



MVHS DAILY BULLETIN

Wednesday, March 3, 2023

This Week's Schedule	
Monday	White Day - Regular Schedule
Tuesday	Green Day - Advisory Schedule
Wednesday	White Day- Regular Schedule
Thursday	Green Day - Regular Schedule
Friday	White Day - Regular 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



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IMPORTANT DATES

- 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 28-March 3
 - ▶WIDA Testing
- Feb 18-May 4
 - ▶MVHS Student art at MoNA:
- Wednesday, March 1
 - ▶Pizza w/a Professional: Lunch, NM105
- Thursday, March 2
 - ▶Running Start Info Night, 6pm, MVHS Aud.
 - ▶College Thursdays: Lunch, College & Career C.

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

Please wish "Good Luck" to the MVHS Robotics team !

at their competition this weekend. They will be competing against 33 other teams from across the PNW. Their 120 pound robot, 'Whiplash' is ready to take on the competition!

Chemistry students:

please stop in at our Ion the Prize Chemistry study sessions on non-early-release Wednesdays. N302. Flourish with friends, focused help, and food!

Bulldogs!

The boys basketball team would like to send out a special thank you to everyone for the amazing support this season! We had a lot of fun along the way & hope you did as well. We appreciate all of you! Best of luck to every team & athlete getting Spring sports started this week. Go Dogs!

Change to MVHS Calendar

Mount Vernon School District has adjusted its 2022/2023 calendar to make up for the December 20th snow day. March 8 will be a snow make up day. This will be a full day for students.

Poster Making Volunteers Needed!

Come and join the fun making Science Night Posters! We will meet on **Tuesday, March 7**, from 2:30-3:45pm in NM307. Snacks, paper, paint, and markers will be ready and waiting for you. All grade levels welcome and no artistic skills needed.

MVHS CLUBS

SENIOR CORNER

- 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

Seniors, **65%** of you have outstanding fines and fees!

Some of these date back to elementary school! These **MUST** be taken care of prior to graduation. **Now's the time** to check out your fees & fines in Skyward or check with Ms. Duncan in the ASB Office between hours 7:15am-3pm. Return any Library/Textbooks you are not currently using, to the library so those fines will come off. Other fines can be paid through 1) Skyward Family Access, 2) over the phone (360-428-6174) with debit/credit card or 3) in the ASB Office with cash, check, debit/credit card. **Do Not wait until May - take care of these now.**

Cap and Gown Orders - Order your graduation cap and gown here: [MVHS GRAD 2023 ORDER LINK](#)

TBD (Mid April): Cap & Gowns available for pick up

June 9, 2023: Graduation, 7:00 PM
[Angel of the Winds Arena](#), Everett, WA

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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USEFUL LINKS

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- [Athletic Event Schedule](#)
- [MVHS Website](#)
- [Student Health Services](#)
- [MVHS Instagram](#)
- [Student Health Services](#)
- [MVHS Facebook](#)
- [MVHSTV](#)
- [TEA WITH DR. V](#)

MVHS Athletic Department News

Springs Sports Schedule can be found here: [MUSIC ATHLETIC SCHEDULE](#)

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

MONTHLY WELLNESS TIPS

March
Issue #4

From your MVHS Counseling Team

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

MARCH 2023

Mount Vernon High School Special

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
27-Feb	28-Feb	1-Mar	2-Mar	3-Mar
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
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
<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
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
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
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
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

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.