



# MVHS DAILY BULLETIN

## Thursday, September 23rd, 2021 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        |
| 11:00-11:45        | 3rd/7th        |
| <b>11:50-12:20</b> | <b>Lunch B</b> |
| 12:25-1:00         | 3rd/7th        |
| 11:00-12:25        | 3rd/7th        |
| <b>12:30-1:00</b>  | <b>Lunch C</b> |
| 1:05-2:30          | 4th/8th        |
| 2:35-4:00          | 5th/9th        |

### This weeks Bell Schedule

|                  |                         |
|------------------|-------------------------|
| <b>Monday</b>    | Green Day               |
| <b>Tuesday</b>   | White Day- Advisory     |
| <b>Wednesday</b> | Green Day-Early Release |
| <b>Thursday</b>  | White Day               |
| <b>Friday</b>    | Green Day               |

### MVHS South Campus Regular Schedule

| Time               | Period         |
|--------------------|----------------|
| 7:50-9:15          | 1st/5th        |
| 9:20-10:45         | 2nd/6th        |
| <b>10:50-11:20</b> | <b>Lunch A</b> |
| 11:25-12:50        | 3rd/7th        |
| 10:50-11:35        | 3rd/7th        |
| <b>11:30-12:00</b> | <b>Lunch B</b> |
| 12:05-12:50        | 3rd/7th        |
| 10:50-12:15        | 3rd/7th        |
| <b>12:20-12:50</b> | <b>Lunch C</b> |
| 12:55-2:20         | 4th/8th        |
| 2:35-4:00          | 5th/9th        |

### Important Dates:

Picture Retakes: Thursday, October 21, 2021

Senior Portraits Due: Friday, October 29, 2021

[Click here to Upload your photo](#)

### The gym parking lot will be undergoing some maintenance this Saturday.

The parking lot will close at 2:00am Saturday morning. Any cars left in the gym parking lot will be towed at the owner's expense. Please do not leave your car in the gym parking lot over the weekend.

### MVHS Club News

**FBLA (Future Business Leaders of America)** will be meeting Mondays after school in CTE-9. See you there!

**Mount Vernon FFA (Future Farmers of America)** meets on Mondays, after school in CTE 2.

### Class of 2025 Tetherball Tournament

There are new tether balls out on the tetherball poles!! To celebrate these Tether balls we are having a tether ball tournament on October 4th (green day) and October 5th (white day)!!! To sign up to play submit your entry to [Class of 2025 Tetherball Tournament](#) or access the QR codes around the south campus on posters. When you scan the QR code you must be signed into your student email account. There will be a prize for the winner. We hope to see you there!!!

### Students interested in joining the Student Library Advisory Board (SLAB)

Stop by the library after school Monday, September 27 to learn more.

### Join Debate Practice!

Mondays & Tuesdays from 3-6 pm in Ms. Breum's room, NM224 and Zoom on Wednesdays from 7-9pm. Join us before October 15th!

### Are you interested or want to learn more about Social Justice Issues

such as, systemic racism, Black Lives Matter Movement, wealth inequality, immigration reform, human rights, and more... Then this is the club for you! Join us, in Ms. Jewell's classroom New Main 207, on Mondays from 2:30 to 3:00. Come create the change that you want to see at the High School and beyond!

## News From the Athletic Department

### *The Dawg Pound is rallying*

behind our girls soccer team at their home match vs. Lynden Christian High School on September 30th @ 7:30 pm. We will have pre-made signs to cheer on our Lady Bulldogs but feel free to bring your own school-appropriate signs. We will also have spirit prizes for those who attend.

### *Open Weight Room!*

IF you are looking to lift weights in preparation for sports, to make up missed PE classes or just to get in shape, come join us in the MVHS Weight Room for open workout times. The weight room will be open Mon, Wed and Fri after school 2:45-4:00 pm and before school Tue and Thurs 6:45-7:45!

### *Signing up for sports?*

Head to the Athletic Office located in the Gym

### *Looking for new Bulldog Gear to wear?*

Check out the online [School Store](#).

### *Is there a team event today?*

Check out the bulldog schedule here [MVHS Bulldog Athletic Schedule](#)

## The MVHS College & Career Center is open for business.

All students are welcome to stop by and learn more about careers and college options. College Representatives will be visiting MVHS to speak with juniors and seniors about their college, the application process and more. Seniors can find assistance with post secondary plans, college applications, financial aid and scholarship information and more! All of this information is available on the MVHS College and Career Center website. <https://sites.google.com/mvsd320.org/mvhscollegeandcareercenter/home>

### MVHS Parking News

A parking permit is needed to park anywhere on the MVHS campus. Parking permits can be purchased in the ASB office. Parking on campus without a valid parking permit is a 20\$ fine and can result in your vehicle being towed from campus at your expense. If you have any questions, please contact the security office at MVHS

| Grade/Grad Year | Your Google Classroom Code |
|-----------------|----------------------------|
| Freshman 2025   | c26chgy                    |
| Sophomore 2024  | jfcnczg                    |
| Junior 2023     | scajne3                    |
| Senior 2022     | zt2hgkt                    |

## Questions about our Student Health Services?

*Click here to have all of them answered*

[MVSD Student Health Services](#)

### 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.



# High School

Growing Healthy Students!

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| <p>Welcome Back to School!</p>   |  | <p>1-Sep<br/>Corn Dogs<br/>Tater Tots<br/>Fresh Fruit/ Veggies<br/><br/>1% White Milk or Chocolate</p>                                       | <p>2-Sep<br/>Chicken Strips<br/>Fries<br/>Fresh Fruit/ Veggies<br/><br/>1% White Milk or Chocolate</p>                            | <p>3-Sep<br/>Pizza<br/>(Variety of Choices)<br/>Caesar Salad<br/>Mini Rice Krispie Treat<br/>1% White milk or Chocolate</p>            |
| <p>6-Sep<br/><br/>Labor Day!<br/>No School. No Food Service.</p>   | <p>7-Sep<br/>Cheese Stuffed Breadsticks<br/>Marinara Sauce<br/>Fresh Fruit<br/><br/>Side Salad<br/>1% White Milk or Chocolate Milk</p> | <p>8-Sep<br/>Mandarine Orange<br/>Chicken<br/>Rice/ Broccoli<br/>Fresh Fruit<br/><br/>Fortune Cookie<br/>1% White Milk or Chocolate Milk</p> | <p>9-Sep<br/>Popcorn chicken<br/><br/>Tater Tots<br/>Fresh Fruit<br/><br/>Veggies<br/>1% White Milk or Chocolate Milk</p>         | <p>10-Sep<br/>Pizza<br/>(Variety of choices)<br/>Caesar Salad<br/><br/>Mini Rice Krispie Treat<br/>1% White Milk or Chocolate Milk</p> |
| <p>13-Sep<br/>Corn Dog<br/><br/>Tater Tots<br/>Red Grapes<br/>Veggies<br/>1% White Milk or Chocolate Milk</p>                                  | <p>14-Sep<br/>Bacon Ranch Chicken<br/>Burger<br/>French Fries<br/>Fresh Fruit<br/>Veggies<br/>1% White Milk or Chocolate Milk</p>      | <p>15-Sep<br/>Pasta Bake<br/><br/>Texas Toast<br/>Fresh Fruit<br/>Veggies<br/>1% White Milk or Chocolate Milk</p>                            | <p>16-Sep<br/>Tamale<br/><br/>Hot Sauce<br/>Jicama &amp; Lime<br/>Fresh Fruit<br/>1% White Milk or Chocolate Milk</p>             | <p>17-Sep<br/>Pizza<br/>(Variety of Choices)<br/>Caesar Salad<br/>Mini Rice Krispie Treat<br/>1% White Milk or Chocolate Milk</p>      |
| <p>20-Sep<br/>Super Pretzel w/ Cheese Sauce for dipping<br/>Caesar Salad<br/>Fresh Fruit &amp; Veggies<br/>1% White Milk or Chocolate Milk</p> | <p>21-Sep<br/>Popcorn Chicken<br/>Tater Tots<br/><br/>Fresh Fruit<br/>Veggies<br/>1% White Milk or Chocolate Milk</p>                  | <p>22-Sep<br/>Teriyaki Beef Dippers<br/>Rice &amp; Broccoli<br/><br/>Fresh Fruit<br/>Fortune Cookie<br/>1% White Milk or Chocolate Milk</p>  | <p>23-Sep<br/>Nacho Bites<br/>Flama Chips/Salsa<br/><br/>Fresh Fruit<br/>Veggies<br/>1% White Milk or Chocolate Milk</p>          | <p>24-Sep<br/>Pizza<br/>(Variety of Choices)<br/><br/>Caesar Salad<br/>Mini Rice Krispie Treat<br/>1% White Milk or Chocolate Milk</p> |
| <p>27-Sep<br/>Cheese Stuffed Breadsticks<br/>Marinara Sauce<br/>Side Salad<br/>Fruit<br/>1% White Milk or Chocolate Milk</p>                   | <p>28-Sep<br/>Breakfast For Lunch<br/><br/>Pancaes<br/>Omelette<br/>Sausage Link/Fruit<br/>1% White Milk or Chocolate Milk</p>         | <p>29-Sep<br/>Egg Rolls<br/><br/>Rice &amp; Broccoli<br/>Fresh Fruit<br/>Fortune Cookie<br/>1% White Milk or Chocolate Milk</p>              | <p>30-Sep<br/>Burrito/Garden Salsa<br/>Chips<br/>W/ Hot Sauce<br/>Fresh Fruit<br/>Veggies<br/>1% White Milk or Chocolate Milk</p> | <p>1-Oct<br/>Pizza<br/>(Variety of Choices)<br/>Caesar Salad<br/>Mini Rice Krispie Treat<br/>1% White Milk or Chocolate Milk</p>       |

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.

Each lunch comes complete with solid bar or fresh vegetable, choice of fresh fruit, and milk



### Meal Prices:

|               |        |
|---------------|--------|
| Student Lunch | Free   |
| Adult Lunch   | \$4.00 |
| Side Milk     | \$0.50 |

### Important News:

Mount Vernon School District recently changed our food program with the government due to our high level of poverty / free and reduced eligible students.

The new program we operate under is called CEP or Community Eligibility Provision. This allows all enrolled students to eat at no charge and there is no more free and reduced applications.