



# MVHS DAILY BULLETIN

Wednesday, May 17, 2023

## This Week's Schedule

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

## MVHS Early Release Schedule

Time	Period
8:00-8:55	1st/5th
9:00-9:55	2nd/6th
<b>9:55-10:25</b>	<b>Lunch A</b>
10:30-11:30	3rd/7th
10:00-10:55	3rd/7th
<b>11:00-11:30</b>	<b>Lunch B</b>
11:35- <b>12:30</b>	4th/8th
12:35-1:30	9th/10th

CLASS OF 2023 SCHOOL DAYS COUNTDOWN

14

## IMPORTANT DATES

- Spring Reign Dance: Friday, May 26
- No School/Memorial Day: Monday, May 29
- Yearbook Delivery Dates: June 5-9
- MVHS Graduation: Friday, June 9, 2023
- Early Release Days: Friday, June 16
- Last Day of School: Friday, June 16, 2023

## UPCOMING ACTIVITIES & EVENTS

- Thursday, May 18:
  - Cap & Gown pick up in Cafeteria @ lunch
- Friday, May 19:
  - Last Day NHS Book Drive
- Saturday, May 20:
  - Karaoke Night, 5-7pm, Core Community Center

## 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 EDGE on May 10, 11 & 23.
- 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

## SUMMER ACTIVITIES FOR STUDENTS

Free Gym Memberships for Teens- PLANET FITNESS

## Congratulations Go Out To

Jude Longmire, MVHS Junior for winning the Teen Poetry Contest in the Skagit County Historical Museum's 3rd Annual Writing contest!

Braelyn Manke, MVHS Freshman who was chosen for the junior women's national dual team for women's wrestling and qualified for Fargo nationals this June in Tulsa!

## Pride Club Invites Students and Staff

to an LGBTQ+ info night! Come learn about different identities within the LGBTQ+ community. Pride club is hosting two info nights, one on Monday June 5th and another on **Monday, 6/12**. Both will be from 2:45-3:45 in OM 308. You are welcome to attend one or both. Please direct questions to Ms. Crow or Ms. Rodgers.

## Calling all Current Sophomores and Juniors!

Do you want to help welcome our Freshmen next Fall at orientation? We are looking for 150 students to become LINK Leaders! If you love our school, want to continue creating a welcoming and inclusive high school experience, and want to help freshmen get excited for high school, please apply at [23-24 LINK LEADER APPLICATION](#)

## Please join in honoring the Class of 2023 at the Evening of Excellence

**Wednesday, May 24th** in the MVHS Cafeteria. Scholarships 5pm, Cords, Medals 6pm, Department Awards 7pm.

## Pizza with a Pro

Guest Speakers are booked for the remainder of the year! Join us to learn more about exciting careers!

- May 24th: Edge Analytical Laboratories (CHEMIST)
- May 25th: Skagit County Public Health (Former MVHS Graduate)
- May 31st: NW Laborers Union: Miguel Edmondson
- June 1st: Seattle City Lights

# 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
- Slavic Heritage Language Club**-Mon, 2:30pm, CTE
- 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](#)
- [MVHS Website](#)
- [Student Health Services](#)
- [MVHS Instagram](#)
- [Student Health Services](#)
- [MVHS Facebook](#)
- [MVHSTV](#)
- [TEA WITH DR. V](#)

# Class of 2023

[Class of 2023 Graduation Guide](#) \*

[Senior Graduation Meeting May 16, 2023 Presentation](#) \*

SENIOR CORNER

\*=updated /new info

## MVHS Graduation Checklist

- ORDERED CAP & GOWN. IF NOT GO TO: [jostens.com](http://jostens.com)
- PICKED UP CAP & GOWN
- FINES AND FEES PAID BY JUNE 9 @ NOON TO ASB
- LIBRARY ITEMS RETURNED IN BY MAY 31, Library Books/Items, Textbooks, Chromebooks
- FINAL CHECKOUT/ PICK UP GRADUATION TICKETS, JUNE 7-9

## Important Dates For Seniors:

**May 18:** Cap & Gown pick up in Cafeteria @ lunch

**Wed, 5/31:** All library items (classroom material/textbooks not needed for finals due.

**June 1, 2, 5 & 6:** Senior Semester Finals. Return textbooks and chromebooks used for finals upon completion.

**Jun 7-9:** Senior Check Out

- Wednesday, June 7th, 10 am-3pm
- Thursday, June 8th, 7am-3pm
- Friday, June 9th, 7am-12pm

**Wed, 6/7:**

- Graduation Practice: at 8am in the MVHS Gym
- Moving Up Assembly, 9:15-10:15 am, MVHS Gym
- Senior Sunset, 8:30pm, football field, treats
- Senior Yearbook Distribution during lunches

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

**Frid, June 9, Graduation Day:**

- **Senior Sunrise Breakfast** 8:30-9:30am in the cafeteria.
- **Parade** begins at 10am at the City Library.
- **Graduates load bus** at 9:30am with cap and gown for parade.
- **Seniors arrive** at Angel of the Winds Arena, 5:30pm
- **Ceremony** at 7PM at [Angel of the Winds Arena](#), 2000 Hewitt Avenue, Everett, Washington

## MONTHLY WELLNESS TIPS

*From your MVHS Counseling Team*

May 2023 Issue #6

May is Mental Health Awareness Month! The end of the school year can be a stressful time, whether you are a student who is preparing for finals or a teacher trying to juggle your many responsibilities; Now is the time to check in with yourself and reflect on the following questions over the next month:

1. How have I been feeling lately (stressed, burned-out, hopeful, excited, nervous, etc.)? Sit with those emotions and allow yourself to feel them with no judgement.
2. Who are the people I trust to talk to when times are tough? (Teachers, adults in the community, friends, family, etc.).
3. What is something I can do for myself over the next month (besides school, work, other responsibilities-- something for YOU and your mental health)?
4. Have I checked in with the people I'm close to lately? How are my strong friends?
5. What are some things that have been affecting my mental health lately? Write them down or say them out-loud to someone you trust.

# May 2023

## Mount Vernon High School Special

Growing Healthy Students!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1-May</b>	<b>2-May</b>	<b>3-May</b>	<b>4-May</b>	<b>5-May</b>
BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE	SPAGHETTI WITH MEATSAUCE	SWEET CHICKEN CHILI AND RICE BOWLS	FETTUCCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
CHILI W/CORNBREAD	GARLIC BREAD AND PARMESAN CHEESE	WITH BROCCOLI AND CARROTS	BREADSTICK	AND BROCCOLI
FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES
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>8-May</b>	<b>9-May</b>	<b>10-May</b>	<b>11-May</b>	<b>12-May</b>
BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE	SPAGHETTI WITH MEATSAUCE	SWEET CHICKEN CHILI AND RICE BOWLS	FETTUCCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
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<b>15-May</b>	<b>16-May</b>	<b>17-May</b>	<b>18-May</b>	<b>19-May</b>
BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE	SPAGHETTI WITH MEATSAUCE	SWEET CHICKEN CHILI AND RICE BOWLS	FETTUCCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
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<b>22-May</b>	<b>23-May</b>	<b>24-May</b>	<b>25-May</b>	<b>26-May</b>
BAKED POTATO WITH SOUR CREAM & SHREDDED CHEESE	SPAGHETTI WITH MEATSAUCE	SWEET CHICKEN CHILI AND RICE BOWLS	FETTUCCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
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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 is occasional errors. Thank you.