

MVHS DAILY BULLETIN

Thursday, December 14, 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

- Bulldog Spirit Week: December 11 - 15
- Winter Break: December 18 - January 1
- School In Session: January 2, 2024, White Day
- Early Release Days: January 10 & 14
- No School-MLK Day: Monday, January 15
- No School-Non Student Day: Monday, January 29

UPCOMING ACTIVITIES & EVENTS

- 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, 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 to order your cap, gown, & more.

Senior Recognition Ads:

can be purchased by 2/2/24 online. Click here: [Yearbook Rec Ad Link](#)

THIS WEEK IS WINTER SPIRIT WEEK!

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



- Thursday 12/14: Flannels + Cozy Socks Day
- Friday 12/15: Grinch Day/Green Out

TO-DO LIST FOR TODAY, THURSDAY, 12/14

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 *Latinos in Action Gift Wrapping* event from 4-7pm in the MVHS Cafeteria.
3. Attend the *Holiday Extravaganza* Concert, 7pm, at McIntyre Hall.

Latinos 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

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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](#)

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 & 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
4-Dec	5-Dec	6-Dec	7-Dec	8-Dec
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
11-Dec	12-Dec	13-Dec	14-Dec	15-Dec
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
18-Dec	19-Dec	20-Dec	21-Dec	22-Dec

Winter Break No School December 18 - 29

25-Dec	26-Dec	27-Dec	28-Dec	29-Dec
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Back on Tuesday, January 2, 2024



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

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

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

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.

