

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
11:00-11:30	Lunch A
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
11:50-12:20	Lunch 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
12:30-1:00	Lunch C
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"

THURSDAY, DECEMBER 14, 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!

Hospice of the NW is looking for volunteers! Please contact Hospice Volunteer Services Manager Erin Long 360.814.5588 or email [elong@hospicenw.org](mailto:elong@hospicenw.org)

### Attention Work Experience Students

In order to obtain credit for the first semester, you MUST have worked at least 90 hours. These hours must be verified by Mr. Moore Please make sure you turn in your pay stub and fill out the hours worked form **before January 10**. Contact Mr. Moore in CTE9 if you have any questions.

### 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)

### 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)
- If you are interested in playing soccer for the upcoming spring season, there will be an informational soccer meeting on Monday the 18<sup>th</sup> at 2:45 in New Main 202 (Mr. Swanson room). If you have questions, see Mr. Ibarra or Mr. Kreft--otherwise see you on Monday at 2:45.

## 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

## **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!
- The MVHS choir program would like to invite you to our Winter Concert, which is **TONIGHT** at McIntyre Hall! We have two performances - one at **4:00** and one at **7:00**. We will be joined by members of the LaVenture and Mt. Baker choir programs at our 4:00 P.M. concert, and we invite alumni of the program to join us in the singing of "Peace, Peace" at our 7:00 P.M. performance. Our new district policy for ticket purchases is to "pay what you can". We have made this change to make our concerts as accessible as possible to our students and families, as well as the wider community. For this reason, seating is not reserved, so be sure to arrive early to secure your seats!

## **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 **TODAY** 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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# SPIRIT WEEK!

Monday- PJ Day

Tuesday- USA DAY

Wednesday- Flannel Day

Thursday- Would you be my friend...

if I wore this 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.