRO is back!

Join us on Today, **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.

MVHS Art Students Art on Exhibit At MoNA

Join us Saturday, February 18 from 4-5pm
at Museum of Northwest Art

121 S First Street, La Conner, WA

RSVP to development@museumofnwart.org

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.

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
please click the
button to subscribe:

[MVHS DAILY
BULLETIN
SUBSCRIPTION](#)

USEFUL LINKS

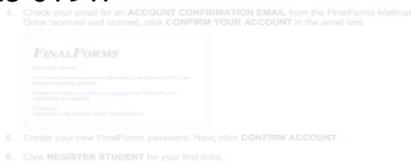
- [Art Department](#)
- [College & Career Center](#)
- [Music Department](#)
- [MVHS Counseling](#)
- [Athletic Event Schedule](#)
- [MVHS Website](#)
- [Student Health Services](#)
- [MVHS Instagram](#)
- [Student Health Services](#)
- [MVHS Facebook](#)
- [MVHSTV](#)
- [TEA WITH DR. V](#)

FINAL FORMS SPRING SPORTS BEGIN 2/27

FinalForms-Athletes and parents, please register using the link below to create your account and sign your forms.

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

Call the MVHS Athletic Office with any questions at 360-428-6191.



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
- ▶V Boys Basketball vs Marsville HS, 3pm, E.C.C.

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

RECENT 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

WEDNESDAY 2/15

- ▶V Boys Basketball: MV 60 Mountlake Terrace 72
- ▶Unified Basketball: MV 34 Squalicum 34

OPEN GYM TIMES

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

SPRING SPORTS BEGIN 2/27

FinalForms-Athletes and parents, 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 your forms must be turned in and updated. First day of tryouts is 2/27.. Contact Mr. Ibarra with ?

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

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
30-Jan	31-Jan	1-Feb	2-Feb	3-Feb
<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
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 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
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 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	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
<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