

Regular Schedule	
8:00-9:25	1 <sup>st</sup> /5 <sup>th</sup> period
9:30-10:55	2 <sup>nd</sup> /6 <sup>th</sup> period
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35 -1:00	3 <sup>rd</sup> /7 <sup>th</sup> period
11:00-11:45	3 <sup>rd</sup> /7 <sup>th</sup> period
<b>11:50-12:20</b>	<b>Lunch B</b>
12:25-1:00	3 <sup>rd</sup> /7 <sup>th</sup> period
11:00-12:25	3 <sup>rd</sup> /7 <sup>th</sup> period
<b>12:30-1:00</b>	<b>Lunch C</b>
1:05-2:30	4 <sup>th</sup> /8 <sup>th</sup> period
2:35-4:00	9 <sup>th</sup> /10 <sup>th</sup> period

# THE "DOG DISH"

TUESDAY, DECEMBER 12, 2017

WHITE DAY



WEEKLY BELL SCHEDULE 12/11-12/15	
Monday	Green Day
Tuesday	White Day
Wednesday	Green Day Advisory
Thursday	White Day
Friday	Green Day

## NEWS UPDATES

### VOLUNTEER OPPORTUNITY!

Skagit Valley Herald Christmas Fund needs volunteers **DEC.13<sup>th</sup> & 14<sup>th</sup>** from 4-6pm & 6-8pm at the Mount Vernon Library. Help hand out gift bags, assist library staff, check in guests and enjoy some cookies with hot cocoa. Volunteers please contact Maria at (360)419-7263.

### Skagina

Yearbooks are \$65 if ordered by **January 31<sup>st</sup>**. Order your yearbook with Ms. Duncan in the ASB office. Yearbook orders must be placed by **January 31<sup>st</sup>** 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).

### College & 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>

### Bilingual Seniors and Juniors!

Escuchen por favor! Seniors & juniors who are credit deficient & speak Spanish, Russian, or any other language at home are invited to take the Heritage Language test on January 26 to earn language credits on your transcript. The application deadline is **January 12**. For more information, see Ms. Lewis in OM 300, Ms. Gonzalez in OM 105, or Ms. Chuprinov in the CTE Office. Spacebo! (pronounced Spuh-SEE-buh)

## 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

- Everyone interested in football next year see Coach Vasilchek in NM 202, 1<sup>st</sup>/2<sup>nd</sup>, or 5<sup>th</sup>/6<sup>th</sup> periods, or email him at [nvasilchek@mvsd320.org](mailto:nvasilchek@mvsd320.org)
- Weight Room Workouts are as follows:
- Mornings: Monday and Wednesday 6:30 am to 7:45 am with Coach Whitman
- Afternoons: Monday and Thursday 2:45 pm to 4:00 pm with Coach Vasilchek
- Come one, come all!! Girls Bowling has a home match against Burlington-Edison on **Wednesday December, 13<sup>th</sup> at 3:15!**

### MVHS EVENTS!

- **On Sat. Dec.16<sup>th</sup>** the MVHS Robotics team will travel to Henry Jackson High School for the FIRST Tech Challenge Interleague Championship. This event will decide who goes to the state championship Feb.11<sup>th</sup> at the Showare Center in Kent.
- Are you an MVHS Super Fan? Show your school spirit by downloading the app from any app store. Check in to events, collect points and move up on the leaderboard. You never know what other rewards might be in store for you. Use your school email to register so we can battle it out between classes too! Go Bulldogs!

### Lunch Update!

The kitchen crew will be serving the same thing on EVERY LINE, December 19<sup>th</sup> the menu will be French Bread Pizza, Cookie, Caesar Salad and Fruit for everyone. The salad bar will be closed that day.

### Clubs!

- Key club is hosting a movie night, Friday December 15<sup>th</sup> at 6pm in the auditorium. Come watch Elf with us. \$2.00 suggested donation.
- Earth club is meeting every Friday after school in NM308! Join us!
- (Student Library Advisory Board) meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month in the library.
- Writing club, come join us every Monday in OM204 from 2:40-3:30!
- Avid Club will be meeting on Mondays! Join us at 2:40 in OM104.
- Art Skills Club will meet on Thursday, Dec.14<sup>th</sup> in CTE-5 at 2:35-3:30. We will be taking our club photo and having a holiday break party. Please bring a treat to share if you can. Everyone welcome, see you then!
- Come to FCCLA every Thursday at 2:45 in NM321.

## NATIONAL FRENCH WEEK!

Join us in celebrating National French Week. Not in French Class? No worries! You don't have to be in French Class to be in French Club. Stop by and learn about the language of 250 million people world-wide!

**-MONDAY-**

**Game Night.**

**-TUESDAY-**

**Francophone Dessert Potluck**

**-WEDNESDAY-**

**Francophone Treasure Hunt.**

**-THURSDAY-**

**Crafts and Truffle making.**

**-FRIDAY-**

**Movie night with crepes.**



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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

# SPIRIT WEEK!

Monday- PJ Day

Tuesday- USA DAY

Wednesday- Flannel Day

Thursday- Would you be my friend day

Friday- Bulldog spirit day!

Monday- Bundle up day

Tuesday- UGLY SWEATER DAY

# 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
<b>Sandwiches &amp; Pizza</b>	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
<b>Grill</b>	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
<b>WRAPS</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>	<b>BUILD YOUR OWN WRAP</b>
<b>Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>
<b>Salad Bar</b>	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.