



# MVHS DAILY BULLETIN

Thursday, March 21, 2024

## This Week's Schedule

<b>Monday</b>	Green Day - Regular Schedule
<b>Tuesday</b>	White Day - Advisory Schedule
<b>Wednesday</b>	Green Day - Early Release Schedule
<b>Thursday</b>	White Day - Early Release / Conferences
<b>Friday</b>	White Day - Early Release 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>
11:35-12:30	4th/8th
12:35-1:30	9th/10th

## IMPORTANT DATES

Early Release Days: March 21, 22 & 29  
 Spring Break: April 1-5  
 Last Day of School: Friday, June 21

## UPCOMING ACTIVITIES & EVENTS

**Thursday, March 21**  
 →Conferences, 2-5pm & 6-8pm, Cafeteria  
 →Grad Info Meeting, 6-7pm or 7-8pm, Auditorium  
**Friday, March 22**  
 →Multicultural Night, 5:30-8:30pm, Cafeteria  
**Daily After School**  
 →Boys & Girls Club: 2:30-5:30pm, Cafet M-F  
 →Bulldog EDGE: M-R

## SENIOR CORNER

**If you have not done** so already, order your Cap & Gown today @ [JOSTENS](#).

**If you recently were** admitted to UW and want to attend a field trip to UW's Campus on 4/11, stop by the C&CC to pick up your permission slip! Space is limited.

### IMPORTANT DATES

**Grad Info Meeting:** Thurs, March 21st, Auditorium  
 6-7 pm or 7-8 pm  
 for students & parents  
**Cap & Gown Distribution:** Thurs, April 11th in the Cafeteria during lunches.  
**AVID Senior Night:** Thursday, May 16, MVHS  
**Graduation:** Friday, June 14th, 10AM, Angel of the Winds Arena, Everett

## SPRING CONFERENCES TODAY

Conferences will take place in the library and cafeteria of New Main from 2-5 pm and 6-8 pm. Please check in the New Main West Foyer upon arrival.

## GRADUATION INFORMATION MEETING TODAY 6-7PM OR 7-8PM MVHS AUDITORIUM

Seniors and their families are invited to attend either of the informational meetings. Come to the MVHS Auditorium and have your graduation questions answered.

## MVHS SCIENCE NIGHT IS COMING UP!

**Thursday, April 18** from 5-8 pm! All events are FREE! Come learn about Science Careers, do some hands-on Science Fun, see a planetarium show and watch Rocket Launching! We'll even have awesome local food trucks so you can buy dinner!

[MVHS Science Night Website](#)

## ORDER YOUR SCIENCE NIGHT SHIRT TODAY!

We have MVHS Science Night T-shirts, long sleeves shirts and hoodies all with our vintage Science Night logo. You can order from our online store now through March 27th. All orders will be delivered to MVHS by April 12th and can be picked up at the science department.

Order here → [MVHS SCIENCE NIGHT T-SHIRT STORE](#)



# 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
- Fiber Arts Club - Thursdays, 2:45-4pm, CTE5
- 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, Cafetería
- 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
- Slavic Club-Mondays, 2:30-4pm, NM120
- 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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**MVHS DAILY BULLETIN**

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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](#)

## SNOW DAYS WILL BE MADE UP

Due to our snow days, we will be in school on **Tuesday, May 28th** and **Friday, June 21st**. Both of these days, originally Reserved Emergency Days, will now be school days for MVSD Students.

## 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](#)

## STUDENT JOBS, INTERNSHIPS & VOLUNTEER OPPORTUNITIES

If students are interested, click on the College & Career Center link to opportunities for students [Student Opportunities](#)

## SHOULD MY STUDENT COME TO SCHOOL TODAY?

For helpful answers, look here: [When to stay home from school](#)  
Please contact your school's attendance office to report absences. If your child is sick for 3 days or more, the school nurse recommends a doctor visit.

## FROM THE COLLEGE AND CAREER CENTER

### NEW FIELD TRIPS

Stop by to pick up a permission slip or to see what's available. Spots fill up quickly, so make sure to check the CC & C and your email often. That is how we are communicating with students regarding field trips.

### [UPCOMING C & CC FIELD TRIPS](#)

- 3/21 ■ Student of Color Conference ■ Juniors & Seniors ■ Slips Due now
- 3/26 ■ College Planning Day at WWU ■ Juniors & Seniors ■ Slips Due 3/15
- 3/28 ■ WSU/EWU Field trip Open ■ Juniors & Seniors ■ Slips Due 3/15
- 4/11 ■ University of Washington ■ Juniors and Seniors ■ Slips Due 3/26
- 4/17 ■ Men of Color in Higher Ed Summit ■ Juniors & Seniors ■ Slips Due 4/1

Building community and Reimagining Modern Manhood. We are so excited to bring Carlos Andres Gomez to Skagit Valley College, for a keynote and workshop for Juniors and Seniors.

[High School and Beyond Plan and Naviance.](#)

**[MVHS COLLEGE & CAREER CENTER](#)**

**PHONE NUMBER: 360.428.6256**

# MARCH 2024

## Mount Vernon High School Special

Growing Healthy Students!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4-MAR</b> Cheese Stuffed Breadsticks w/ Marinara Sauce Fruit Snacks Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>5-MAR</b> Mandarin Orange Chicken Steamed Rice Fortune Cookie Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>6-MAR</b> Spaghetti With Meat Sauce Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>7-MAR</b> Corn Dogs Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>8-MAR</b> Sloppy Joes Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>11-Mar</b> Pasta Bake Roll Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>12-Mar</b> Beef Teriyaki Dippers and Steamed Rice Fortune Cookie Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>13-Mar</b> <b>No School Non-Student, Non-Contract</b>	<b>14-Mar</b> Mashed Potato Bowl Popcorn Chicken Corn and Gravy Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>15-Mar</b> Hot Ham & Cheese Sandwich Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>18-Mar</b> Cheese Stuffed Breadsticks w/ Marinara Sauce Fruit Snacks Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>19-Mar</b> Mandarin Orange Chicken & Steamed Rice Fortune Cookie Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>20-Mar</b> Breakfast For Lunch Biscuit and Gravy Omelette Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>21-Mar</b> Chicken and Cheese Quesadilla Educational Cookie Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>22-Mar</b> Chicken Bacon Ranch Burger Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>25-Mar</b> Corn Dogs Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>26-Mar</b> Beef Teriyaki Dippers and Steamed Rice Fortune Cookie Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>27-Mar</b> Macaroni and Cheese with Roll Dried Cranberries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>28-Mar</b> Sloppy Joes Educational Cookie Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>29-Mar</b> Teriyaki Chicken Burger Chips Fresh Fruit and Vegetables 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

### 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.

This institution is an equal opportunity provider and employer. Menu subject to change without notice. Questions?

Call Cheyenne Walker, Food Services Director, at (360) 428-6149.



### NONDISCRIMINATION

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Executive Director/Student Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.

### MISTAKES & ERRORS

The author of this bulletin is human, so please do not be surprised if there are occasional errors. Thank you.