



# MVHS DAILY BULLETIN

Wednesday, January 10, 2024

## This Week's Schedule

<b>Monday</b>	White Day - Extended Advisory Schedule
<b>Tuesday</b>	Green Day - Extended Advisory Schedule
<b>Wednesday</b>	White Day - Early Release Schedule
<b>Thursday</b>	Green Day - Regular Schedule
<b>Friday</b>	White Day - Regular 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- <b>12:30</b>	4th/8th
12:35-1:30	9th/10th

## IMPORTANT DATES

- Early Release Days: January 10 & 17
- No School-MLK Day: Monday, January 15
- Semester Finals: January 23-26
- No School-Non Student Day: Monday, Jan. 29
- Second Semester Starts: Tuesday, Jan 30
- Winter Assembly: February 2nd
- Winter Formal: Feb 10; 7-10, MVHS cafeteria

## UPCOMING ACTIVITIES & EVENTS

- Friday & Saturday, Jan 12 & 13
- MV Invitational Speech & Debate Tournament
- Daily
- Boys & Girls Club: 2:30-5:30pm, Cafet M-F
- Bulldog EDGE: M-R

## SENIOR INFORMATION

Seniors, be sure to complete your [High School and Beyond Plan](#). All tasks, should say "COMPLETED" if any say "REQUIRED" you will still need to do those things

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

**Senior Parent Information**  
Watch the video below to learn more about the college application process for your senior.  
[Video](#) & [Presentation for Reference](#)

**Graduation Day:** Friday, June 14th, 10AM,  
Angel of the Winds Arena in Everett

## MVHS WINTER FORMAL DANCE

Saturday, Feb 10  
7-10pm  
MVHS Cafeteria  
Tickets are  
\$15 pre-sale  
\$20 at the door  
Stay tuned for  
more information  
and  
ticket sale dates.

## FEBRUARY 10TH

MVHS INVITES YOU TO OUR

*Enchanted*  
*Winter* FORMAL

\$15 presale, \$20 at door

DOORS CLOSE AT 8:00

MVHS Cafeteria | 7-10pm

## NEED VOLUNTEER HOURS? OR, JUST WANT TO HELP YOUR FAVORITE DEBATE TEAM??

The MVHS Debate Team needs you! We are looking for volunteers to help at our home tournament on **Friday and Saturday, January 12-13**. We need folks to help with the concession stand, help people find rooms, and run around the campus for Coach Kelley when she needs something random done (we call this being a "runner.") Please sign up in Admin 114 (the ISS room) or ask any MVHS Debater to help you... THANK YOU!!!!

## YEARBOOKS ON SALE

**Yearbooks are on sale through 2/20/2024.** They are \$55 for Free/Reduced Lunch Students & \$65 for Full Pay Students. Purchase yours at the ASB office or via your Skyward Family Access account under Fee Management or order over the phone with a credit card at 360-428-6174.

# 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:*

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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](#)

# DECEPTION PASS PARK FOUNDATION OPPORTUNITY FOR STUDENTS!

Deception Pass Park Foundation invites you to join our team in promoting Conservation & Environmental Stewardship of our Parks. We are looking for motivated Teens who are interested in conservation, restoration, non-profit organization operation, and building up their professional skills in an active community of Naturalists, Rangers and Interpreters.

Deception Pass Park Foundation has a strong legacy of supporting conservation efforts & community engagement within Deception Pass State Park. Through fundraising, promoting Park events and establishing education programs, we are committed to preserving and protecting the natural beauty and historic value of Washington's most popular State Park. We invite the next generation of stewards to add their perspective and engagement to help support the natural spaces we love and cherish.

### To Learn more about the Teen Ambassador Program:

[Deception Pass Park Foundation](#)

#### Requirements:

- Attending High School
- 14-18 years old
- Interested in the outdoors and conservation

#### Commitment:

- Attend monthly Board meetings
- Represent Youth Voice to Our Board
- Develop and Complete Capstone Project
- Minimum 1-year term (Typically begins mid June)

#### Process:

- Fill out online Application (or below) between January 1st and March 31st [Application 2024](#)
- A phone or in-person interview may be conducted
- Selection of 2 teen members will be complete mid-May
- Questions email [dppfedcommittee@gmail.com](mailto:dppfedcommittee@gmail.com)



## 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**



# JANUARY 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
<b>Happy New Year</b>	Hot Ham and Cheese Sandwich	Teriyaki Beef Dippers	Chicken Alfredo	Meat Ball Sub Sandwich
	Chips	Steamed Rice & Veggies	Roll	Chips
	Fresh Fruit and Vegetables	Fortune Cookie	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
	1% White Milk or Chocolate Milk	Fresh Fruit	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Mandarin Orange Chicken	Hot Ham and Cheese Sandwich	Breakfast for Lunch	Corndogs	Baked Potato Bar
Steamed Rice	Chips	Breakfast Sandwich	Chips	
Fortune Cookie	Fresh Fruit	Hash Brown Patty	Fresh Fruit	Fresh Fruit
Fresh Fruit & Veggies	and Vegetables	Fresh Fruit & Veggies	and 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
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
<b>NO SCHOOL MLK Day!</b>	Cheese Stuffed Breadsticks w/ Marinara Sauce	Mac and Cheese	Teriyaki Beef Dippers	Sausage Dogs with Fried Peppers and Cheese
	Fruit Snacks	Roll	Rice & Veggies	and Cheese
	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
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Mandarin Orange Chicken	Corn Dogs	Cheese Stuffed Breadsticks & Tomato Soup	Chicken Bacon Ranch Burger	Meat Ball Sub Sandwich
Steamed Rice & Veggies	Chips	Goldfish Crackers	Chips	Chips
Fortune Cookie	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fresh Fruit	and Vegetables	and Vegetables	and 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

**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.

