

# MVHS DAILY BULLETIN

Tuesday, December 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 Advisory Schedule

Time	Period
8:00-9:15	1st/5th
9:20-9:50	Advisory
9:55-11:10	2nd/6th
11:15-11:45	Lunch A
11:50-1:10	3rd/7th
11:15-12:35	3rd/7th
12:40-1:10	Lunch B
1:15-2:30	4th/8th

## IMPORTANT DATES



Early Release Days: Wednesdays Dec 13

Bulldog Spirit Week: December 11 - 15

Winter Break: December 18 - January 1

## UPCOMING ACTIVITIES & EVENTS

Tuesday, December 12:

→Holiday Hat/Beanie Day

Wednesday, December 13:

→Early Release

→Festive Sweater Day

→Hot Cocoa & Candy Cane Lunches

Thursday, December 14:

→Flannels and Cozy Sock Day

→Especially Made Winter Market, 9:30am-2pm

→LIA Gift Wrapping, 4-7pm, Cafeteria

→Holiday Extravaganza Concert, 7pm, at McIntyre Hall

Friday, December 15:

→Grinch Day/Green Out

Daily

→Boys & Girls Club: 2:30-5:30pm, Cafet M-F

→Bulldog EDGE: CLOSED THIS WEEK

## SENIOR INFORMATION

LAST CHANCE FOR BEST PRICING! 🚩

We have extended the deadline for the \$52 Cap & Gown to: **December 15th!!!** Visit [Jostens.com](https://www.jostens.com) to order your cap, gown, & more.

Senior Recognition Ads:

can be purchased by 2/2/24 online. Click here:

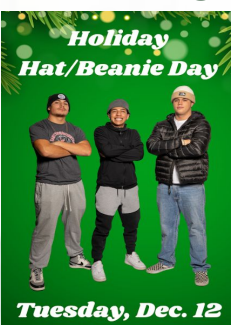
[Yearbook Rec Ad Link](#)

Financial Aid Advising Day Presentation:

Dec 12 [Senior Financial Aid Advising Presentation.](#)

## THIS WEEK IS WINTER SPIRIT WEEK!

Join in the fun and celebration by wearing your spirit gear!



- Tuesday 12/12: Holiday hat/beanie day
- Wednesday 12/13: Festive Sweater Day
- Thursday 12/14: Flannels + Cozy Socks Day
- Friday 12/15: Grinch Day/Green Out

## TO-DO LIST FOR TOMMOROW, WEDNESDAY

1. **Shop** the *Especially Made upcycled Handmade Art Winter Market*, presented by the MVHS SLC program runs from 9:30am-2pm in the West Foyer of MVHS.
2. **Have** your gifts wrapped at the *Latinas in Action Gift Wrapping* event from 4-7pm in the MVHS Cafeteria.
3. **Attend** the *Holiday Extravaganza Concert*, 7pm, at McIntyre Hall.

*Latinas in Action*  
Gift wrapping

Where: MVHS Cafeteria

Time: 4pm-7pm

Thursday 14 2023



**Especially Made**  
UPCYCLED ART HANDMADE IN MOUNT VERNON, WASHINGTON  
**Winter Market**

\$ WE TAKE ALL FORMS OF PAYMENT \$

LOCATION: MVHS WEST FOYER  
TIME: 9:30AM TO 2:00PM  
DATE: DECEMBER, 14TH

PRESENTED BY: THE MVHS SLC  
SPECIAL EDUCATION PROGRAM

# 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
- Club Prism-Thursdays, 2:45pm, OM308
- Debate Team-Mon's/Tue's, 3:15-5:15pm, AB114
- DECA Club - Tuesdays, 2:45pm, NM120
- FBLA - Mondays at 2:35pm in NM221
- 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, C&CC
- PIA - Thursdays, 2:45-4PM, OM 113
- Project Peace - Tuesdays, 2:30-3pm, CTE 1
- Robotics Team - Mon's & Fri's, 2:35-6pm, S110
- Skills USA- Thursdays, 2:35pm, NM220
- TSA Club - Thursdays, 2:45, CTE10

## 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](#)

## THIS WEEK WE HIGHLIGHT

Mr. John Banaszak and his Health Science and Sports Medicine classes. Mr. Banaszak and his students are shaping the healthcare landscape at MVHS. Health Sciences students learn the ability to draw upon their training. For example, their response with identifying choking risks, correctly position individuals to safeguard airways, and promptly seek adult assistance is truly remarkable. Over the years, John's Sports Medicine students have consistently demonstrated their proactive approach to student injuries in PE. With agility and expertise, students are able to address minor injuries by promptly wrapping, icing, and elevating limbs. We are fortunate to have Mr. Banaszak and his his classes. They are undeniably impressive and deserve a resounding "Wow!"

## MENTAL HEALTH THROUGH THE HOLIDAYS

*from Project Peace: MVHS' Mental Health Awareness Club*

Winter break is a great time to get some much deserved rest and relaxation but it can also be a stressful and lonely time for some. Take a look at these ideas, events, and resources that can support your mental health and prevent social isolation during break.

- **Take a moment to reflect:** List 5 things you have accomplished this year or things you are proud of. List 5 things you would like to accomplish in 2024.
- **Reach out to 3 people** to check in and express your gratitude to (to combat social isolation over break and to practice gratitude)
- **Host a gathering** (game night or movie night with friends, etc.)
- **Do something you haven't had time to do** (read a book, organize your space/de-clutter your room, try out a new recipe, do something creative (paint/draw, learn to knit, etc.)
- **Participate in a Wellness Challenge** (7-day Yoga challenge, five minute stretch routine every morning, drink a gallon of water a day, etc.)
- **Get outside** (go for a walk/hike, go to the park)
- **Join a local Teen Center:**
  - Triumph Teen Center
  - Skagit Valley YMCA Teen Center
  - Boys & Girls Club
- **Mount Vernon City Library Events/ Activities:**
  - Teen VR, Sat, Dec 16& 30, 1-3pm: Drop-in to try out Oculus Quest 2 Virtual Reality Headsets
  - Lego Building, Sat's between 1-3:30pm & Wed's between 1:00-5:30
  - Board Games, Tuesday, Dec. 19th & Dec. 26th from 1-5:30 pm
  - Teen Gaming (Nintendo Switch, etc.), Dec. 21 & 28, 3-5pm

## FROM THE COLLEGE & CAREER CENTER

**College and Career Readiness=High School & Beyond Plan + Naviance:**

To graduate from high school, the State of WA requires all students develop a High School and Beyond Plan that represents what students learned about their skills, interests and goals for post high school. The Mount Vernon School District has partnered with Naviance to help students develop such a plan from middle school throughout high school. Please click on the below link to learn more:

[High School and Beyond Plan and Naviance.](#)

[MVHS COLLEGE & CAREER CENTER](#)  
PHONE NUMBER: 360.428.6256

# DECEMBER 2023

**Mount Vernon High School  
Special**  
*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4-Dec</b>	<b>5-Dec</b>	<b>6-Dec</b>	<b>7-Dec</b>	<b>8-Dec</b>
Sweet & Sour Chicken Rice	Corndogs	KFC Bowl Popcorn Chicken	Beef Fajitas	Meatball Sub Sandwich
Fortune Cookies	Chips	Corn and Gravy	w/ Salsa	Chips
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
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
<b>11-Dec</b>	<b>12-Dec</b>	<b>13-Dec</b>	<b>14-Dec</b>	<b>15-Dec</b>
Chicken Bacon Ranch Burger	Corn Dogs	Breakfast For Lunch Breakfast Sandwich	Turkey Gravy, Mashed Potatoes & Cranberry Sauce	Cheese Stuffed Breadsticks w/ Marinara Sauce
Educational Cookies	Chips	Hash Brown Patties	Green Beans	Fruit Snacks
Fortune Cookie	Fresh Fruit	Fresh Fruit	Christmas Cake	Fresh Fruit
Fresh Fruit & Vegetables	and Vegetables	and Vegetables	Fresh Fruit & Vegetables	and Vegetables
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
<b>18-Dec</b>	<b>19-Dec</b>	<b>20-Dec</b>	<b>21-Dec</b>	<b>22-Dec</b>

*Winter Break No School December 18 - 29*

<b>25-Dec</b>	<b>26-Dec</b>	<b>27-Dec</b>	<b>28-Dec</b>	<b>29-Dec</b>
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*Back on Tuesday, January 2, 2024*

		<p><b>Meal Prices:</b> Elementary Breakfast No Charge Elementary Lunch No Charge Adult Lunch \$5.00 Side Milk unavailable</p>	<p>Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, &amp; milk</p>	<p>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</p>	
					