



MVHS DAILY BULLETIN

Wednesday, May 10, 2023

National Teacher Appreciation Week

This Week's Schedule

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

MVHS 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

CLASS OF
2023
SCHOOL
DAYS
COUNTDOWN

19

IMPORTANT DATES

Early Release in May: Wed's, May 10 & 15

Spring Reign Dance: Friday, May 26

No School/Memorial Day: Monday, May 29

Yearbook Delivery Dates: June 5-9

MVHS Graduation: Friday, June 9, 2023

Last Day of School: Friday, June 16, 2023

UPCOMING ACTIVITIES & EVENTS

Thursday, May 18:

►Cap & Gown pick up in Cafeteria @ lunch

Friday, May 19:

►Last Day NHS Book Drive

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 EDGE on May 10, 11 & 23.

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

SUMMER ACTIVITIES FOR STUDENTS

Free Gym Memberships for Teens- [PLANET FITNESS](#)

Attention Art Students

Art Students please come to art room and pick up your work on display by May 30th. See Helene Zawilla with questions.

Art Students go to MoNA!

Last month our amazing art teacher, Helene Zawilla, took students to MoNA. Students were given tours and an opportunity to do an art demo with planets! [Click here to see their visit.](#)

NHS Book Drive

NHS is collecting book bags & books for the Oasis Teen Shelter. Clean out your closet of old book bags & clear your book shelves! Donation boxes are in the Admin building thru 5/19. Thanks!

Seniors! Last call!

The Senior Survey closes on Thursday the 11th at noon. This survey is how you share your scholarships that you've received to be added to the Graduation Program. Please take a moment and complete the survey. It can be found on the MVHS Website or in your Google Senior Classroom.

Interested in becoming a LINK Leader next year?

Over the next few weeks, current MVHS Juniors and Sophomores will have the opportunity to apply to become LINK Leaders for the 2023-2024 school year. If you are interested please complete the [23-24 LINK LEADER APPLICATION](#)

Pizza with a Pro

Guest Speakers are booked for the remainder of the year! Join us to learn more about exciting careers!

May 24th: Edge Analytical Laboratories (CHEMIST)

May 25th: Skagit County Public Health (Former MVHS Graduate)

May 31st: NW Laborers Union: Miguel Edmondson

June 1st: Seattle City Lights

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
Slavic Heritage Language Club - Mon, 2:30pm, CTE
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

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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

Class of 2023

SENIOR
CORNER

[Class of 2023 Graduation Guide](#)

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:

May 18: Cap & Gown pick up in Cafeteria @ lunch

Wed, 5/31: Library, Text & Chromebooks due to library.

June 1, 2, 5 & 6: Senior Semester Finals

Mon, June 5: Senior Yearbook Distribution during lunches

Wed, 6/7: Senior Sunset, 8:30pm, football field, treats

Frid, 6/9: Last day to pay fines & fees. Pay by noon.

Frid, June 9, Graduation Day:

- **Senior Sunrise Breakfast** 8:30-9:30am in the cafeteria.
- **Parade** begins at 10am at the City Library.
- **Graduates load bus** at 9:30am with cap and gown for parade.
- **Seniors arrive** at Angel of the Winds Arena, 5:30pm
- **Ceremony** at 7PM at [Angel of the Winds Arena](#),
2000 Hewitt Avenue, Everett, Washington

MONTHLY WELLNESS TIPS

From your MVHS Counseling Team

May 2023
Issue #6

May is Mental Health Awareness Month! The end of the school year can be a stressful time, whether you are a student who is preparing for finals or a teacher trying to juggle your many responsibilities; Now is the time to check in with yourself and reflect on the following questions over the next month:

1. How have I been feeling lately (stressed, burned-out, hopeful, excited, nervous, etc.)? Sit with those emotions and allow yourself to feel them with no judgement.
2. Who are the people I trust to talk to when times are tough? (Teachers, adults in the community, friends, family, etc.).
3. What is something I can do for myself over the next month (besides school, work, other responsibilities-- something for YOU and your mental health)?
4. Have I checked in with the people I'm close to lately? How are my strong friends?
5. What are some things that have been affecting my mental health lately? Write them down or say them out-loud to someone you trust.

May 2023

Mount Vernon High School Special

Growing Healthy Students!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-May	2-May	3-May	4-May	5-May
BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE	SPAGHETTI WITH MEATSAUCE	SWEET CHICKEN CHILI AND RICE BOWLS	FETTUCCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
CHILI W/CORNBREAD	GARLIC BREAD AND PARMESAN CHEESE	WITH BROCCOLI AND CARROTS	BREADSTICK	AND BROCCOLI
FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES
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
8-May	9-May	10-May	11-May	12-May
BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE	SPAGHETTI WITH MEATSAUCE	SWEET CHICKEN CHILI AND RICE BOWLS	FETTUCCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
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15-May	16-May	17-May	18-May	19-May
BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE	SPAGHETTI WITH MEATSAUCE	SWEET CHICKEN CHILI AND RICE BOWLS	FETTUCCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
CHILI W/CORNBREAD	GARLIC BREAD AND PARMESAN CHEESE	WITH BROCCOLI AND CARROTS	BREADSTICK	AND BROCCOLI
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22-May	23-May	24-May	25-May	26-May
BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE	SPAGHETTI WITH MEATSAUCE	SWEET CHICKEN CHILI AND RICE BOWLS	FETTUCCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
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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 is occasional errors. Thank you.