



MVHS DAILY BULLETIN

Tuesday, March 28, 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 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

IMPORTANT DATES

- Early Release Days: March, 29, 30 & 31
- Conferences: Wed, 3/29, 2-5pm & 6-8pm
- Spring Break: April 3-7
- Early Release Days in April: 19 & 26
- MVHS Science Night: Thur, April 20, 5-8pm
- National Bulldogs are Beautiful Day: April 21
- 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. If you are planning to take a guest who does not attend MVHS, be sure to pick up a [Guest Dance Permission Form](#) at the front office. For more information, watch the video. [MVHS Prom](#)

Interested in running for an ASB Officer or Senate position?

Complete the following [APPLICATION](#) by **4/17/2023** and be sure to have your slide and video turned into Mr. Hornbacher (thornbacher@mvsd320.org) no later than 4/24/2023.

Attention 9th, 10th and 11th Graders!

The application for the 23-24 National Honor Society is now open. Check your grade level google classroom for the link. Applications are due by 3pm on May 5th.

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 2023

Mount Vernon High School Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
MASHED POTATO BOWL WITH POPCORN CHICKEN CORN FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	CHICKEN BACON RANCH BURGER CHIPS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	MANDERIN ORANGE CHICKEN RICE AND BROCCOLI FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	CHEESE STUFFED BREADSTICKS WITH MARINARA SAUCE FRUIT SNACKS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	MEATBALL SUB SANDWICH CHIPS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK
3-Apr	4-Apr	5-Apr	6-Apr	7-Apr



10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
BAKED POTATO W/SHREDDED CHEESE, SOURCREAM CHILI & CORNBREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	FETTUCINNE ALFREDO GARLIC BREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SWEET CHILI CHICKEN RICE BOWLS BROCCOLI & CARROTS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SPAGHETTI WITH MEATSAUCE WITH BREADSTICKS PARMESAN CHEESE FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	BEEF TERIYAKI BOWL WITH RICE AND BROCCOLI FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
BAKED POTATO W/SHREDDED CHEESE, SOURCREAM CHILI & CORNBREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SPAGHETTI WITH MEATSAUCE WITH BREADSTICKS PARMESAN CHEESE FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SWEET CHILI CHICKEN RICE BOWLS BROCCOLI & CARROTS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	FETTUCINNE ALFREDO GARLIC BREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	BEEF TERIYAKI BOWL WITH RICE AND BROCCOLI FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
BAKED POTATO W/SHREDDED CHEESE, SOURCREAM CHILI & CORNBREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SPAGHETTI WITH MEATSAUCE WITH BREADSTICKS PARMESAN CHEESE FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	SWEET CHILI CHICKEN RICE BOWLS BROCCOLI & CARROTS FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	FETTUCINNE ALFREDO GARLIC BREAD FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK	BEEF TERIYAKI BOWL WITH RICE AND BROCCOLI FRESH FRUIT AND VEGGIES 1% WHITE MILK OR CHOCOLATE MILK



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

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.



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.