



MVHS DAILY BULLETIN

Wednesday, March 21, 2023

This Week's Schedule

Monday	White Day - Regular Schedule
Tuesday	Green Day- Advisory Schedule
Wednesday	White Day - Early Release Schedule
Thursday	Green Day - Regular Schedule
Friday	White Day - Regular Schedule

MVHS Main Campus Early Release Schedule

Time	Period
8:00-8:55	1st/5th
9:00-9:55	2nd/6th
9:55-10:25	Lunch A
10:30-11:30	3rd/7th
10:00-10:55	3rd/7th
11:00-11:30	Lunch B
11:35- 12:30	4th/8th
12:35-1:30	9th/10th

IMPORTANT DATES

- Early Release Days: March 22, 29, 30 & 31
- Conferences: Wed, 3/39, 2-5pm & 6-8pm
- Spring Break: April 3-7
- MVHS Science Night: Thur, April 20, 5-8pm
- Early Release Days in April: 19 & 26
- MVHS Prom: Saturday, April 29

UPCOMING ACTIVITIES & EVENTS

- Feb 18-May 4
- MVHS Student art at [MoNA](#):
- Tuesday, March 21:**
- 9/10th grade Game of Life Comp, lunch, C&CC
- Friday, March 24:**
- Multicultural Night, 5:30pm, MVHS Cafeteria
- Saturday, March 25:**
- Heritage Language Test, 8:30am, CTEA
- Friday, March 31:**
- Karaoke Night by Special Eduation, 5-7, Core Community Center, Burlington

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

MVHS Conferences

Wednesday, March 29th. 2-5pm and 6-8pm in the cafeteria.

Graduation Meeting for Students/Families

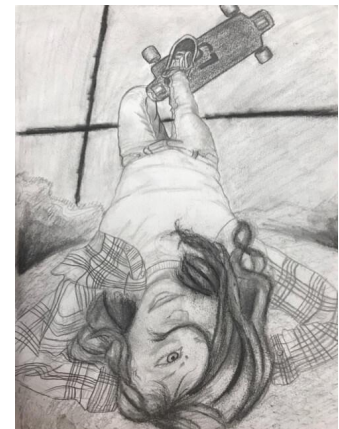
Wednesday, March 29th from 6-7 in the Auditorium.

Multicultural Night

Join us for a night filled with cultural entertainment and foods!
Friday, March 24th at **5:30pm** in the MVHS Cafeteria. LIA event.

Congratulations to our MVHS Student Aritsts!

Congratulations to 2023 NWESD High School Art Show Finalist, MVHS student, **Landyn Diamond** for your winning drawing titled "Great Mountain Sunrise". Out of 260 entries you are one of the regional finalists. Landyn will move on to the State High School Art Show on May 30th in Seattle. Congrats also go to MVHS student, **Mary Jane Brown** for her winning drawing titled "Just Chilling". It was selected by Central Washington University to receive a \$2,000 scholarship. You can see both pieces along with other submissions by MVHS students here: [NWESD 2023 HS Art Show](#)



ATHLETIC DEPT NEWS

MVHS Schedule found here: [TEAM EVENTS](#)

Purchase Bulldog spirit wear here: [SPIRIT STORE](#)

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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USEFUL LINKS

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

Class of 2023

SENIOR CORNER

Correct Spelling

Please check in with the Counseling Office to make sure your name is spelled correctly for your diploma.

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.

Pay Your Fines

- Check your fees & fines in Skyward or with Ms. Duncan, in ASB.
- Return all Library/Textbooks you are not using to the library
- Pay your fines in Skyward Family Access, the phone (360-428-6174) with debit/credit card or in the ASB Office.

Cap & Gown

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

Important Dates For Seniors:

- Monday, 4/10:** Cap and Gown Distribution during lunches
- Friday, 4/14:** Senior Bowling Event, 6-8pm, Riverside Lanes, Register here: [Senior Bowling](#)
- Wednesday, 5/31:** Library, text & Chromebooks due to library.
- June 1, 2, 5 & 6:** Senior Semester Finals
- Friday, 6/9:** Last day to pay fines & fees. Pay by noon.
- Friday, 6/9:** Graduation, 7PM at [Angel of the Winds Arena](#), 2000 Hewitt Avenue, Everett, Washington

MONTHLY WELLNESS TIPS

From your MVHS Counseling Team

March Issue #4

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.