



MVHS DAILY BULLETIN

Friday, May 26, 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 |
| 11:00-11:30 11:35-1:00 | Lunch A 3rd/7th |
| 11:00-12:25 12:30-1:00 | 3rd/7th Lunch B |
| 1:05-2:30 | 4th/8th |
| 2:35-4:00 | 9th/10th |

CLASS OF
2023
SCHOOL DAYS
COUNTDOWN

7

Remaining
School Days

15

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
- 9th-11th Grade Finals: Tue, June 13 - Fri, June 16
- Early Release Days: Friday, June 16
- Last Day of School: Friday, June 16, 2023

UPCOMING ACTIVITIES & EVENTS

Friday, May 26:

- Spring Reign Dance, 7-10pm, MVHS
- Bulldog Edge-Senior Week 2:30-4pm, Library

Tuesday, May 30:

- Free Sports Physicals, 5:30-7:30pm@ Proliance

Wednesday, May 31:

- Pizza w/a Pro- NW Laborers Union, Lunches
- Red Cross Blood, 8:30-1:30, MVHS, [Sign up here](#)
- Seniors- Library items due

Thursday, June 1 - Tuesday, June 6:

- Senior Finals

Thursday, June 1:

- Pizza w/a Pro-Seattle City Lights, Lunches

Friday, June 2

- Pizza w/a Pro-Skagit Valley Hospital: Interpreters

Monday, June 2:

- Pride Club-LGBTQ+ Info Night, 2:45-3:45pm, OM308

Monday, June 12:

- Pride Club-LGBTQ+ Info Night, 2:45-3:45pm, OM308

SUMMER ACTIVITIES FOR STUDENTS

Free Gym Memberships for Teens- [PLANET FITNESS](#)

Senior Finals Begin Next Week

- June 1st: 1st and 3rd
- June 2nd: 5th and 7th
- June 5th: 2nd and 4th
- June 6th: 6th and 8th

Be sure to return textbooks/chromebooks used for finals on completion to clear all fees.

Attn: Seniors Who Were Unable to Attend The Evening of Excellence

on Wednesday, May 24th from 5-8pm. You can pick up your awards/cords in the main office. Congratulations!

9th-11th Grade Finals

Tuesday, June 13 thru Friday, June 16

Sports Physicals for Next Years Athletes

High school athletes including incoming freshman, are invited to participate on **Tuesday, May 30th** for their annual sports physical. There is no fee to participate. Participation will be determined on a first-come, first-served basis. This clinic will run from from 5:30-7:30pm on 5/30 only at Proliance Surgeons Skagit NW Ortho, 1500 Continental Place in Mt Vernon. **For Information:** Call Proliance @ 360-395-4515 Or MVHS Athletic Department @ 360-428-6191

MVHS Debate Students Make the Case

After last Monday's debate with the League of Women Voters, the reporter from the Seattle Times at the event, Brier Dudley, asked to publish the work of MVHS Sophmores, Taite Kirkpatrick and Avalon Stewart. These two MVHS students got their first by-line in a newspaper! Here is the link if you would like to check it out: [MVHS Debate in Seattle Times](#)

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

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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

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

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 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.

May 2023

Mount Vernon High School Special

Growing Healthy Students!



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