



MVHS DAILY BULLETIN

Thursday, October 12, 2023

This Week's Schedule

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

IMPORTANT DATES

Oct. Early Release Days: Oct., 11, 18, 19, & 20
Conferences: Thur. Oct 19, 2-5pm & 6-8pm
No School/Non Student Day: Oct. 27 & 30
Fall Back: Sunday, Nov 5

UPCOMING ACTIVITIES & EVENTS

→**Fri:** Boys & Girls Club Teen Night, 5:30-9:30, Caf.
 →**M-F:** Boys & Girls Club: 2:30-5:30pm, Cafeteria
 →**M-TH:** Bulldog EDGE: 2:30-4pm, Library

SENIOR INFORMATION

Senior Yearbook Recognition Ads
 Purchase your ad **by Feb 2, 2024** online.
 Click here: [Yearbook Rec Ad Link](#)

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** and only accepted via the following link:

[MVHS Senior Photo Submission Page](#)
 For more info click here: [Senior Photos for 2024](#)

FFA MEETS ON MONDAY

October 16th afterschool in CTE-2. We will celebrate the season with pumpkin pie & have a pumpkin painting activity! We have lots of events & trips coming up, come to the meeting to get connected!

BOYS & GIRLS CLUB TEEN NIGHT

Friday, October 13 · 5:30 – 9:30pm, Cafeteria and NM200

SENIOR PARENT INFORMATION

Watch the video below to learn more about the college application process for your senior. [Video](#) and [Presentation for Reference](#). Ms. Zimmer will be available during Parent/Teacher Conferences on **10/19**.

NEWS FROM MR. LEWIS & THE PLANETARIUM

Here in Skagit Valley, with cooperative weather, we have the opportunity to see an *annular* solar eclipse **Saturday, Oct. 14th**. This is different from a *total* solar eclipse - on Saturday's eclipse, if you're within the path you'll see the Sun as a "ring of fire."

[NASA - What is an Annular Eclipse?](#)

Sadly, we're not in the direct path for Saturday's eclipse (and we're not even close for the total solar eclipse in April - hopefully you got to see the one back in 2017). In our area, we should expect to see around 85% of the Sun to have a "bite" taken out of it.

For us here, the eclipse will start around 8:10 am this Saturday, the eclipse maximum will be at approximately 9:20 am, and the Sun should look back to normal at 10:40 am.

If you still have your eclipse glasses from 2017, great! You will definitely need to view the eclipse through proper eyewear - since the Sun won't be fully blocked, approved solar-viewing glasses are needed. If you don't have any, this [NASA video](#) shows some alternative ways to safely view the eclipse.

Here's a [handy document](#) about the annular eclipse this weekend and the total solar eclipse on Monday, April 8th. It provides some info about what to expect and how to view the eclipses safely.

Happy Eclipsing! (if the weather cooperates and it's not cloudy!)

ATHLETIC DEPT NEWS

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

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

MVHS CLUBS

- ASL Club -Thursdays, 2:30-4pm, Shop 110
- Korean Culture Club - Tuesdays, 2:45pm, OM308
- Debate Team-Mon's/Tue's, 3:15-5:15pm, AB114
- FBLA - Mondays at 2:35pm in NM221
- French Club-
- Gaming Club - White Thurs's, NM120, 2:45-4pm
- K-Pop Club - Mondays, OM 214
- Key Club- E.R. Wednesdays, 12:45-1:30, N206
- Korean Culture Club - Tuesdays, 2:35, OM308
- LUCHA - Thursdays, at 2:30, NM223
- Migrantes Unidos - Tuesdays, at 2:45, OM114
- PIA - Thursdays, 2:45-4PM, OM 113
- Project Peace - Thursdays, 2:30-3pm, CTE 1
- Robotics Team - Mon's & Fri's, 2:35-6pm, Shop110
- TSA Club - Thursdays, 2:45, CTE6

COLLEGE REP VISIT SCHEDULE

Students can view the college rep visit schedule in Naviance. Visit the College & Career Center Website for info.

[Rep Visits scheduled at MVHS:](#)

- 10/10 Western Washington U at 10AM
- 10/11 University of Mississippi at 8AM
- 10/12 Linfield University at 2PM
- 10/13 Saint Martin's University at 10AM
- 10/18 Central Washington University at 10AM

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

[MVHS Website](#) [College & Career Center](#) [Music Department](#) [MVHS Counseling](#)

[Athletic Event Schedule](#) [Student Health Services](#) [MVHS Instagram](#)

[Student Health Services](#) [MVHS Facebook](#) [MVHSTV](#) [TEA WITH DR. V](#)

FROM COLLEGE & CAREER CENTER

Attention to all the students who have turned in a permission slip to the college and career center for field trips. We are emailing students to let them know if they made it on the list to attend a field trip. This is how we are communicating who is going on what field trips. You can always stop by the college and career center if you are not sure if you are attending. PLEASE CHECK YOUR EMAIL DAILY!

JUNIORS & SENIORS

The WSU CASHE Conference is **November 10th to 12th**, and the \$75 fee will be covered by GEAR UP. Be sure to complete your application by October 15th. Selected students will be notified with next steps.

SENIOR PARENT FINANCIAL AID SUPPORT

Parents and/or Students: Come to the College and Career Center at MVHS and let us help you complete your Financial Aid Application. 11/16, 11/30 and 12/7 4pm-5:30pm

NEW CLUB ON CAMPUS

The Skills USA interest Meeting is this Thursday in New Main 220 Contact Mr. Young

MVHS EVENTS CALENDAR

To see what is happening at MVHS, click the link here:

[MVHS Calendar of Events](#)

QUESTIONS ABOUT TRANSCRIPTS, RUNNING START, REGISTRATION, NCTA, AND MORE

The MVHS Counseling Department provides students and families resources to help navigate high school and beyond. School counselors can assist you with academics, college and career readiness and personal/social concerns and support. Contact the counseling office at 360-428-6156 or check out their website [MVHS Counseling Department](#)

OCTOBER 2023

MOUNT VERNON HIGH SCHOOL SPECIAL

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Teriyaki Beef Dippers Rice Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Cheesestuffed Breadsticks Marinara Sauce Cups Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	No School Non Student/Non Contract Day	Spaghetti with MeatSauce Roll Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Hot Ham & Cheese Sandwich Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
9-Oct	10-Oct		11-Oct	12-Oct
Mandarin Orange Chicken Rice Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Macaroni and Cheese Roll Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk		Mashed Potato Bowl with Popcorn Chicken Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Teriyaki Beef Dippers and Rice Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Teriyaki Beef Dippers Rice Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Corn Dogs Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Breakfast for Lunch English Muffin Sandwich Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chicken Alfredo Breadsticks Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Baked Potato Bar with Chili and Cheese Sour Cream Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Mandarin Orange Chicken Steamed Rice w/Veggies Fortune Cookie Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Cheese Stuffed Breadsticks Marinara Cup Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Spaghetti with Meatsauce Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Hot Ham and Cheese Sandwich Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	No School Non Student/Non Contract Day
30-Oct	31-Oct	1-Nov	2-Nov	
No School Non Student/Non Contract Day	Chicken Alfredo Roll Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Corndogs Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Mashed Potato Bowl with Popcorn Chicken Corn 1% White Milk or Chocolate Milk 1% White Milk or Chocolate Milk	Sloppy Joes Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk



Meal Prices:
Elementary Breakfast
 No Charge
Elementary Lunch
 No Charge
Adult Lunch
 \$5.00
Side Milk
 unavailable



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.

**Each lunch comes complete with
 salad bar or fresh vegetable, choice
 of fresh fruit, and milk**

Important News:
 Mount Vernon School District changed our food program with the government due to our high level of poverty / free and reduced eligible students.
 The new program we operate under is called CEP or Community Eligibility Provision. This allows all enrolled students to eat at no charge and there is no more free and reduced applications.

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.