



MVHS DAILY BULLETIN

Friday, March 10, 2023

This Week's Schedule	
Monday	Green Day - Regular Schedule
Tuesday	White Day - Advisory Schedule
Wednesday	Green Day (Snow Make-Up) - Regular Schedule
Thursday	Green Day - Regular Schedule
Friday	White 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

IMPORTANT DATES

- Daylight Savings: Sun., 3/12 *Spring Forward*
- Early Release Days: March 15, 22, 29, 30 & 31
- Conferences: Wednesday, March 29
- Spring Break: April 3-7
- MVHS Science Night: Thur, April 20, 5-8pm

UPCOMING ACTIVITIES & EVENTS

- Feb 18-May 4
- MVHS Student art at [MoNA](#):
- Thursday, March 9-16:
 - Bulldog Edge closed thru March 16.
- Sunday, March 12:
 - Spring Forward- Set your clocks 1 hr ahead.

AFTER SCHOOL OPPORTUNITIES

- Bulldog E.D.G.E.** - Homework help, MVHS Library
M-R, 2:30-4pm, ER Days 12:30-2:45 pm
No Bulldog Edge - March 9, 13-16.
- 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

SENIORS

- Join us on a Field Trip to the Northwest Carpenters Institute on **April 24th** to learn more about apprenticeship opportunities for after graduation. Permission slips are available in the College and Career Center. Space is limited.
- The Mount Vernon High School College and Career Center (Rm N104) is offering SENIORS help on Thursdays during lunches. Get assistance with Financial Aid, College Applications, Understanding your options.

Heritage Language Test

It's that time again the Heritage Language Test will be on **March 25th**. At 8:30 am please stop by OM203 with Mrs. Gonzalez, Mrs. Moreno or Mrs Chuprinov in CTE A. We have 70 spots. Students this is our last time to offer the test this year so make sure you don't miss the opportunity.

Interested in Making Science Night Posters?

Science Night poster making activity will be held Monday **March 13 & Thursday March 16** from 2:30-4 pm both days in NM307. Snacks provided and this counts toward volunteer hours if needed.

Bulldog Edge Closed For A Week

EDGE will not be held on Thursday, **March 9-16**. It will reopen on Monday, March 20th.

Daylight Saving Time Sunday, March 12

Sunday, March 12, 2023 at 2:00 A.M we "spring forward." On Saturday night, clocks are set forward 1 hour (i.e., losing one hour).

MVHS CLUBS

ART Club - meets Tues/Thurs, 2:30-4, AG1
AVID Club - every other Monday, CTE-1, 2:40
Debate Team - Mon/Tue, 3-5pm, Admin 114
DECA - Tuesdays, 2:30PM, N102
FBLA - Mondays, 2:35PM, CTE 9
FCCLA- meets Mondays, 2:45 pm, NM321
FFA - Mondays, 2:40pm, in CTE2
Gaming Club - White Thursdays, 2:30-4pm, N120
Garden Club - Every other Thurs, 2:30pm, CTE-2
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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[Student Health Services](#) [MVHS Facebook](#) [MVHSTV](#) [TEA WITH DR. V](#)

SENIOR CORNER

65% of Seniors have outstanding fines and fee (some from elementary school). These need to be taken care of prior to graduation.

Right now you can:

- check your fees & fines in Skyward
- check with Ms. Duncan, ASB Office between 7:15am-3pm
- return all Library/Textbooks you are not using to the library

Fines can be paid through:

- 1) Skyward Family Access,
- 2) over the phone (360-428-6174) with debit/credit card or
- 3) in the ASB Office with cash, check, debit/credit card

Cap & Gown Order your grad cap & gown [MVHS Grad 2023 Order Link](#)

Cap and Gown Distribution: Begins Monday, April 10th

Fines and Fees Due By: Friday, June 9th

Graduation: June 9, 2023, 7PM [Angel of the Winds Arena](#), Everett WA

MVHS Athletic Department News

Springs Sports Schedule can be found here: [MUSIC ATHLETIC SCHEDULE](#)

Spirit Gear Store: **Get ready for Spring sports with Bulldog spirit** wear. Visit the online store here: [MVHS SPIRIT GEAR STORE](#)

MONTHLY WELLNESS TIPS

March
 Issue #4

From your MVHS Counseling Team

The start of a new month is a great time to slow down, check in with yourself, and pause to take in everything around you. This month we are encouraging you to have a Mindful March. Practicing mindfulness brings you to the present moment and allows you to pay attention to things you may otherwise be too busy to notice. Mindfulness can also help reduce stress and anxiety.

Here are some ways that you can practice mindfulness this March:

- 5 Senses Mindfulness Technique: Name 5 things you see, 4 things you hear, 3 things you feel/touch, 2 things you smell, 1 thing you taste.
- Notice your breathing; Take the time to take three deep breaths at different intervals throughout the day.
- Name your feelings without judgement– simply notice them.
- Bring to mind people you love and care about and take the time to let them know
- Eat/drink mindfully– take in the smells, textures, and tastes

MARCH 2023

Mount Vernon High School Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
27-Feb	28-Feb	1-Mar	2-Mar	3-Mar
Corndog	Chicken Bacon Ranch Burger	MAX Stuffed Breadsticks w/ Marinara Sauce	Mandarin Orange Chicken	Maccaroni & Cheese
Cheese Its Crackers	Chips	Fruit Snack	Egg Roll	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
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
<i>Breakfast for Lunch</i> Mini Waffles	Chicken Strips	Tater Tot Casserole	Teriyaki Rice Bowl	Fish And Chips
Sausage Links	Cheddar Chex Mix	Roll	With Broccoli	Coleslaw
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-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Chicken Salad Sandwich on a Croissant	Chicken Alfredo	Sloppy Joes	Mandarin Orange Chicken	MAX Stuffed Breadsticks w/ Marinara Sauce
Chips	Roll	Tater Tots	Egg Rolls	Fruit Snack
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
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Chicken Strips	Hot Dog & Baked Beans	Hot Ham and Cheese Sandwich	Baked Potato Bar With Chili, Cheese, & Broccoli	Fish and Chips
Sunchips	Chips	Chips		Coleslaw
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



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

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.