



# MVHS DAILY BULLETIN

Thursday, February 9, 2023

This Week's Schedule	
Monday	White Day- Regular Schedule
Tuesday	Green Day- Advisory Schedule
Wednesday	White Day- Early Release Schedule
Thursday	Green Day- Regular Schedule
Friday	Green Day - Assembly 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
- ▶ Athletic Department News & Scores-page 3
- ▶ February Lunch Menu - page 4

## IMPORTANT DATES

- Presidents Day-No School: Mon. Feb 20
- Snow Make Up Day-In School: Wed. March 8
- Spring Break - April 3-7,

## UPCOMING ACTIVITIES & EVENTS

### Thursday, February 9:

- ▶ V Boys Basketball Playoff Game, Home, 7pm

### Friday, February 10:

- ▶ Winter Assembly, 2-2:30pm
- ▶ Swing Dance Night, 7pm MVHS Cafeteria
- ▶ Boys & Girls Club Teen Night, 5:30-10pm, N200
- ▶ Last Day for Schedule Change

## 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

## You're invited to the MVHS Swing Dance Night!

This event is tomorrow, **Friday, 2/10**, at 7pm in the cafeteria and sponsored by the Music Parent Group. Your ticket includes Swing Dance lessons, Desserts and Drinks provided by the Skagit Valley College Culinary Program and live music from the MVHS Jazz Bands. Bring a Date and Dance the night away. Tickets are \$15.00 online or \$20.00 at the door. Scan the QR code on the posters around campus or visit [www.mv-music.org](http://www.mv-music.org) to purchase tickets.

## Staff vs. Seniors Basketball Game Postponed

The Staff vs. Seniors game has been postponed. Originally scheduled for today, 2/8. Stay tuned for a new date in March.

## HOME MVHS Basketball Playoff Game

**Tonight at 7pm.** You can purchase your ticket(s) at the MVHS Athletic Office from 8:15am - 3:15 pm, at the door or online at (with a fee) [Basketball Playoff Tickets](#)

## Boys and Girls Club Self Care Teen Night

Tomorrow, **Friday, February 10th** in Mr. Willoughby's Room N200 from 5:30 to 10:00. We'll be having a chill night where we just hang out, play games, and enjoy a restful night of relaxation!

## Interested in Playing Soccer?

The 2023 soccer season is around the corner. If you are planning to play soccer this spring right now is the time to get all of your forms turned in and updated. We anticipate another successful year so please don't delay. First day of tryouts will be **February 27th**. Contact Mr. Ibarra with any questions.

## 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**

*please click the  
button to subscribe:*

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## USEFUL LINKS

[Art  
Department](#)

[College &  
Career Center](#)

[Music  
Department](#)

[MVHS  
Counseling](#)

[Athletic Event  
Schedule](#)

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[Student Health  
Services](#)

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[MVHSTV](#)

[TEA WITH  
DR. V](#)

## MVHS Art Students 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 many different art media.

## 2023 Winter Formal Portraits

are now available [VIA THIS LINK](#). All proceeds go towards paying for the free/reduced lunch price for the yearbook.

## Second Semester Schedules on Skyward

Students will need to follow their second semester schedule as shown in Skyward. If a schedule correction is needed, students will have until 2:30pm on **February 10th** to reach out to their [primary school counselor](#). **Corrections can be made for the following 4 academic reasons only:**

1. Schedule is incomplete (missing a class)
2. Student has taken and received credit previously
3. Student does not meet prerequisite for the class
4. Student needs course for graduation requirement

Please refer to page 11 in the [Student Handbook](#) for more info.

## Student Parking at MVHS

Parking on campus without a parking permit is not allowed. Parking on campus without a permit is a \$20 fine. Illegally parking on campus may also result in your vehicle being booted or even towed at your expense. There are still parking permits available in the ASB office to be purchased if you do not have one. There is also free parking off of the west lawn of campus and at the YMCA.

## Report All Student Absences & Tardies in Writing

Parents or guardians, to excuse an absence or tardy, please submit a written note excusing the absence/tardy to the Attendance Office located in the Administration building within five(5) days of your student returning to school. For your convenience, written confirmation can also be submitted via email to [attendance.secretary@mvsd320.org](mailto:attendance.secretary@mvsd320.org). You may also call the Attendance Office at (360)428-6153.

# MVHS Athletic Department News

## THIS WEEKS SCHEDULE

To purchase tickets, click each event

### THURSDAY 2/9

#### HOME:

- [Boys Basketball vs. Oak Harbor](#), 7pm, 1st Round of 3A Districts

### FRIDAY 2/10

#### AWAY:

- [Boys Swim at Snohomish HS](#), Dist. 3A Prelims 5:15pm

### SATURDAY 2/11

- [Boys Wrestling 3A Rgnls](#) at N Thurston HS 10am
- [Girls Wrestling 3A Rgnls](#) at Snohomish HS 10am
- [Boys Swim District 3A](#) Finals at Snohomish 4pm

## SOFTBALL OPEN GYM TIMES

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

## LAST WEEKS SCORES

### WEDNESDAY 2/1

- Unified Basketball: MV 52 Sedro-Woolley 54
- Boys Basketball: C-MV 52 MBHS 32, JV-MV 68 MBHS 43, V-MV 94 MBHS 38

### THURSDAY 2/2

- Girls Bowling

### SATURDAY 2/4

- Girls Basketball

### FRIDAY 2/3

- Boys Swim, NWC B Champs, MV--4th place
- Girls Wrestling Sub-Regionals, MV--1st place

### SATURDAY 2/4

- Girls Basketball, C-MV 26 BHS 24, V-MV 50 BHS 46
- Boys Wrestling, Sub Regionals, C-MV 63 BHS 31 JV-MV 56 BHS 59, V-MV 82 BHS 59

## 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](#)

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

The price will be \$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](#)

SENIOR  
CORNER

## MONTHLY WELLNESS TIPS

*From your MVHS Counseling Team*

February  
Issue #3

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.



# FEBRUARY 2023

## Mount Vernon High School Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30-Jan</b>	<b>31-Jan</b>	<b>1-Feb</b>	<b>2-Feb</b>	<b>3-Feb</b>
<i>No School</i>	Corndog	Hot Ham & Cheese Sandwich	Chicken Strips	Omelets & Sausage Patty Biscuits
	Tater Tots	Baked Cheetos	Cookie Pack	Biscuits
	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Applesauce
	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	Fresh Vegetables
				1% White Milk or Chocolate Milk
<b>6-Feb</b>	<b>7-Feb</b>	<b>8-Feb</b>	<b>9-Feb</b>	<b>10-Feb</b>
MAX Stuffed Breadsticks & Marinara	Chicken Bacon Ranch Burger	Spaghetti with Meatsauce	Smothered Burrito	Macaroni and Cheese
Fruit Snack	Chips	Garlic Bread	With Chips	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>13-Feb</b>	<b>14-Feb</b>	<b>15-Feb</b>	<b>16-Feb</b>	<b>17-Feb</b>
Chicken Strips	Teriyaki Chicken Burger	Beef Teriyaki Dippers	Corndog	Chicken Alfredo
Chips	Chips and a Treat	Steamed Rice	Chips	Roll
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Veggies	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	Fresh Fruit and Vegetables	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
<b>20-Feb</b>	<b>21-Feb</b>	<b>22-Feb</b>	<b>23-Feb</b>	<b>24-Feb</b>
<i>No School</i>	Nachos With Taco Meat or Chicken & Cheese	Hotdog & Baked Beans	Chicken Strips	Breakfast Muffin Sandwich
		Chips	Educational Cookies	Tator Tots
	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

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**

### Meal Prices

Elementary Breakfast & Lunch: No Charge  
Adult Lunch & Salad Bar: \$5.00  
Side Milk: \$0.75