



MVHS DAILY BULLETIN

Thursday, February 23, 2023

This Week's Schedule	
Monday	Presidents Day - No School
Tuesday	White Day- Advisory Schedule
Wednesday	Green Day- Early Release 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	Lunch A
11:35-1:00	3rd/7th
11:00-12:25	3rd/7th
12:30-1:00	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

- Spring Sports Start: Monday, Feb 27
- Snow Make Up Day-In School: Wed 3/8 (green)
- Early Release Days: March 15, 22, 29, 30 & 31
- Conferences: Wednesday, March 29
- Spring Break - April 3-7

UPCOMING ACTIVITIES & EVENTS

Feb 18-May 4: MVHS Student art at [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

Girls Golf Meeting

All girls interested in Girls Golf, please see Ms. Hagg in room NM222 for more information. Practice begins on Monday. The sun will be shining!

Bulldog Golf Meeting

There will be a Bulldog Golf TODAY, **Thursday, Feb 23rd** at 2:45 in the Gym. Practice starts **Monday Feb 27th**.

Any students interested in playing Football next year,

come meet Coach Whitman, tomorrow, **Friday at 2:45** in the Weight Room. We will discuss the Spring and summer calendar and sign up for team communication for the off season.

SPRING SPORTS BEGIN MONDAY 2/27

Athletes and parents, please register using the link below to create/login your [Final Forms](#) account and sign your forms. Call the MVHS Athletic Office with questions at 360-428-6191.

Don't Miss this Amazing Event to See MVHS Art Students Art on Exhibit 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.

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

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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

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**

SPECIAL EDUCATION

No childcare provided - parent/guardian supervision required!



**ESPECIALLY FOR YOU
OPEN MIC NIGHT**

Presented by Mount Vernon
Paraeducators

KARAOKE NIGHT!

DATE: FEBRUARY 24TH, 2023 TIME: 5PM - 7PM

LOCATION:
THE CORE COMMUNITY CENTER
1645 S WALNUT ST, BURLINGTON WA, 98233



SPECIAL EDUCATION
PARAEDUCATORS WOULD LIKE TO
PRESENT ITS FIRST EVER OPEN
MIC NIGHT FOR STUDENTS WHO
HAVE SPECIAL NEEDS IN SKAGIT
VALLEY! WE HOPE THAT
STUDENTS AND FAMILIES CAN
JOIN US TO SHOWCASE A
VARIETY OF TALENTS!

CORESKAGITVALLEY.COM

MVHS Athletic Department News

THIS WEEKS SCHEDULE

No Games

RECENT SCORES

Friday, February 17

►V Boys Basketball: MV 69 MG 68

SATURDAY 2/18

- Boys Wrestling 3A ST Ryan Wilson 4th Place
- Girls Wrestling 3A ST: Shecid Garcia-Quiroz 6th
- Boys Swim 3A State Finals:
 - Wyatt Carlton 1st-100 Fly, 2nd-200 Free
 - Dan Levasseur 11th-100 Back
 - 200 Free Relay-15th, 400 Free Relay-6th

Tuesday, February 21

►Boys Basketball: MV 46 WW 55

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/)

Girls Golf - All girls interested in Girls Golf, please see Ms. Hagg in room NM222 for more information.

Boys Golf - There will be a Bulldog Golf meeting Thursday, February 23rd at 2:45 in the Gym.

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, Please contact Coach Landis with 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](#)

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.