

| 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  |
| 11:50-12:20        | <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"

**MONDAY, FEBRUARY 12, 2018**

**GREEN DAY**



| WEEKLY BELL SCHEDULE<br>2/12-2/16 |                   |
|-----------------------------------|-------------------|
| Monday                            | Green             |
| Tuesday                           | White             |
| Wednesday                         | Green<br>Advisory |
| Thursday                          | White             |
| Friday                            | No School         |

## NEWS UPDATES

### SENIORS

 Culminating Project Portfolios are due February 23<sup>rd</sup>. Portfolio workshops will be held Wednesdays after school in NM 203 if you need help. All seniors must complete the project to graduate!

### Juniors & Seniors

If you are interested in attending Skagit Valley College after high school, then join us for the SVC Try A Trade Day on Feb 22<sup>nd</sup>. Please sign up in the College and Career Center.

Pizza with a Professional is a great way to learn about careers from professionals in our community while enjoying free pizza. Sign up on the College and Career Center website or stop by the College and Career Center.

### Job Opportunity

RoozenGaarde & Tulips is looking for some 16 year and above students that are customer service oriented individuals who enjoy working with people in a dynamic, fun-filled environment during this year's Tulip Festival!



- \*Entrance Greeter
- \*Store Sales/Cashiers
- \*Flower Stand Sales
- \*Parking Attendants
- \*Bulb Booth Sales
- \*Certified Flagger



Apply in person: 15867 Beaver Marsh Rd. Mount Vernon. EOE

## 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

- ❖ **Football:** If you are interested in playing football this upcoming season, we will have a pre-season meeting after school TODAY Monday, February 12<sup>th</sup>, at 2:45pm in the Weight Room. If you have any questions, see Mr. Vasilchek. If you cannot attend, you MUST contact Coach Vasilchek to set up a 1 on 1 meeting. This is vital and communication will be expected. GO DAWGS!
- ❖ **Girls Golf:** Please see Miss Hagg in NM 222 by Feb. 20<sup>th</sup> to sign up for the Golf Team. Not only will it be SUNNY every single day of spring, but it's a great way to meet new people and learn the game of golf! Please sign up today! Practice begins Feb. 26<sup>th</sup>. Please get all the paperwork from the Athletic Office, it is due by Feb. 20<sup>th</sup>.



- ❖ **Boys Golf:** All guys planning on golfing for MVHS this spring, please stop by Mr. Wolffis's room in NM208 to pick up some information and sign up for golf. Tryouts begin Feb. 26<sup>th</sup> and you will need all your athletic packets complete before you may practice or tryout. Please stop by during your lunch or immediately following any school day. Please get all your paperwork from the Athletic Office, it is due by Feb 20<sup>th</sup>.
- ❖ **Cheer:** Cheer Tryout Applications are available in the Athletic Office for current 9-11<sup>th</sup> graders. Application are DUE on or before Feb. 28<sup>th</sup>. Tryouts begin March 3<sup>rd</sup> and all paperwork must be turned and completed prior to participating. Mandatory Parent Meeting is Feb. 20<sup>th</sup> 6:30pm in the library.



- ❖ Pre-Season Track meeting is Wednesday, Feb 14<sup>th</sup>, at 2:45pm in the home bleacher in the gym.

## Clubs!

- Earth club is meeting Thursdays after school in NM306! 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.
- Come to FCCLA every Thursday at 2:45 in NM321.

**GET  
INVOLVED!**

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# February

| Sunday | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday |
|--------|---|---|---|---|--|----------|
| 28     | 29  | 30  | 31  | 1   | 2  | 3        |
|        |   |   |   | <b>French Dip Sandwich</b><br>Fries<br>Salad & Fruit Bar<br>Nonfat & 1% Milk                              | <b>Nachos</b><br>w/Beef Taco Meat & Salsa<br>Salad & Fruit Bar<br>Nonfat Chocolate Milk                |          |
| 4      | 5   | 6   | 7   | 8   | 9  | 10       |
|        | <b>Mandarin Orange Chicken</b><br>w/ Brown Rice<br>Broccoli & Sliced Pears<br>Salad & Fruit Bar<br>Nonfat & 1% Milk | <b>BBQ Pulled Pork Sandwich</b><br>Coleslaw<br>Salad & Fruit Bar<br>Nonfat & 1% Milk      | <b>Rotini Pasta &amp; Meat sauce</b><br>Garlic Bread<br>Green Beans<br>Salad & Fruit Bar<br>Nonfat & 1% Milk                    | <b>French Bread Pizza</b><br>Caesar Side Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk                   | <b>Enchiladas</b><br>Mixed Fruit<br>Salad & Fruit Bar<br>Nonfat Chocolate Milk                         |          |
| 11     | 12  | 13  | 14  | 15  | 16   | 17       |
|        | <b>Teriyaki Beef Dippers</b><br>Steamed Brown Rice<br>Broccoli<br>Salad & Fruit Bar<br>Nonfat & 1% Milk             | <b>Spicy Chicken and Cheese</b><br>Potato Wedges<br>Salad & Fruit Bar<br>Nonfat & 1% Milk | Happy Valentine's Day<br><b>French Bread Pizza</b><br>Caesar Side Salad<br>M&M Cookie!<br>Salad & Fruit Bar<br>Nonfat & 1% Milk | <b>Burrito</b><br>w/ salsa & nacho cheese chips<br>Diced Peaches<br>Salad & Fruit Bar<br>Nonfat & 1% Milk | <b>No School!</b>  |          |
| 18     | 19  | 20  | 21  | 22  | 23   | 24       |
|        | <b>No School! President's Day</b>   | <b>Cooks Choice Day!</b><br>Nonfat & 1% Milk  | <b>Rotini Chicken Alfredo</b><br>Green Beans<br>Salad & Fruit Bar<br>Nonfat & 1% Milk   | <b>Spud Bowl with Popcorn Chicken</b><br>Mixed Fruit<br>Salad & Fruit Bar<br>Nonfat & 1% Milk             | <b>Cheesy Breadsticks</b><br>Tomato Soup<br>Goldfish Crackers<br>Salad & Fruit Bar<br>Nonfat & 1% Milk |          |
| 25     | 26  | 27  | 28  | 1   | 2  | 3        |
|        | <b>French Bread Pizza</b><br>Caesar Side Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk                             | <b>Mini Burgers</b><br>Potato Wedges<br>Salad & Fruit Bar<br>Nonfat & 1% Milk             | <b>Breakfast for Lunch</b><br>Mini Maple Pancakes<br>Sausage Links<br>Applesauce Cup<br>Salad & Fruit Bar<br>Nonfat & 1% Milk   |   |  |          |