



MVHS DAILY BULLETIN

Tuesday, February 21, 2023

This Week's Schedule	
Monday	Presidents Day - No School
Tuesday	White Day- Advisory Schedule
Wednesday	Green Day- Early Release Schedule
Thursday	White Day - Regular Schedule
Friday	Green Day - Regular Schedule

MVHS Main Campus Advisory Schedule	
Time	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
11:15-12:35	3rd/7th
12:40-1:10	Lunch B
1:15-2:30	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
- ▶ February Lunch Menu - page 4

IMPORTANT DATES

- Spring Sports Start: Monday, Feb 27
- Snow Make Up Day-In School: Wed. March 8
- Spring Break - April 3-7,

UPCOMING ACTIVITIES & EVENTS

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

Are you interested in track and field?

If you are interested in becoming an MVHS Track and Field athlete, there will be a meeting immediately after school next **today, Tuesday February 21st** in the Mat Room. Please contact Coach Landis with any questions.

Greetings MVHS!

All Bulldogs are welcomed and invited to join the new Students with Disabilities Association Club. Come as a friend, become an ally, and join us in enhancing awareness and outreach. The meetings are Fridays in Ms. Garcia's class room NM 225.

MVHS Boys Basketball In Regional State Playoff Game

The boys basketball team will be hosting a Regional State playoff game Tuesday, Feb 21st at 7 pm! Passes do not work for this game. Don't wait in line, you can buy tickets online:

www.gofan.co/app/events/915958?schoolId=WIAA

SPRING SPORTS BEGIN 2/27

FinalForms-Athletes and parents, please register using the link below to create your account and sign your forms.

[HTTPS://MOUNTVERNON-WA.FINALFORMS.COM/](https://mountvernon-wa.finalforms.com/)

Call the MVHS Athletic Office with any questions at 360-428-6191.

2023-2024 MVHS Course Catalog

Introducing the 2023-2024 Course Catalog for Mount Vernon High School! [VIEW 2023-2024 COURSE CATALOG](#)

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
- 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
- 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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**MVHS DAILY
BULLETIN
SUBSCRIPTION**

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](#)

Looking for Artist for the City of Mount Vernon's "ALONG THE RIVER" Banner Contest

The City of Mount Vernon's Arts Commission is proud to present a [Community Banner Project](#), an opportunity to create a banner that will hang along the scenic Downtown Riverwalk and raise awareness of Mount Vernon's natural beauty, wildlife, the Mighty Skagit River, marine life, culture, and heritage and engage the community while showcasing local artists from the state of Washington.

The purpose of the contest is to add vibrancy and color to the City's Riverwalk while promoting the diverse ecosystems and culture of Mount Vernon and Skagit County.

This is a great opportunity for local artists to display their work through this banner project. For details, click here: [Along-the-River Banner Contest](#). Submissions will be accepted through Friday March 10th, 2023

MVHS Art Students Art on Exhibit At MoNA

MVSD student art will be on exhibition at MoNA from **February 18-May 14, 2023**. [Learning the Language of Art: MoNA Link Student Art Exhibition](#). The MoNA Link program was established in 2003 to provide opportunities for local students to have access to an arts education. This exhibition of student art is much more than wonderful pictures on the wall; it is a celebration of the learning and accomplishments of the K-12 students and teachers that participated in the MoNA Link program in 2022 working to integrate art into classroom curriculum using different media.

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

Report All Student Absences and Tardies in Writing

Parents or guardians, to report an absence or tardy of the absence 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 (Post Season) SCHEDULE

Tuesday, February 21

- ▶ Boys Basketball vs Walla Walla HS, MVHS, 7pm
Regional State Playoff Game

RECENT SCORES

Friday, February 17

- ▶ Boys Wrestling 3A State
- ▶ Girls Wrestling 3A State
- ▶ Boys Swim 3A State Prelims,
- ▶ V Boys Basketball

SATURDAY 2/18

- ▶ Boys Wrestling 3A State
- ▶ Girls Wrestling 3A State
- ▶ Boys Swim 3A State Finals

OPEN GYM TIMES

Softball players - very Thursday at 7:30pm and every Sunday at 7:30am in the fieldhouse

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Final Forms-Athletes and parents, please register using the link below to create your account and sign your forms.

[HTTPS://MOUNTVERNON-WA.FINALFORMS.COM/](https://mountvernon-wa.finalforms.com/)

Lacrosse - If interested in turning out, email Mr. Hill with any questions.

Soccer - If you are planning to play soccer your forms must be turned in and updated. First day of tryouts is 2/27.. Contact Mr. Ibarra with ?

Track & Field-If you are interested in becoming an MVHS Track and Field athlete, there will be a meeting immediately after school next Tuesday, February 21st in the Mat Room. Please contact Coach Landis with any questions.

IMPORTANT DATES:

June 9, 2023

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

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](#)

College Application Deadlines

For deadlines and dates [Click Here](#)

SENIOR
CORNER

MONTHLY WELLNESS TIPS

February
Issue #3

From your MVHS Counseling Team

The start of a new semester is a great time to revamp your efforts to organize your life and create balance among your many responsibilities. Here are some ways you can stay organized in school and stay on top of your workload:

1. Get into a Routine: Using a planner or calendar to keep track of your responsibilities is super helpful in creating a routine. Getting into a routine can help with time management and can help you stay on track of important things to do.

2. Use tools to stay organized: Along with a planner or calendar, the use of other tools can help you stay organized; Pencil pouches to keep your writing utensils and other school supplies in one spot so you don't lose them; Folders to keep paperwork so they do not become loose in your backpack-this is how things get lost or forgotten!; Notebooks are handy to have on hand to write to-do lists, jot down assignment due-dates, and other important information to remember.

3. Color code and use labels: Color coding and labeling can help keep you on top of school work and due dates especially when balancing eight different classes. Use a different color for each class and highlight important dates and assignments with the associated color.

4. Break down big tasks into smaller ones: Big tasks can seem really overwhelming. By breaking down the assignment or task into smaller chunks it will reduce your anxiety and help you get a little bit done at a time. It may be helpful to set deadlines for yourself for each smaller part.

Have a great second semester!

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.