



# MVHS DAILY BULLETIN

Tuesday, September 27, 2022

This Week's Schedule	
Monday	White Day- Regular Schedule
Tuesday	Green Day- Advisory Schedule
Wednesday	White Day - Regular Schedule
Thursday	Green Day - Regular Schedule
Friday	White Day- Regular Schedule

Today's Bell Schedule	
Time:	Class Period:
8:00-9:15	1st/5th
9:20-9:50	Advisory
9:55-11:10	2nd/6th
11:15-11:45	Lunch A
11:50-1:10	3rd/7th
11:15-11:50	3rd/7th
11:55-12:25	Lunch B
12:30-1:10	3rd/7th
11:15-12:35	3rd/7th
12:40-1:10	Lunch C
1:15-2:30	4th/8th

## Important Dates

Homecoming Week: Sept 26 – Oct 1  
 Homecoming Game: Frid., 9/30, 7-9:30, home  
 Homecoming Dance: Sat., 10/1, 7-10 pm  
 Picture Make Up Day: Thurs., 10/6, 10am-3pm

## Upcoming Activities & Events

### Monday, Sept. 27:

Girls Swim V vs. Bellingham 3:30pm  
 Girls Soccer JV at Lynden Christian-Bender Fields- 4:30pm  
 Girls Soccer V at Lynden Christian HS 4:30pm

### Wednesday, Sept. 28:

MVHS Ribbon Cutting & Centennial Celebration at 6pm  
 Old Main student led tours begin at 5pm

## College & Career Center

### College Rep Visits:

SUNY at Purchase College - 9/27 at 9am  
 George Fox University - 9/29 at 10am  
 Calvin University - 9/30 at 10am  
 U of Portland - 10/4 at 8am  
 NW University - 10/4 at 10am

Seniors: Find scholarships through [Naviance](#)

## Important Reminders

Parents/Guardians: It is important you are signed-up with Remind- it is the platform used for all communication.

## MVHS Homecoming Week

### Monday, September 26

DRESS LIKE: *Celebrities Off Duty*  
 LUNCH TIME ACTIVITY: GARBAGE FOOTBALL

### Tuesday, September 27

DRESS LIKE: *Class Colon Day*  
 MACHO VOLLEYBALL TOURNY, 6PM WARM-UP, 6:30 GAME, GYM  
 LUNCH TIME ACTIVITY: SCHOOL SPIRIT ACTIVITY

### Wednesday, September 28

DRESS LIKE: *Stunt Double Twin Day*  
 LUNCH TIME ACTIVITY: HOLLYWOOD KAHOOT

### Thursday, September 29

DRESS LIKE: *Old Hollywood Black and White*  
 SPIRIT STICK HUNT, 7-8PM, MVHS FRIENDSHIP CIRCLE  
 LUNCH TIME ACTIVITY: LIA SCHOOL SPIRIT ACTIVITY

### Friday, September 30

DRESS WITH: *Bulldog Pride*  
 LUNCH TIME ACTIVITY: WATER BALLOON TOSS  
 HOMECOMING FOOTBALL GAME VS MARYSVILLE, 7PM

### Saturday, October 1

HOMECOMING "HOLLYWOOD" DANCE, 7-10PM,  
 MVHS CAFETERIA

## MVHS Clubs

**AVID Club** - every other Monday, CTE-1, 2:40

**FBLA** - Mondays, 2:35PM, CTE9

**FCCLA**- meets Mondays, 2:45 pm, NM321

**FFA**- Mondays, 2:40pm, in CTE2

**Debate Team** -Mon/Tue, 3-5pm, Admin 114

**Key Club** - Weds,Early Release, 2:45pm, N206

**Outdoor Leadership** -Fridays,2:40pm,Friendship Cir

**Pacific Islander Assoc.**-Thurs, 2:45pm, OM108

**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

**Transportation: 360-428-6147**

Bus and Schedule Information

## Useful MVHS Links

[Athletic Event Schedule](#)

[Art Department](#)

[College and Career Center](#)

[Music Department](#)

[Student Health Services](#)

[MVHS Website](#)

## MVSD STUDENT HEALTH SERVICES

### HEALTH SERVICE QUESTIONS?

Click [MVSD Student Health Services](#) to find the answers.

### COVID QUESTIONS?

Click [MVSD COVID Information Page](#) to find answers?

### MASK MANDATE

At this time masks are optional for students and staff in our schools and uses.

### 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.

## Tickets on sale

Wednesday only your ASB staff will have tickets for sale during all three lunches. Tickets are \$15. You can always still purchase tickets from the ASB office in the gym.

## ASB Cards Are Here!

They will be handed out during all 3 lunches this week.

## Class of 2023

The yearbook wants your old photos of you and other Bulldogs from the Class of 2023 when you were younger (ie, K-8th grade). Upload your photo using this form and don't forget to tell us who is all in the photo. [CLICK HERE TO UPLOAD YOUR PHOTO](#)

## Looking for a job with a regular paycheck?

Stop by the worksite learning table in the cafeteria on Wednesday, 9/28 during all three lunches. Talk to Mr. Erickson or Mrs. Chandler with CTE. They'll tell you how you can receive high school credits for the job you already have or plan to get. Want a job but don't know where to look? They've got you covered there too! Come on down and work smarter, not harder!

## Macho Volleyball

is a tournament to give our students who identify as Male to play volleyball since they do not have this sport open to them at the WIAA level. It is held in the gym on Tuesday, September 27th, 2022. Warm-up starts at 6 pm and the tournament begins at 6:30pm. Teams are made up of students all in the same grade and coached by our very own Volleyball Team. Check out the video from last year to see what it is like on the MVHS website. You won't want to miss out on this exciting Homecoming event. The signup form is also on the MVHS website. Go Bulldogs!

[Macho Volleyball Sign-Up](#)

## MVHS Website

Check out our school website. There is lots of great information! [mountvernonhigh.mountvernonnschools.org](http://mountvernonhigh.mountvernonnschools.org)

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BULLETIN  
Subscription](#)

## SEPTEMBER 2022

**Special**  
*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content;"> <p>Welcome Back to School!</p> </div>		<b>7-Sep</b> Chicken Strips Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>8-Sep</b> Mashed Potato Bowl Popcorn Chicken Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>9-Sep</b> Meatball Sub Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
	<b>12-Sep</b> Cheese Stuffed Breadsticks & Marinara Sauce Educational Cookie Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>13-Sep</b> Corn Dog Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>14-Sep</b> Spaghetti & Meatsauce Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>15-Sep</b> Eggo Waffles Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>19-Sep</b> Chicken Strips Goldfish Crackers Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>20-Sep</b> Hotdog Tater Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>21-Sep</b> Macaroni & Cheese Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>22-Sep</b> Chicken Alfredo Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>23-Sep</b> Toasted Cheese Sandwich Tomato Soup Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>26-Sep</b> Corn Dog Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>27-Sep</b> Mashed Potato Bowl Corn Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>28-Sep</b> Mandarin Orange Chicken Egg Rolls Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>29-Sep</b> Chicken Strips Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>30-Sep</b> Meatball Sub Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>3-Oct</b> Cheese Stuffed Breadsticks  Marinara Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>4-Oct</b> Mandarin Orange Chicken  Egg Rolls Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>5-Oct</b> Pasta Bake  Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>6-Oct</b> Breakfast for Lunch Eggo Waffles & Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>7-Oct</b> Hot Ham and Cheese Sliders  Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk

### Meal Price

Elementary Breakfast	No Charge
Elementary Lunch	No Charge
Adult Lunch	\$4.00
Side Milk	unavailable

### 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.

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  
!salad bar or fresh vegetable, choice of fresh fruit, and milk**

