



# MVHS DAILY BULLETIN

Thursday, October 19, 2023

## This Week's Schedule

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

## MVHS Early Release Schedule

Time	Period
8:00-8:55	1st/5th
9:00-9:55	2nd/6th
<b>9:55-10:30</b>	<b>Lunch A</b>
10:35-11:30	3rd/7th
10:00-10:55	3rd/7th
<b>11:00-11:30</b>	<b>Lunch B</b>
11:35-12:30	4th/8th
12:35-1:30	9th/10th

### IMPORTANT DATES

Oct. Early Release Days: Oct. 19, & 20  
 Conferences: Thur. Oct 19, 2-5pm & 6-8pm  
 Vaccine Clinic: Wed, Oct 25, 1-6pm, at L.M.  
 No School/Non Student Day: Oct. 27 & 30  
 Fall Back: Sunday, Nov 5

### UPCOMING ACTIVITIES & EVENTS

→Thur: Conferences 2-5 & 6-8.  
 →M-F: Boys & Girls Club: 2:30-5:30pm, Cafeteria  
 →M-W: 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](#)

## MVHS CONFERENCES TODAY

**2-5PM & 6-8PM**  
**CAFETERIA & LIBRARY**

### BULLDOG EDGE CLOSED TODAY, 10/19

### RECEIVE A LETTER REQUESTING YOUR VACCINE RECORDS?

If so, please get your required vaccines and bring in your records to the nurse before November 1st. Starting November 7th, students missing vaccines will not be allowed to come to school until you have all of your vaccine/exemption forms turned in.

Please call the school nurse for more information at 360-428-6151. We can help you find a FREE vaccine appointment!

### FREE WALK-IN VACCINE CLINIC OCT 25

The clinic runs from 1-6pm at Little Mountain Elementary in the cafeteria. No appointment necessary!

- Parent or guardian must accompany children under 18.
- Please bring vaccine records for any doses you got outside of WA State, and the vaccine letter you received in the mail from your nurse

### MVHS BAND NEWS

The MVHS Band is raising money to purchase a 5 Octave Marimba! Please consider helping by going to [www.mv-music.org/support](http://www.mv-music.org/support)! Thank you for your support of our amazing students!

### ASL CLUB AND PIZZA& POSTER MAKING

Join us TODAY, Thursday ,after school. Come learn a new way to communicate with your friends and let your creative side show! Join us in Shop110 from after school until 2.

# 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, After School

**Key Club**- E.R. Wednesdays, 12:45-1:30, N206

**Korean Culture Club** - Tuesdays, 2:35, OM308

**LUCHA** - Thursdays, at 2:30, Cafeteria

**Migrantes Unidos** - Tuesdays, at 2:45, OM114

**PIA** - Thursdays, 2:45-4PM, OM 113

**Project Peace** - Tuesdays, 2:30-3pm, CTE 1

**Robotics Team** - Mon's & Fri's, 2:35-6pm, Shop110

**TSA Club** - Thursdays, 2:45, CTE6

## 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

[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](#)

## HOMECOMING PORTRAITS AVAILABLE

Visit [MVHSSKAGINA.COM](http://MVHSSKAGINA.COM) to download your portraits.

## FROM COLLEGE & CAREER CENTER

C&CC is hosting a College Workshop open to 9th-12th grade on Monday, Nov. 6 from 5:15pm-7:35pm with Guest speaker Tamam Waritu. Food will be provided. More information to come, so save the date!

Are you applying to UW? and need help with your personal statement? or just need help writing one to any School? College and Career Center will be hosting writing sessions during lunch times/After School on Mondays and Tuesdays for the whole month of October.

College Thursday is still happening on Thursdays during the month of October. Please stop by during lunch time, if you need any support with scholarships and College applications. Food is provided. Seniors only.

## 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 **tonight**.

## 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 & 12/7, 4-5:30pm**

## COLLEGE REP VISIT SCHEDULE

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

## MVHS EVENTS CALENDAR

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

[MVHS Calendar of Events](#)

## ESPECIALLY FOR YOU KARAOKE NIGHT



**SATURDAY OCT. 21ST**

5 TO 7 PM  
IF ABLE, PLEASE BRING SNACKS TO SHARE  
Core Community Center 1645 South Walnut St. Burlington WA, 98233

CHILDCARE NOT PROVIDED - PARENT AND/OR GUARDIAN SUPERVISION REQUIRED.

[www.coreskagitvalley.com](http://www.coreskagitvalley.com)

# OCTOBER 2023

## MOUNT VERNON HIGH SCHOOL SPECIAL

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>	<b>5-Oct</b>	<b>6-Oct</b>
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	<b>No School Non Student/Non Contract Day</b>	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
<b>9-Oct</b>	<b>10-Oct</b>		<b>11-Oct</b>	<b>12-Oct</b>
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
<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>	<b>19-Oct</b>	<b>20-Oct</b>
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
<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>	<b>26-Oct</b>	<b>27-Oct</b>
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	<b>No School Non Student/Non Contract Day</b>
<b>30-Oct</b>	<b>31-Oct</b>	<b>1-Nov</b>	<b>2-Nov</b>	
<b>No School Non Student/Non Contract Day</b>	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.