

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>
<b>11:35 -1:00</b>	<b>3<sup>rd</sup>/7<sup>th</sup> period</b>
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
<b>11:00-12:25</b>	<b>3<sup>rd</sup>/7<sup>th</sup> period</b>
<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, OCTOBER 16, 2017**

**GREEN DAY**



WEEKLY BELL SCHEDULE 10/16-10/20	
Monday	<b>Green Day</b>
Tuesday	<b>White Day</b>
Wednesday	<b>Green Day</b>
Thursday	<b>White Day</b>
Friday	<b>Green Day</b>

## NEWS UPDATES

### HOMEcoming!

Homecoming Week is here! Come out for our cozy movie night, spirit stick hunt, spirit dress up days, lunchtime activities, the Homecoming football game with tailgate activities beforehand, and finally the Homecoming Dance. This year's Haunted Homecoming formal dance is open to singles, couples, and groups. The dance is **Saturday October 21st from 8-11pm** in the cafeteria. Tickets are on sale in the Dog Pound during all lunches for \$7 each with ASB and \$10 each without. See Mr. Hand or Mr. Whitman if you have questions.

#### Gym

- Winter Sports start 11/13. All paperwork and participating fees/ASB fees are due by 11/6.
- Girls Bowling starts 10/30. All paperwork and participating fees/ASB fees are due by 10/26.
- Boys Basketball Open Gym is happening Tuesdays and Thursdays 7:30-9:00pm.
- Girls' locker room will be locked by 2:45. Make sure you clear out before then. This includes after school activities.
- There will be a meeting for all girls interested in playing basketball in PB-14 on **Thursday, October 19th**, at 2:45. Go Bulldogs!

### Bilingual Juniors and Seniors!

Bilingual Seniors & 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 for language credits on your transcript. The application **deadline is October 27**. 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

## **College & Career Center**

Seniors: The UW College Application Workshop will continue Friday the 20th. Sign up in the College and Career Center.

Seniors: You and your parents are invited to attend a College Information Night on Wednesday the 18th at MVHS in the Library at 6:00pm. RSVP online.

Attention Juniors and Seniors: 4 more colleges will be visiting MVHS this week. Sign up in the College and Career Center.

Interested in attending Bellingham Technical College? Take a field trip on Nov 14th to BTC to learn more about their programs. Sign up in the College and Career Center.

Seniors: The College and Career Center is kicking off a College Application Campaign at MVHS to help seniors navigate the application process. Events are on our website and include UW college workshops, Parent and Student College Information Night on **10/18**, Financial Aid Night on **10/24** and more!

[www.mvhscollegecareer.weebly.com/news-and-events.html](http://www.mvhscollegecareer.weebly.com/news-and-events.html)

### **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.
- Senior Baby ads are being sold in 1/2 (\$75) page and 1/4 (\$40) page sections. Orders for Senior Baby Ads are being accepted from now till - November 3rd. We have 12 total pages for sale, so do not wait too long to place your order. 1/4 page ads have a max of 3 photos and a short message. 1/2 page ads have a maximum of 5 photos and a short message.
- Senior Pictures are due by **Friday, October 27th @ 3PM**.

### **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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month after school in the library. Hope to see you there!
- Poetry club will meet every Monday in OM204 from 2:40-3:30.
- The first Unity Club meeting is Friday, October 20th after school in portable 7. Meetings are fun, for everyone and run until 3:30.

# HOMEcoming WEEK!

October 16-21st

**Monday: Sweater Weather**

Lunches: Musical Chairs

Hocus Pocus Movie Night 7-9 pm

**Tuesday: Timber Tuesday (Flannel)**

Lunches: Tug of War

**Wednesday: Twin Day**

Lunches: XC Ski Race

Spirit Stick Hunt 7-9 pm

**Thursday: Fall Day/Costume Day**

Lunches: Costume Contest

**Friday: Bulldog Spirit Day**

Lunches: Spirit Contest

Assembly 2:00

Homecoming Tailgate 4-8 pm

Homecoming Game 7 pm

**Saturday: Homecoming Dance**

MVHS Cafeteria 8-11 pm

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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
<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.