



# MVHS DAILY BULLETIN

Tuesday, May 30, 2023

## This Week's Schedule

Monday	No School - Memorial Day
Tuesday	Green Day - Advisory Schedule
Wednesday	White Day - Regular Schedule
Thursday	Green Day - Regular Schedule Senior Finals 1st/3rd
Friday	White Day -Regular Schedule Senior Finals 5th/7th

## MVHS 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

CLASS OF 2023  
SCHOOL DAYS  
COUNTDOWN

6

Remaining  
School Days

14

## IMPORTANT DATES

- 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

- 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
  - Unified Dance Night, 3:30-5pm, Cafeteria
- 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 ACTIVITES FOR STUDENTS

- Free Gym Memberships for Teens - [PLANET FITNES](#)
- Skagit Transit New Youth Ride Free Program

## Skagit Transit New Youth Ride Free Program

Starting June 20, 2022 Skagit Transit will be offering free bus rides to all youth ages 18 and under on an ongoing basis throughout Skagit County. [Youth Ride Fare Free](#) program can help youth to get to work, to educational programs, libraries, museums and more.

## Sports Physicals for Next Years Athletes

High school athletes including incoming freshman, are invited to participate on **Today, 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 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

## Fall Testing for next years Juniors and Seniors

**Sophmores:** in October 2023, you can take the PSAT/NMSQT. The test is digital and offered at MVHS on 10/11/23 at 8am. There is no cost. To sign up, complete this [PSAT Sign Up Form](#) by 9/1/23 @ noon.

**Juniors can take the SAT** text in October. The test is a paper/pencil and offered at MVHS on 10/11/23 at 8am. There is no cost. To sign up, complete this [SAT Sign Up Form](#) by 9/1/23 at noon.

**Juniors interested in enlisting in the military can take the ASVAB** in October. This measures an applicant's suitability for enlistment. There is no cost. To sign up, complete the [ASVAB Sign up Form](#).

For more info: [Fall 2023 Testing Overview](#).

# 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

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**MVHS DAILY BULLETIN**  
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[MVHS DAILY BULLETIN SUBSCRIPTION](#)

## 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

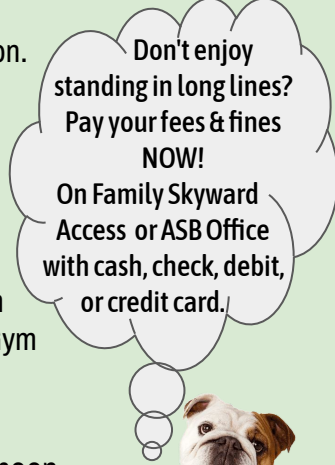
**Frid, 6/9:** Last day to pay fines & fees. Pay by noon.

**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  
[New Bag Policy](#)

SENIOR CORNER



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 effecting my mental health lately? Write them down or say them out-loud to someone you trust.



# June 2023

## Mount Vernon High School Special Growing Healthy Students!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29-MAY	30-MAY	31-MAY	1-JUN	2-JUN
<b>MEMORIAL DAY! No SCHOOL No FOOD SERVICES</b>	SPAGHETTI WITH MEATSAUCE	SWEET CHILI CHICKEN RICE BOWLS	FETTUCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
	GARLIC BREAD	BROCCOLI & CARROTS	BREAD STICKS	AND BROCCOLI
	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
5-JUN	6-JUN	7-JUN	8-JUN	9-JUN
BAKED POTATO CHILI W/CORNBREAD	SPAGHETTI WITH MEATSAUCE	<i>Eat Local Day</i> FRESH HOMEMADE BBQ PULLED PORK	MACARONI AND CHEESE	BEEF TERIYAKI BOWL WITH RICE
FORTUNE COOKIE	GARLIC BREAD	HOMEMADE COLE SLAW	ROLLS	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
12-JUN	13-JUN	14-JUN	15-JUN	16-JUN
BAKED POTATO WITH CHILI	SPAGHETTI WITH MEATSAUCE	SWEET CHICKEN CHILI	FETTUCINNE ALFREDO	COOKS CHOICE
CRAKER OR BREAD	GARLIC BREAD	RICE BOWLS WITH BROCCOLI AND CARROTS	BREAD STICKS	FRUIT
FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH 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



Summer Meal Service - Free for any child 18 and under. Breakfast & Lunch.  
 Mount Vernon High School June 26 - August 5th.  
 Monday- Thursday. Closed Fridays. Closed July 4th.  
 Skagit Valley College July 11th - August 10th.  
 Monday- Thursday. Closed Fridays.  
 \*\* Times TBD

**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.**

Enjoy your summer!

**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.