



MVHS DAILY BULLETIN

Wednesday, September 21, 2022

This Week's Schedule	
Monday	Green Day- Regular Schedule
Tuesday	White Day- Extended Advisory
Wednesday	Green Day -Early Release Schedule
Thursday	White Day - Regular Schedule
Friday	Green Day - PM Assembly Schedule

Today's Bell Schedule	
Time:	Class 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
10:00-10:25	3rd/7th
10:30-11:00	Lunch B
11:05-11:30	3rd/7th
10:00-10:55	3rd/7th
11:00-11:30	Lunch C
11:35-12:30	4th/8th
12:35-1:30	9th/10th

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 Activites & Events

Tuesday, Sept. 21:

- V Boys Tennis vs Lynden,home@4pm
- JV Boys Tennis @ Lynden @ 4pm
- V Girls/Boys C. Country @ BHS @ 4:30pm

Friday, September 23: Homecoming Assembly

College Rep Visit Dates

- University of Oregon: 9/21 - 8AM
- University of WA: 9/22 - 9am
- Pacific Lutheran University: 9/22 - 1PM
- SUNY at Purchase College: 9/27 - 9AM
- George Fox University: 9/29 - 10AM
- Calvin University: 9/30 - 10AM

Important Reminders

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

Start with Hello Week Day 3

The MVHS National Honor Society challenges you to give a compliment to the person sitting next to you! We all loved to be noticed. **"WHEN THE WORLD IS SILENT, EVEN ONE VOICE BECOMES POWERFUL."**

"Do you play disc golf? Do you want to learn how?"

The Bulldog Bombers Disc Golf Club is looking for you! Come see Mr. Young in OM 108 to help get the disc golf club going.

FFA will be having its first meeting of the year

Monday afterschool in CTE 2. All are welcome! We will go over club activities for the year and have an ice cream sundae bar! Hope to see you there!

Senior Sibling Photos

Today is the last day to come in and have your senior sibling portrait taken for the yearbook. We are open during all 3 lunches.

Your ASB would like to celebrate your special day

by wishing you a happy birthday during our morning announcements as well as delivering a card to you. If you would like to be included in this student appreciation project, please fill out [this form](#). This needs to be filled out yearly if interested.

The MVSD Covid Information Page

now lives on the District Website at: [MVSD COVID Information](#)

Homecoming Tickets Are On Sale

Thursday, Sept 20th & 22nd during all 3 lunches for \$15 a ticket. If you are a free/reduced lunch student, please see Ms. Duncan to see if you qualify for a free ticket. Free tickets can only be picked up from the ASB office in the gym.

MVHS Clubs

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

TSA - meets Thursdays, 2:45pm, CTE 6

FCCLA- meets Mondays, 2:45 pm, NM321

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

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

Pride Club - Mondays, 2:45pm, OM30

Outdoor Leadership Club - Fridays, 2:40pm,
in the Friendship Circle

FFA- Mondays, 2:40pm, in CTE2

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

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.

Macho Volleyball Tournament

Giives 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 Tourney Video 21/22](#)

Homecoming Dance is Coming Up!

- Saturday, October 1st from 7pm-10pm in the MVHS cafeteria.
- Students requesting a free ticket must go to the ASB office to have their F/R lunch status verified and pick up their tickets.
- Guest form can be found on the MVHS website and must be turned into Mr. Bernal by 9-27 no later than 3pm.

MVHS College & Career Center

We can assist with Career Exploration, Post High School Options, and College Planning. Contact us at 360.428.6256 or the [College and Career Center](#) website.

Are you a Juniors interested in taking the PSAT on October 12th at 8am at MVHS? We have 25 more tests available and it will be first come first serve. Please complete this [form](#) below to register. You will be emailed a confirmation. Or visit the MVHS Homepage to learn more and to sign up! [Click here to learn more and to sign up](#)

College Reps will be visiting MVHS throughout the fall both in person and virtually. It's a chance for Juniors & Seniors to learn more about college options & admission requirements. Only Juniors and Seniors may attend. See Career Center for more information and to sign up. Visit dates are listed on page 1.

Seniors: Scholarships are available through [Naviance](#).

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MISTAKES & ERRORS

The author of this bulletin is human, so please do not be surprised if there are occasional errors. Thank you.

SEPTEMBER 2022

Special
Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
		7-Sep Chicken Strips Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	8-Sep Mashed Potato Bowl Popcorn Chicken Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	9-Sep Meatball Sub Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
	12-Sep Cheese Stuffed Breadsticks & Marinara Sauce Educational Cookie Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	13-Sep Corn Dog Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	14-Sep Spaghetti & Meatsauce Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	15-Sep Eggo Waffles Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
19-Sep Chicken Strips Goldfish Crackers Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	20-Sep Hotdog Tater Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	21-Sep Macaroni & Cheese Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	22-Sep Chicken Alfredo Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	23-Sep Toasted Cheese Sandwich Tomato Soup Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
26-Sep Corn Dog Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	27-Sep Mashed Potato Bowl Corn Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	28-Sep Mandarin Orange Chicken Egg Rolls Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	29-Sep Chicken Strips Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	30-Sep Meatball Sub Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
3-Oct Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	4-Oct Mandarin Orange Chicken Egg Rolls Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	5-Oct Pasta Bake Roll Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	6-Oct Breakfast for Lunch Eggo Waffles & Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	7-Oct 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**

