



MVHS DAILY BULLETIN

Tuesday, January 9, 2024

This Week's Schedule

Monday	White Day - Extended Advisory Schedule
Tuesday	Green Day - Extended Advisory Schedule
Wednesday	White Day - Early Release Schedule
Thursday	Green Day - Regular Schedule
Friday	White Day - Regular Schedule

MVHS Extended Advisory

Time	Period
8:00-9:10	1st/5th
9:15-10:10	Advisory
10:15-11:25	2nd/6th
11:30-12:00	Lunch A
12:05-1:15	3rd/7th
11:30-12:40	3rd/7th
12:45-1:15	Lunch B
1:15-2:30	4th/8th

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

- 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

PROJECT PEACE

MVHS' Mental Health Awareness Club will be having it's first meeting of 2024 on Tuesday, Jan 9 at 2:30 in CTE 1. Come learn about some fun projects the club has in store this year to promote mental health awareness around campus! Everyone is welcome.

MVHS WINTER FORMAL DANCE

Our winter formal dance will be February 10th, 7-10pm in the MVHS cafeteria. Tickets will be \$15 pre-sale and \$20 at the door. Stay tuned for more info + ticket sale dates.



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!!!!

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:

[MVHS DAILY
BULLETIN
SUBSCRIPTION](#)

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](#)

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.

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
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.

