



# MVHS DAILY BULLETIN

Wednesday, March 8, 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
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35-1:00	3rd/7th
11:00-12:25	3rd/7th
<b>12:30-1:00</b>	<b>Lunch B</b>
1:05-2:30	4th/8th
2:35-4:00	9th/10th

## IMPORTANT DATES

**Snow Make Up Day-In School:** Wed 3/8 (green)

**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:**

►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

## Students

**Today, March 8th** is a snow make up day. This will be a full (Green) day for students.

## 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.

## Bulldog Edge Closed For A Week

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

## MVHS Art Department

Did you know that MVHS has an art website? Students are working on art every day. Art teacher, Helene Zawila shared a video which has images from the various art activities happening in the classrooms. [Art Class Video](#) [Art Dept Website](#)

## Questions About Transcripts, Running Start, Registration, NCTA, and More?

The MVHS Counseling Department provides students and families resources to help navigate high school and beyond. School counselors can assist you with academics, college and career readiness and personal/social concerns and support. Contact the counseling office at 360-428-6156 or check out their website MVHS Counseling Department

## MVHS CLUBS

SENIOR  
CORNER

**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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**MVHS DAILY BULLETIN**

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## USEFUL LINKS

<a href="#">Art Department</a>	<a href="#">College &amp; Career Center</a>	<a href="#">Music Department</a>	<a href="#">MVHS Counseling</a>
<a href="#">Athletic Event Schedule</a>	<a href="#">MVHS Website</a>	<a href="#">Student Health Services</a>	<a href="#">MVHS Instagram</a>
<a href="#">Student Health Services</a>	<a href="#">MVHS Facebook</a>	<a href="#">MVHSTV</a>	<a href="#">TEA WITH DR. V</a>

**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
<b>27-Feb</b>	<b>28-Feb</b>	<b>1-Mar</b>	<b>2-Mar</b>	<b>3-Mar</b>
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
<b>6-Mar</b>	<b>7-Mar</b>	<b>8-Mar</b>	<b>9-Mar</b>	<b>10-Mar</b>
<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
<b>13-Mar</b>	<b>14-Mar</b>	<b>15-Mar</b>	<b>16-Mar</b>	<b>17-Mar</b>
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
<b>20-Mar</b>	<b>21-Mar</b>	<b>22-Mar</b>	<b>23-Mar</b>	<b>24-Mar</b>
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.