



MVHS DAILY BULLETIN

Monday, May 8, 2023

National Teacher Appreciation Week

This Week's Schedule

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

CLASS OF
2023
SCHOOL
DAYS
COUNTDOWN

21

IMPORTANT DATES

Early Release in May: Wed's, May 10 & 15

Spring Reign Dance: Friday, May 26

No School/Memorial Day: Monday, May 29

MVHS Graduation: Friday, June 9, 2023

Last Day of School: Friday, June 16, 2023

UPCOMING ACTIVITIES & EVENTS

Tuesday, May 9:

►Cap & Gown pick up in Cafeteria @ lunch

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 ACTIVITES FOR STUDENTS

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

Attention Art Students

Art Students please come to art room and pick up your work on display by May 30th. See Helene Zawilla with questions.

NHS Book Drive

NHS is collecting book bags and books for the Oasis Teen Shelter. Clean out your closet of old book bags and clear your book shelves! Donations will be accepted in the box in the Admin building until May 19th. Thank you!

Prom 360 Videos

Did you have a 360 video taken at the MVHS Prom? Download your videos and check out other here: [THIS LINK](#).

ASB IS NOW ACCEPTING APPLICATIONS

FOR OUR 2023-24 AMBASSADORS . Be a part of all the exciting planning, assemblies, and other activities without having to run for office. Ambassadors have many of the same duties as elected students with the exception of voting power. Email or see Mr. Hornbacher if you have any questions.

MVHS Yearbook Delivery Schedule

Yearbooks are handed out (photo ID required) on the following dates:

6/5 - SENIORS ONLY during both lunches.

6/6 - To all students during both lunches.

6/7 - Last day to pick up yearbook in the cafeteria during lunches.

6/8 - All extra books go on sale to **seniors only** at the ASB office.

6/9 - Any remaining extras go on sale to all grade levels and staff.

If you did not pre-order your yearbook, they are \$75 each while supplies last. **Holds cannot be placed on extra yearbooks.** They are first come first serve starting 6/8. The ASB Office opens at 7:30am that morning.

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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[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

SENIOR CORNER

[Class of 2023 Graduation Guide](#)

Pay Your Fines

- Check your fees & fines in Skyward or with Ms. Duncan, in ASB.
- Return all Library/Textbooks you are not using to the library
- Pay your fines in Skyward Family Access, the phone (360-428-6174) with debit/credit card or in the ASB Office.

Cap & Gown

Order your grad cap & gown [MVHS Grad 2023 Order Link](#)

Important Dates For Seniors:

- May 9,18:** Cap & Gown pick up in Cafeteria @ lunch
- Frid, 5/12:** Senior Bowling, 6-8pm, Riverside Lanes, MV
- Wed, 5/31:** Library, Text & Chromebooks due to library.
- June 1, 2, 5 & 6:** Senior Semester Finals
- Mon, June 5:** Senior Yearbook Distribution during lunches
- Wed, 6/7:** Senior Sunset, 8:30pm, football field, treats
- 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 your 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.

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	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
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	FETTUCCINNE 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	FETTUCCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
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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	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

