



MVHS DAILY BULLETIN

Friday, October 20, 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
9:55-10:30	Lunch A
10:35-11:30	3rd/7th
10:00-10:55	3rd/7th
11:00-11:30	Lunch B
11:35-12:30	4th/8th
12:35-1:30	9th/10th

IMPORTANT DATES

Oct. Early Release Days: Oct. 20

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

→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 2/2/24 online.

Click here: [Yearbook Rec Ad Link](#)

Senior Photos

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](#)

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 Five Octave Marimba! Please consider helping by going to

www.mv-music.org/support!

Thank you for your support of our amazing students!



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
- 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

HOMECOMING PORTRAITS AVAILABLE

Visit 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](#)

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](#)

If you would like to receive the
MVHS DAILY BULLETIN

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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](#)

ESPECIALLY FOR YOU
KARAOKE NIGHT



SATURDAY 5 TO 7 PM
OCT. 21ST IF ABLE, PLEASE BRING SNACKS TO SHARE
Core Community Center 1645 South
Walnut St. Burlington WA 98233

CHILD CARE NOT PROVIDED - PARENT AND/OR GUARDIAN SUPERVISION REQUIRED.

www.coreskagitvalley.com

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.