



MVHS DAILY BULLETIN

Friday, January 26, 2024

This Week's Schedule

Monday	Green Day - Regular Schedule
Tuesday	White Day - Finals Schedule (5th/7th)
Wednesday	Green Day - Finals Schedule/Early Release (1st/3rd)
Thursday	White Day - Finals Schedule (6th/8th)
Friday	Green Day - Finals Schedule (2nd/4th)

MVHS 2nd & 4th Period Finals Schedule

Time	Period
8:00-9:25	1st
9:30-10:55	2nd-FINAL
11:00-11:30	Lunch A
11:35-1:00	3rd
11:00-12:25	3rd
12:30-1:00	Lunch B
1:05-2:30	4th- FINAL

IMPORTANT DATES

- Semester Finals: This week
- No School-Non Student Day: Monday, Jan. 29
- Second Semester Starts: Tuesday, Jan 30
- Winter Assembly: February 2nd
- Winter Formal: Feb 10, 7-10pm, MVHS cafeteria

UPCOMING ACTIVITIES & EVENTS

- Friday, January 26**
- Movie Night, 5:30-8pm, MVHS Cafeteria
- Candy Grams Sold in Cafeteria during lunches
- 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

VALENTINE CANDY GRAMS

Go on sale starting **today** for \$2 during lunches at the cafeteria.

THE END OF SEMESTER MOVIE NIGHT!

Come and watch Spiderman-No Way Home tomorrow, **Friday, January 26th**, 5-8pm, MVHS Cafeteria. Free popcorn & drinks! Bring your blankets and get cozy! Hosted by the Latinos In Action.

ATTENTION SENIORS

Are you interested in attending Western Washington University and still need to complete your application. Join us in the College and Career Center **Monday, 2/5** during lunches to get assistance with your WWU Application! A WWU repwill be here to provide assistance with your application, essay and more.

MVHS WINTER FORMAL DANCE

Saturday, February 10, from 7-10pm in the MVHS Cafeteria. Tickets go on sale on **January 30th** in the ASB Office! Ticket prices: \$15 presale and \$20 at the door. Guest Forms are available in the Office from Ms. Dowhaniuk and are due on February 7th.

YEARBOOKS ON SALE

Yearbooks are on sale through Feb 20th. \$55 for Free/Reduced Lunch Students & \$65 for Full Pay Students. Purchase at the ASB office, via your Skyward, or by phone with a credit card at 360-428-6174.

NO SCHOOL ON MONDAY, JANUARY 29TH

Have a great 3 day weekend Bulldogs!



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](#)

ATTN: GIRLS WHO CODE

This is an opportunity for a free virtual summer program open to all 9-12 grade girls, or those who identify as non-binary. This is a free program for students of all abilities, whether you have coding experience or not. Students who enroll, learn new coding skills in game design, web design, cybersecurity, data science, and artificial intelligence. For those who don't have technology, the Girls Who Code workshop offers financial support. Students who apply by February 14, 2024 will receive priority consideration. The application deadline is **March 22, 2024**. Please reach out to any CTE technology teacher for additional information or Ms. Zimmer or Baughn in the College and Career Center.

FINANCIAL AID COMPLETION WORKSHOPS

If you are looking for help with the FAFSA/WASFA applications, join us at either events.

Workshop 1: January 31, from 6-7:30pm at Skagit Valley College, Lewis Hall, Room L205.

Workshop 2: February 7, from 6-7:30pm at MVHS, Cafeteria
 For more information, contact MVHS College and Career Center at 360-428-6256.

FROM THE COLLEGE & CAREER CENTER

UPCOMING C & CC FIELD TRIPS

2/1 ■ **SVC, Learning w/Learners** ■ for Seniors ■ Slip due 1/18
 2/23 ■ **PLU Visit** ■ for Juniors & seniors ■ Slip due 2/9

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
Happy New Year	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
NO SCHOOL MLK Day!	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.

