



# MVHS DAILY BULLETIN

Friday, February 24, 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 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
11:00-12:25	3rd/7th
<b>12:30-1:00</b>	<b>Lunch B</b>
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
- ▶ March Lunch Menu - page 4

## IMPORTANT DATES

- Spring Sports Start: Monday, Feb 27
- Snow Make Up Day-In School: Wed 3/8 (green)
- Early Release Days: March 15, 22, 29, 30 & 31
- Conferences: Wednesday, March 29
- Spring Break - April 3-7

## UPCOMING ACTIVITIES & EVENTS

Feb 18-May 4: MVHS Student art at [MoNA](#)

## AFTER SCHOOL OPPORTUNITIES

- Bulldog E.D.G.E.** - Homework help, MVHS Library M-R, 2:30-4pm, ER Days 12:30-2:45 pm  
No Bulldog Edge - March 9, 13-16.
- 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

## Girls Golf Meeting

All girls interested in Girls Golf, please see Ms. Hagg in room NM222 for more information. Practice begins on Monday. The sun will be shining!

## Interested in playing MVHS football next year?

Come meet Coach Whitman, today, **Friday at 2:45** in the Weight Room. We will discuss the Spring and summer calendar and sign up for team communication for the off season.

## SPRING SPORTS BEGIN MONDAY 2/27

Athletes and parents, please register using the link below to create/login your [Final Forms](#) account and sign your forms. Call the MVHS Athletic Office with questions at 360-428-6191.

## Bulldog Edge News

Bulldog EDGE will not be held on the following days: March 9th and March 13-March 16. We have WWU tutors to help with math and science Wednesdays (Early Release, too) and Thursdays.

## MVHS Spirit Gear Store

Get ready for Spring sports with Bulldog spirit wear. Visit the online store here: [MVHS SPIRIT GEAR STORE](#)

## 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.

## 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

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**MVHS DAILY BULLETIN**

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*button to subscribe:*

**MVHS DAILY  
BULLETIN  
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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](#)

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

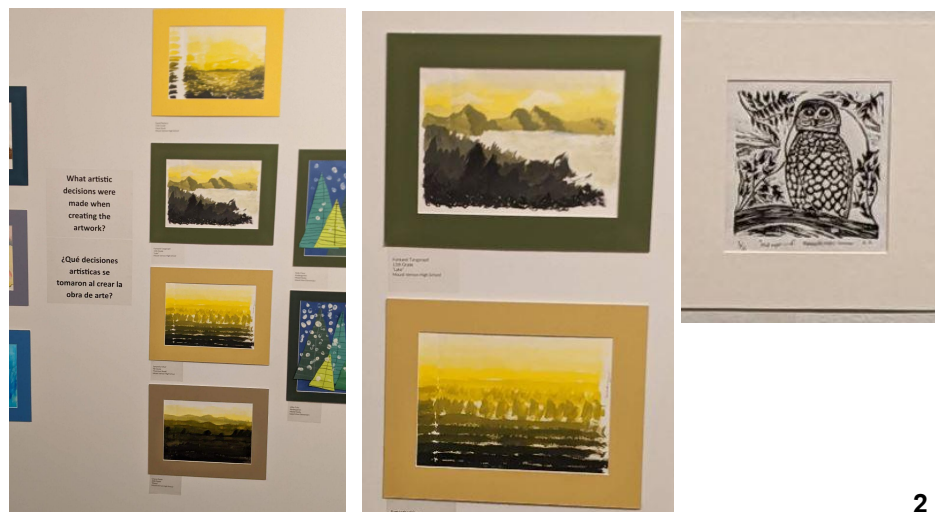
The City of Mount Vernon's Arts Commission is proud to present a [Community Banner Project](#), an opportunity to create a banner that will hang along the scenic Downtown Riverwalk and raise awareness of Mount Vernon's natural beauty, wildlife, the Mighty Skagit River, marine life, culture, and heritage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

## Don't Miss this Amazing Event to See MVHS Art Students Art on Exhibit at MoNA!

MVSD student art is on exhibition at MoNA from **February 18-May 14, 2023**. [Learning the Language of Art: MoNA Link Student Art Exhibition](#). 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.





# MVHS Athletic Department News

## THIS WEEKS SCHEDULE

Springs Sports Schedule can be found here:  
<https://mvhsbulldogs.com/events/03/2023>

## RECENT SCORES

Friday, February 17

►V Boys Basketball: MV 69 MG 68

SATURDAY 2/18

- Boys Wrestling 3A ST Ryan Wilson 4th Place
- Girls Wrestling 3A ST: Shecid Garcia-Quiroz 6th
- Boys Swim 3A State Finals:  
Wyatt Carlton 1st-100 Fly, 2nd-200 Free  
Dan Levasseur 11th-100 Back  
200 Free Relay-15th, 400 Free Relay-6th

Tuesday, February 21

►Boys Basketball: MV 46 WW 55

## OPEN GYM TIMES

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

## 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/)

**Girls Golf** - All girls interested in Girls Golf, please see Ms. Hagg in room NM222 for more information.

**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, Please contact Coach Landis with 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.

# MARCH 2023

## Mount Vernon High School Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>27-Feb</b>	<b>28-Feb</b>	<b>1-Mar</b>	<b>2-Mar</b>	<b>3-Mar</b>
Corndog	Chicken Bacon Ranch Burger	MAX Stuffed Breadsticks w/ Marinara Sauce	Mandarin Orange Chicken	Maccaroni & Cheese
Cheese Its Crackers	Chips	Fruit Snack	Egg Roll	Roll
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit 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	1% White Milk or Chocolate Milk
<b>6-Mar</b>	<b>7-Mar</b>	<b>8-Mar</b>	<b>9-Mar</b>	<b>10-Mar</b>
<i>Breakfast for Lunch</i> Mini Waffles	Chicken Strips	Tater Tot Casserole	Teriyaki Rice Bowl	Fish And Chips
Sausage Links	Cheddar Chex Mix	Roll	With Broccoli	Coleslaw
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit 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	1% White Milk or Chocolate Milk
<b>13-Mar</b>	<b>14-Mar</b>	<b>15-Mar</b>	<b>16-Mar</b>	<b>17-Mar</b>
Chicken Salad Sandwich on a Croissant	Chicken Alfredo	Sloppy Joes	Mandarin Orange Chicken	MAX Stuffed Breadsticks w/ Marinara Sauce
Chips	Roll	Tater Tots	Egg Rolls	Fruit Snack
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit 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	1% White Milk or Chocolate Milk
<b>20-Mar</b>	<b>21-Mar</b>	<b>22-Mar</b>	<b>23-Mar</b>	<b>24-Mar</b>
Chicken Strips	Hot Dog & Baked Beans	Hot Ham and Cheese Sandwich	Baked Potato Bar With Chili, Cheese, & Broccoli	Fish and Chips
Sunchips	Chips	Chips		Coleslaw
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit 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	1% White Milk or Chocolate 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

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