

Early Dismissal	
8:00-8:55	1 st /5 th period
9:00-9:55	2 nd /6 th period
9:55-10:25	Lunch A
11:30 -11:30	3 rd /7 th period
10:00-10:25	3 rd /7 th period
10:30-11:00	Lunch B
11:05-11:30	3 rd /7 th period
10:00-10:55	3 rd /7 th period
11:00-11:30	Lunch C
11:35-12:30	4 th /8 th period
12:35-1:30	9 th /10 th period

THE "DOG DISH"

WEDNESDAY, NOVEMBER 8, 2017

WHITE DAY



WEEKLY BELL SCHEDULE 11/6-11/10	
Monday	White Day
Tuesday	Green Day
Wednesday Conferences	White Day Early Release
Thursday	Green Day Early Release
Friday	NO SCHOOL

NEWS UPDATES

Athletics

Congrats to the Mount Vernon Bulldog football team on their season ending **54-21** victory over Marysville-Pilchuck in which the Bulldogs gained 508 yards on offense.

The 54 points scored is the most in a game since 2005, when the Bulldogs also scored 54.

The Bulldogs had a very successful season and accomplished many things...

- * The Bulldog offense averaged 352 yards a game and finished with **3,517** total offensive yards.
- * They ended the 21 game overall losing streak, 16 game conference losing streak and 13 game home losing streak.
- * The Battle of the Bridge trophy sits nicely in the MVHS fieldhouse after defeating Burlington for the first time since **2013**.
- * The Bulldog seniors enjoyed their last game at Bulldog Stadium by winning their homecoming and senior night game.
- * The Bulldogs four wins are more wins than the previous three years combined.
- * Most importantly the 2017 Bulldog football team will most be remembered for having fun playing football again, playing with class and determination, and bringing Mount Vernon Football back!

Congrats to our All Wesco Football Players:

1st team Gabe McGuire and Seth Tercero

2nd team Alastar Stewart and Dylan Cyr

Honorable Mention

Milan Santos, Landon Edwards, Antonio Polanco, Coby Calvin, Reilly Olmsted,

Danny Carrillo

Coby Calvin and Gabe McGuire have been nominated to apply to play in the Washington East West Senior All Star Game

IMPORTANT PHONE NUMBERS FOR THE HIGH SCHOOL

Main Office: 428-6100 Fax: 428-6152 Counseling Office: 428-6156 Fax: 428-6157

Attendance: 428-6153 Fax: 428-6201 Athletic Office: 428-6191 Fax 428-6192

ASB: 428-6174 Fax: 428-6192 CTE: Fax 428-6143

Athletics continued...

CHEER Tryout Dates:

Saturday March 3rd 9-11am

Monday March 5th 6-8pm

Tuesday March 6th 6-8pm

FINAL tryout Wednesday March 7th 5pm—finish

*Participants meet in Mat Room. Wear athletic clothing & shoes. MUST have all paperwork completed and turned into Athletic Office. In addition, a complete TRYOUT Packet must be turned into Mrs. Whitman. Information/Updates:

Instagram follow>> mvhsbulldogcheer

- The boys swim season begins on **Monday the 13th**. Practice is at 2:45 at the YMCA. No experience is needed, everything is taught at practice.
- Winter Sports start **11/13**. Turn in all paperwork and participating fees/ASB fees Asap!

Clubs

- Key Club meets every Wednesday in the auditorium at 7:30 am. Everyone is welcome to join us.
- Earth club is meeting every Friday after school in NM308! Join us!
- Like to read; talk about books and promote reading? SLAB (student Library Advisory Board) is the club for you! SLAB meets the 1st and 3rd Wednesday of each month after school in the library. Hope to see you there!
- Calling all creative writers and poets alike! Poetry Club is now Writing Club, designed as a place to read, write, and share all forms of writing. Come join us every Monday in OM 204 from 2:40-3:30!
- AVID Club will now be meeting on Mondays! Join us at 2:40 in OM104.

Skagina

- Yearbook orders must be placed by **January 31st** and have less than 50% balance due if students are on a payment plan. Ordering a book is the only way to guarantee a copy for your student(s).
- Yearbooks are \$55 if ordered by **November 30th** and \$65 if ordered by **January 31st**. The price of our book has dropped from \$60 to \$55 if ordered by November 30th. Before, it was \$75 if ordered after the price increase date. Now it will be \$65.
- If you do not have a senior portrait, Skagina will be doing a free basic portrait session **November 7th & 8th** during all three lunches in CT4.

College & Career Center

- Take a field trip on Nov 14th to BTC to learn more about their programs.
- Sign up in the College and Career Center.
- New Scholarships are posted on the online Scholarship Bulletin regularly. Check the website often, or stop by the College and Career Center to learn more.
<https://mvhscollegecareer.weebly.com/paying-for-college.html>
- Seniors, need help with your College applications or FAFSA/WAFSA? College Application Workshops will be held on Nov 15th and Nov 16th and one more Financial Aid workshop will be held on Dec. 6th. Sign up in the College and Career Center or online.
- Worksource also offers #Y Workshops. Open to all students! Skills Building, Resume Review, Job Search Help. NOV 16th @ 4:00PM. 2005 E. College Way, Mount Vernon, WA

Attention all Coaches and Advisors

Kick off the Holiday Season with a fun and festive volunteer opportunity! Volunteers are needed for the 2017 Skagit Valley Hospital Festival of Trees events. The two clubs/teams that have the most COMPLETED volunteer hours will win prize money. Please contact Pam Methner for more information. Methner528@comcast.net (360) 428-0355

Drama

Come see MVHS Drama's fall production of See How They Run a delightful comedy of mistaken identity and restoring what has been lost

It runs Nov 15-18 @ 7pm. Tickets are at the door, \$5 for students, \$7 for adults.

Can't wait to see you there!

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Attendance: 428-6153 **Fax:** 428-6201 **Athletic Office:** 428-6191 **Fax:** 428-6192

ASB: 428-6174 **Fax:** 428-6192 **CTE:** Fax 428-6143

Mount Vernon High School Café Lunch Menu



Meal Prices

Student: Paid	\$3.00
Student: Reduced	\$0.40
Adult: Guest	\$4.00
Milk	\$0.50

Complete your meal with choice of fresh veggies, fruit and milk!

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwiches & Pizza	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Build your own hoagie sandwich with fresh veggie toppings *Chips included	Variety of Gourmet Pizza Choices
Grill	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips	Hamburger + Fries Chicken Burger + Fries Chicken Nuggets + Chips
WRAPS	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP
Special	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Salad Bar	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available	Create your own salad from a variety of fresh ingredients *Grab n' Go Sandwiches, Baked Potatoes & Yogurt Parfaits Available

This institution is an equal opportunity provider and employer. Menu subject to change without notice.
Questions? Call David Connors, Food Service Director, at (360) 428-6149.