



# MVHS DAILY BULLETIN

Wednesday, May 24, 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 Regular Schedule

Time	Period
8:00-9:25	1st/5th
9:30-10:55	2nd/6th
<b>11:00-11:30</b> 11:35-1:00	<b>Lunch A</b> 3rd/7th
11:00-12:25 <b>12:30-1:00</b>	3rd/7th <b>Lunch B</b>
1:05-2:30	4th/8th
2:35-4:00	9th/10th

CLASS OF  
2023  
SCHOOL DAYS  
COUNTDOWN

9

Remaining  
School Days

17

## 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

### Wednesday, May 24:

- Pizza w/a Pro-Edge Analytical Labs, lunch
- Class of 2023 Awards Night, 7pm, Cafeteria

### Thursday, May 25:

- Pizza w/a Pro-Skagit County Public Health

### Friday, May 26:

- Spring Reign Dance, 7-10pm, MVHS

### Wednesday, May 31:

- Pizza w/a Pro-Skagit Valley Hospital: Interpreters
- Seniors- Library items due

## 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](#)

## Seniors Unable to Attend Evening of Excellence

**tonight, Wednesday, May 24th** from 5-8pm will be able to pick up their awards/cords in the main office starting Thursday morning, May 25th.

## 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 6/5** & 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.

## Pizza with a Pro

The Mount Vernon High School [College and Career Center](#) provides students and parents with access to current information and resources on college and career planning. We can assist with Career Exploration, Post High School Options, and College Planning. Join us to learn more about exciting careers!

- May 24th: Edge Analytical Laboratories (CHEMIST)
- May 25th: Skagit County Public Health
- May 31st: NW Laborers Union: Miguel Edmondson
- June 1st: Seattle City Lights
- June 2nd: Skagit Valley Hospital: Interpreters

## Seniors

CSF, GEAR UP, & the Migrant Program bring you **Bulldog Edge, Class 2023 Week**. Come and finish your assignments before finals. We will have tutors to support and help to make sure you finish strong this school year. There will be snacks and raffle tickets. **Monday, 5/22 - Thursday, 5/25, TODAY, (Wednesday)** we will have Science and Math help. We hope to see you there!

## 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*

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## USEFUL LINKS

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DR. V](#)

## Class of 2023

The [Evergreen Beauty College](#) invites MVHS Seniors for a Free Haircut OR a Free Shampoo & Style before the parade on 6/9. Call to schedule (360) 755-6446

## Class of 2023 Graduation Guide

### Senior Graduation Meeting Presentation

#### MVHS Graduation Checklist

- ☐ ORDERED CAP & GOWN. IF NOT GO TO: [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, 6/7-6/9

### Important Dates For Seniors:

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

**June 1, 2, 5 & 6:** Senior Semester Finals. Return textbooks/chromebooks used for finals on 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

May 2023 Issue #6

## MONTHLY WELLNESS TIPS *From your MVHS Counseling Team*

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.

SENIOR  
CORNER

Angel of the Winds  
-New Bag Policy  
-NO Balloons, Balls,  
Noisemakers, or  
Laser Pens



Don't enjoy  
standing in long lines?  
Pay your fees & fines  
NOW!  
On Family Skyward  
Access or ASB Office  
with cash, check, debit,  
or credit card.





# 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
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>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
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>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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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 is occasional errors. Thank you.