



MVHS DAILY BULLETIN

Thursday, June 15, 2023

This Week's Schedule

Monday	White Day - Regular Schedule
Tuesday	Green Day - Regular Schedule/Finals 1st & 3rd
Wednesday	White Day - Regular Schedule/Finals 5th & 7th
Thursday	Green Day - Regular Schedule/Finals 2nd & 4th
Friday	White Day - Early Release/Finals 6th&8th/Last Day

MVHS Regular Schedule 2nd & Period Senior Finals

Time	Period
8:00-9:25	1st
9:30-10:55	2nd-FINAL
11:00-11:30	Lunch A
11:35-1:00	3rd
11:00-12:25	3rd
12:30-1:00	Lunch B
1:05-2:30	4th-FINAL

2
Days
of
School
Left

IMPORTANT DATES

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

Thursday, June 15:
 ▶ Finals 2nd & 4th

Friday, June 16:
 ▶ Finals in 6th & 8th
 ▶ Early Release, Last Day of School

SUMMER ACTIVITIES FOR STUDENTS

- Free Gym Memberships for Teens- [PLANET FITNESS](#)
- Skagit Transit New [Youth Ride Free Program](#)
- [Salish Sea School](#)
- [Boys & Girls Clubs of Skagit County](#)
- [Skagit Valley YMCA](#)
- [MVSD Choice Schools Online Summer Program](#)
- [NW Career & Tech Academy Summer Session](#)

*Tomorrow, Friday, June 16
 is Early Release
 and the Last Day of the School Year*

2023/2024 MVHS Student Parking Permits

Information for next year's parking permits can be found on the Mount Vernon high school web page starting next week. Check there for updates.

Senior Photos For The Class of 2024

As the class of 2024 begins their Senior Portrait season, please keep the following information in mind when submitting your senior photo.

- The photo must be cropped 2"x3" in portrait orientation.
- Absolutely no props (cars, pets, family members, sporting equipment, etc).
- Attire must follow the School Dress Code.
- Portraits are due 10-31-2023
- Senior portraits are only accepted via the following link:

[MVHS Senior Photo Submission Page](#)

For more information click here: [Senior Photos for 2024](#)

Fall Testing for next years Juniors & Seniors

Sophomores: 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. Connect with the MVHS College & Career Center for more information at: [MVHS C&C Center](#)

ATHLETIC DEPT NEWS

MVHS Schedule found here: [TEAM EVENTS](#)

Purchase Bulldog spirit wear here: [SPIRIT STORE](#)

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:

[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

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.



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
MEMORIAL DAY! No SCHOOL No FOOD SERVICES	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	Eat Local Day 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.

June & Summer Monthly Wellness Tips

From Your Counseling Office

The end of the year is here! As you wrap up the school year and go into Summer take some time to think about what you can do the next couple months to promote your well-being and keep yourself busy. Here are some ideas to help fill your summer with activities that will leave you feeling refreshed and ready to take on the next school year:

1. Host friends or family for an outdoor hangout/ picnic
2. Take a hike; Skagit and Whatcom county is full of beautiful hikes and trails
3. Create a list of books or movies to read/watch over the summer (if you don't have a library card, now is a great time to get one!)
4. Learn a new skill with a friend or family member (learn to cook a new recipe, start learning a new language, a new sport, craft, or game, etc.)

Have a safe and healthy summer!