



MVHS DAILY BULLETIN

Monday, March 27, 2023

This Week's Schedule

Monday	Green Day- Regular Schedule
Tuesday	White Day Advisory Schedule
Wednesday	Green Day - Early Release Schedule
Thursday	White Day - Early Release Schedule
Friday	Green Day - Early Release Schedule

MVHS Main Campus Regular Schedule

Time	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
11:00-12:25	3rd/7th
12:30-1:00	Lunch B
1:05-2:30	4th/8th
2:35-4:00	9th/10th

IMPORTANT DATES

- Early Release Days: March, 29, 30 & 31
- Conferences: Wed, 3/39, 2-5pm & 6-8pm
- Spring Break: April 3-7
- MVHS Science Night: Thur, April 20, 5-8pm
- Early Release Days in April: 19 & 26
- MVHS Prom: Saturday, April 29

UPCOMING ACTIVITIES & EVENTS

- Feb 18-May 4**
- MVHS Student art at [MoNA](#):
- Wednesday, March 29:**
- Grad Meeting for students/families, 6-7pm, MVHS auditorium
- Friday, March 31:**
- Karaoke Night by Special Education, 5-7, Core Community Center, Burlington

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

MVHS Conferences

Wednesday, **March 29th**. 2-5pm and 6-8pm in the cafeteria.

Graduation Meeting for Students/Families

Wednesday, **March 29th** from 6-7 in the Auditorium.

Spring Break Starts Next Week

April 3-7, 2023 MVSD schools will be closed for Spring break.

Spring Break Career Fieldtrips

CSF will be having field trips during spring break for 9th and 10th graders to T-Mobile headquarters, UW Medicine, and to the Bungie (video game creators) headquarters. Come to the College & Career Center to receive a permission slip and to turn it in as soon as possible if you would like to attend.

MVHS Prom Information

Prom is **Saturday, April 29** at Skagit Valley Convention Center. For more information, watch the video. [MVHS Prom](#)

Seniors

It is time to pay your fines and fees. Please take a moment to:

1. Check your fees & fines in Skyward or with Ms. Duncan, in the ASB office.
2. Return all Library/Textbooks you are not using to the library.
3. Pay your fines in Skyward Family Access, the phone (360-428-6174) with debit/credit card or in the ASB Office.

ATHLETIC DEPT NEWS

MVHS Schedule found here: [TEAM EVENTS](#)

Purchase Bulldog spirit wear here: [SPIRIT STORE](#)

MVHS CLUBS

ART Club - meets Tues/Thurs, 2:30-4, AG1

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

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

DECA - Tuesdays, 2:30PM, N102

FBLA - Mondays, 2:35PM, CTE 9

FCCLA - meets Mondays, 2:45 pm, NM321

FFA - Mondays, 2:40pm, in CTE2

Gaming Club - White Thursdays, 2:30-4pm, N120

Garden Club - Every other Thurs, 2:30pm, CTE-2

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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Class of 2023

SENIOR
CORNER

Graduation Meeting for Students/Families

Wednesday, March 29th from 6-7 in the Auditorium.

Correct Spelling

Please check in with the Counseling Office to make sure your name is spelled correctly for your diploma.

Join us on a Field Trip to the Northwest Carpenters Institute on April 24th to learn more about apprenticeship opportunities for after graduation. Permission slips are available in the College and Career Center. Space is limited.

Pay Your Fines

-Check your fees & fines in Skyward or with Ms. Duncan, in ASB.

-Return all Library/Textbooks you are not using to the library

-Pay your fines in Skyward Family Access, the phone (360-428-6174) with debit/credit card or in the ASB Office.

Cap & Gown

Order your grad cap & gown [MVHS Grad 2023 Order Link](#)

Important Dates For Seniors:

Monday, 4/10: Cap and Gown Distribution during lunches

Friday, 4/14: Senior Bowling Event, 6-8pm, Riverside Lanes,
Register here: [Senior Bowling](#)

Wednesday, 5/31: Library, text & Chromebooks due to library.

June 1, 2, 5 & 6: Senior Semester Finals

Friday, 6/9: Last day to pay fines & fees. Pay by noon.

Friday, 6/9: Graduation, 7PM at [Angel of the Winds Arena](#),
2000 Hewitt Avenue, Everett, Washington

MONTHLY WELLNESS TIPS

From your MVHS Counseling Team

March
Issue #4

The start of a new month is a great time to slow down, check in with yourself, and pause to take in everything around you. This month we are encouraging you to have a Mindful March. Practicing mindfulness brings you to the present moment and allows you to pay attention to things you may otherwise be too busy to notice. Mindfulness can also help reduce stress and anxiety.

Here are some ways that you can practice mindfulness this March:

- **5 Senses Mindfulness Technique:** Name 5 things you see, 4 things you hear, 3 things you feel/touch, 2 things you smell, 1 thing you taste.

- **Notice your breathing;** Take the time to take three deep breaths at different intervals throughout the day.

- **Name your feelings without judgement--** simply notice them.

- **Bring to mind people you love and care** about and take the time to let them know

-**Eat/drink mindfully--** take in the smells, textures, and tastes

April Lunch Menu coming tomorrow

NONDISCRIMINATION

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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.