



MVHS DAILY BULLETIN

Monday, January 23, 2023

This Week's Schedule	
Monday	Green Day- Regular Schedule
Tuesday	White Day- Finals Schedule
Wednesday	Green Day- Finals Schedule/Early Release
Thursday	White Day- Finals Schedule
Friday	Green Day - Regular Schedule

Today's Bell Schedule	
Time:	Class Period:
8:00-9:25	1st/5th
9:30-10:55	2nd/6th
11:00-11:30	Lunch A
11:35-1:00	3rd/7th
11:00-11:45	3rd/7th
11:50-12:20	Lunch B
12:25-1:00	3rd/7th
11:00-12:25	3rd/7th
12:30-1:00	Lunch C
1:05-2:30	4th/8th
2:35-4:00	9th/10th

INSIDE YOU WILL FIND

- ▶ Monthly Wellness Tips - page 3
- ▶ Senior Corner - page 3
- ▶ Athletic Department News & Scores-page 3
- ▶ January's Lunch Menu - page 4

IMPORTANT DATES

January Early Release Days: Wed. Jan. 25
 Finals Week: January, 24 - 27
 Winter Formal Dance: Sat. 1/28, 7-10pm, Cafet
 Second Semester Starts: January, 31, 2023
 Last Day to Purchase Yearbook: Wed, Feb 1

UPCOMING ACTIVITIES & EVENTS

Monday, January 23:
 ▶Cram for finals with LINK, 4-7, MVHS Cafeteria
Saturday, January 28:
 ▶Winter Formal Dance, 7-10pm, MVHS Cafeteria

AFTER SCHOOL OPPORTUNITIES

Bulldog E.D.G.E. - Homework help, MVHS Library
 M-R, 2:30-4pm, ER Days 12:30-2:45 pm
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

Finals Week Week

Tue, 1/24 White Day Finals 5 & 7
 Wed, 1/25 Green Day Finals 1 & 3
 Thu, 1/26 White Day Finals 6 & 8
 Fri, 1/27 Green Day Finals 2 & 4

NEED TO STUDY FOR FINALS?

Cram for Finals with Cocoa and LINK Crew

Today, Monday, 1/23 from 4-7pm in the cafeteria. This is a great time to get help from other bulldogs.

Come to the E.D.G.E for Help Studying for Finals!

Bulldog E.D.G.E. in the MVHS Library each **Monday-Thursday, 2:30-4pm, and Early Release Days, 12:30-2:45 pm.** Late bus pick up at 4pm and 3pm on Early Release Days.

ALSO....four freshman students

will be randomly selected at the end of each study session Monday through Thursday. Don't miss out!

MVHS is Hosting the Winter Formal Dance

It will take place **January 28th**, 7-10pm in the MVHS Cafeteria. Winter Formal is a formal attire dance open to all grades! Tickets go on sale January 9th in the ASB office before or after school and during all 3 lunches. Visit the MVHS Website or MVHS social media for more information.

MVHS CLUBS

- ART Club - meets Tues/Thurs, 2:30-4, AG1
- AVID Club - every other Monday, CTE-1, 2:40
- DECA - Tuesdays, 2:30PM, N102
- FBLA - Mondays, 2:35PM, CTE 9
- FCCLA- meets Mondays, 2:45 pm, NM321
- FFA - Mondays, 2:40pm, in CTE2
- Debate Team - Mon/Tue, 3-5pm, Admin 114
- Gaming Club - White Thursdays, 2:30-4pm, N120
- Key Club - Weds, Early Release, 2:45pm, N206
- LUCHA Club- Thursday's at 2:30 in NM223
- Migrant Leaders Club - Tuesdays, 2:45pm, Aud.
- 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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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](#)

The LAST DAY to Purchase a Yearbook

is **February 1st**. The only way to guarantee one is to preorder one. Only a handful of extra books will be available in June. See Ms. Duncan in the ASB Office (located in the Athletics Office) to purchase one before Wednesday, February 1!

Varsity Coed Cheerleading Tryouts

Tryout Meeting is **Feb. 8th** 12:45 in the main gym. Please use the link to add your name to the tryout list [Cheer Tryouts 23/24](#).

- Applications must be a current 8-11 grader
- Registered in Final Forms under "spring cheer tryout"
- All paperwork, application and sports physical completed.

Tryout Dates are March 6 & 7 from 6-8pm in the matroom, and the Final tryout is March 8th beginning at 5pm. An open review will be held from 3-5pm after school before final tryout begins.

Attention 10th Graders

Would you like to take the PSAT 10 to measure college readiness? The test will be on March 15th and is free through GEAR UP Funding. For more information and to sign up, visit the College and Career Center website and click on 10th graders. **Deadline January 22nd.**

Questions About Transcripts, Running Start, Registration, NCTA, & 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](#)

Student Parking at MVHS

The Mount Vernon High School allows student drivers to park on campus in the south parking lot and by the tennis courts if they have a parking permit. Permits are issued on a first come, first served basis. **Due to construction, this year's spots are and have been limited. Those who do not have a parking permit, are not allowed to park on campus or on the neighboring city streets per city ordinance.**

Report All Student Absences & Tardies in Writing

Parents or guardians, to report an absence or tardy of the student to the attendance office within 48 hours of your student returning to school. For convenience, written confirmation can be submitted via email to ATTENDANCE.SECRETARY@MVSD320.ORG

- Student Name:
- Date(s) Out or Tardy:
- Period(s) Missed:
- Reason Out:

MVHS Athletic Department News

This Weeks Schedule

MONDAY, 1/23

Home:

- ▶C Boys Basketball vs Blaine HS, 5:40pm
- ▶JV Boys Basketball vs Blaine HS, 5:40pm
- ▶V Boys Basketball vs Blaine HS, 7:00pm

Away:

- ▶V GirlBasketball at Blaine HS, 7:00pm

Softball Open Gym Times & Days

Every Thursday at 7:30pm and every Sunday at 7:30am in the fieldhouse.

Last Weeks Scores

TUESDAY 1/17

- V Girls Bowling: MV 3 Blaine 0
- JV/V Boys Wrestling: 66 Marysville-Getchell18
- V Boys Swim: MV 103 Burlington 55

WEDNESDAY 1/18

- Girls Basketball: JV-MV 34 Ferndale 40 and V-MV 41 Ferndale 63
- Boys Basketball: C-MV 44 Ferndale 23, JV-MV 54 Ferndale 50, V-MV 86 Ferndale 51

THURSDAY 1/19

- JVGirls Wrestling: MV 48 Bellingham 30, MV 42 Blaine 27, MV 48 Meridian 30
- Unified Basketball: MV 32 Bellingham 36

FRIDAY 1/20

- Boys Basketball: C-MV 36 Lynden 61, JV-24 Lynden 64, V-MV 52 Lynden 72
- Girls Basketball:5, JV-MV 19 Lynden 55
- V-MV 45 Lynden 69

SATURDAY 1/21

- Girls Basketball:C-MV 32 Concrete JV 13, JV-MV 44 Concrete V 28
- Boys & Girls Wrestling:
MV Boys-8th out of 21 teams
MV Girls-2nd out of 26 teams
V Boys Swim: MV-6th out of 14 teams

IMPORTANT DATES:

June 9, 2023

Class of 2023, Graduation, 7:00 PM
[Angel of the Winds Arena](#), Everett, WA

SENIOR
CORNER

It's scholarship time!

The College and Career Center provides a Step by Step Guide for applying to scholarships. Visit our website to learn more. [C&CC](#)

Final day to order your Senior Ad is 2-1-2023.

The price will is \$60 for 1/4 page ad and \$120 for 1/2 page ad. [Click here to design your ad.](#)

College Application Deadlines

For deadlines and dates [Click Here](#)

MONTHLY WELLNESS TIPS

From your MVHS Counseling Team

January has routinely been the month of resolutions, with some people making them and others choosing not to. How about another option? Maybe one we can ALL get behind.

In honor of January being Mental Wellness Month, lets all try to resolve to **WOOP** up our mental health all year long?

Here is the WOOP goal-setting plan:

- W**-Wish (What do you WISH could happen)
- O**-Outcome (Imagine how it will look and feel like)
- O**-Obstacle (What obstacles might get in the way of your goal?)
- P**-Plan (What's your plan to achieve your goal?)

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.

JANUARY 2023

Mount Vernon High School Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
Last Day of Winter Break!	Corndog	Macaroni and Cheese	Omelet and Biscuit	Chicken Strips
	Tater Tots	Roll	Sausage Patty	Chips
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	and Vegetables	and Vegetables	and Vegetables	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
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
Cheese Stuffed Breadsticks Marinara Sauce	Chicken Strips	Chicken Alfredo	Smothered Burritos	Chicken Bacon Ranch Burgers
Educational Cookie pack	Chips	Roll	w/ Hot sauce	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
	Chicken Strips	Cheese Stuffed Breadsticks and Tomato Soup	Mandarin Orange Chicken	Meatball Sub
	Chips	Golfish Crackers	Egg Roll	Chips
MLK Day! No School	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
Calzones with Marinara Sauce	Hot Dogs	Beef Teriyaki	Mashed Potato Bowl with Popcorn Chicken,	BBQ Pulled Pork Sandwich
Fruit Snack	Baked Beans	Dippers	Gravey and Corn	Chips
Fresh Fruit	Chips	Steamed Rice & Veggies	Fresh Fruit	Fresh Fruit
Salad Bar	Fresh Fruit and Vegetables	Fresh Fruit	and Vegetables	Salad Bar
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

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