



# MVHS DAILY BULLETIN

Friday, January 19, 2024

## This Week's Schedule

|           |                                      |
|-----------|--------------------------------------|
| Monday    | No School - MLK Holiday              |
| Tuesday   | Green Day - Advisory Schedule        |
| Wednesday | School Canceled Snow Day             |
| Thursday  | School Canceled Snow Day             |
| Friday    | White Day 2 Hour Late Start Schedule |

| MVHS<br>2 Hour Late Arrival |         |
|-----------------------------|---------|
| Time                        | Period  |
| 10:00-10:55                 | 1st/5th |
| 11:00-11:55                 | 2nd/6th |
| 11:55-12:25                 | Lunch A |
| 12:30-1:30                  | 3rd/7th |
| 12:00-1:00                  | 3rd/7th |
| 1:00-1:30                   | Lunch B |
| 1:35-2:30                   | 4th/8th |

## IMPORTANT DATES

- Early Release Days: January 24
- 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

- Daily
  - Boys & Girls Club:2:30-5:30pm,Cafet M-F
  - Bulldog EDGE: M-R
- Tuesday, January 23 & Wednesday, January 24
  - Semester Finals

## 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

**1/23 White Day; Semester Finals 5th & 7th**  
**1/24 Green Day; Semester Finals 1st & 3rd (Early Release)**

## ITS VALENTINE CANDY GRAM TIME

On Sale Wednesday 24th through Friday 26th for \$2 during lunches at the cafeteria.

## MVHS WINTER FORMAL DANCE

Saturday, February 10, from 7-10pm in the MVHS Cafeteria. Tickets are \$15 pre-sale and \$20 at the door. Watch for ticket sale dates and information.

## 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.

## PROJET PEACE CLUB MEETS MONDAY

Project Peace, MVHS' mental health awareness club, is hosting Cocoa & Cram during Bulldog Edge on Monday, January 22nd. Tutors, snacks, and hot cocoa will be available in the library from 2:30- 4:00 for a last minute study session for finals. There will be a late bus as usual if you need transportation home. See you there!

**Cocoa and Cram**

JOIN BULLDOG EDGE AND PROJECT PEACE MONDAY, JANUARY 22ND, IN THE LIBRARY!

STUDY FROM 2:30-4 IN THE LIBRARY WITH TUTORS, HOT COCOA, AND SNACKS!

# 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

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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](#)

# FINANCIAL AID COMPLETION Workshops



Bulldogs, need help with the FAFSA/WASFA application? Join us for the following events where experts can help you get started and answer any questions.

### Workshop 1

**When:** January 31, 2024

**At:** Skagit Valley College,  
2405 E College Way, **Lewis Hall Rm L205**

**Time:** 6:00 PM-7:30 PM



### Workshop 2

**When:** February 7, 2024

**At:** Mount Vernon High School  
in Cafeteria

**Time:** 6:00 PM-7:30 PM



**MOUNT VERNON  
BULLDOGS**

### Additional Resources to help:

\*MVHS College & Career Center-360.428.6256

\*WASAC OtterBot- Text "Hi OtterBot" to 360-634-0354 (Parents)  
Text "Hi OtterBot" to 360-928-7281 (Students)

\*WASAC 12th Year Campaign Events - [wsac.wa.gov/12th-year-campaign](http://wsac.wa.gov/12th-year-campaign)



## FROM THE COLLEGE & CAREER CENTER

GEAR UP is taking 11th and 12th graders to the Learning with Leaders event at Skagit Valley College on February 1st. It is an event featuring Career Workshops co-led by local professionals and college professors. They will be featuring Information Technology, Healthcare, and Advanced Manufacturing. Permission slips are in the College and Career Center. Please stop by with any questions.

GEAR UP and CSF are taking 11th and 12th graders to the Students of Color Conference at Everett Community College on March 21st. If you are interested in attending please come by the College and Career Center for the permission slip and to register for the event no later than January 31st. Please stop by with any questions.

**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.

