



# MVHS DAILY BULLETIN

Thursday, January 4, 2024

## This Week's Schedule

Monday	No School - New Years Day
Tuesday	White Day - Advisory Schedule
Wednesday	Green Day - Regular 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
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35-1:00	3rd/7th
11:00-12:25	3rd/7th
<b>12:30-1:00</b>	<b>Lunch B</b>
1:05-2:30	4th/8th

## IMPORTANT DATES

STAR Testing for Fresh/Soph: Jan 9 & 10  
 Early Release Days: January 10 & 14  
 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

## UPCOMING ACTIVITIES & EVENTS

Daily  
 →Boys & Girls Club:2:30-5:30pm,Cafet M-F  
 →Bulldog EDGE: M-R

## SENIOR INFORMATION

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

## ATTENTION FRESHMAN AND SOPHMORES

9th and 10th graders will again participate in STAR testing next week on **Monday, January 8th and Tuesday the 9th** in extended advisory. Please bring a charged chromebook!

## NHS MEETING

**TODAY, Thursday, January 4th** at 2:40pm in the Auditorium.

## 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.

## ELEVATOR KEYS

Students requesting an elevator key **MUST** have a doctor's note which includes the length of time the key will be needed. A charge of \$32 added to your account until the key is returned. There is a limited supply, so please remember to bring your key each day so that you can access the elevators as needed.

## 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](#)

## Questions About Transcripts, Running Start, Registration, NCTA, and More?

The MVHS Counseling Department provides students and families resources to help navigate high school and beyond. School counselors can assist you with academics, college and career readiness and personal/social concerns and support. Contact the counseling office at 360-428-6156 or check out their website [MVHS Counseling Department](#)

## NEED TO SCHEDULE AN APPOINTMENT WITH YOUR COUNSELOR?

Click the link here to meet the counseling team and schedule an appointment:

[SCHEDULE AN APPOINTMENT WITH YOUR COUNSELOR](#)

## MVHS EVENTS CALENDAR

To see what is happening at MVHS, click the link here:

[MVHS Calendar of Events](#)

## 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.

