

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"

FRIDAY, DECEMBER 1, 2017

GREEN DAY



WEEKLY BELL SCHEDULE 11/27-12/1	
Monday	Green Day
Tuesday	White Day
Wednesday	Green Day
Thursday	White Day
Friday	Green Day

## NEWS UPDATES

### VOLUNTEER OPPORTUNITIES!

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

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

### 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>
- Seniors, need help with your College applications or FAFSA/WAFSA? A college Application Workshop will be held on **Dec. 6th**. Sign up in the College and Career Center or online.
- ASVAB: Students interested in a career in the military can take the ASVAB (Armed Services Vocational Aptitude Battery) test at MVHS on December 4th. Sign up in the College and Career Center.

**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 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, that means both players who played last year and new players; need to see Coach Vasilchek in new main room 202 1st or 2nd, or 5th/6th, 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

## STUDENTS VS STAFF

This year we will be hosting a student vs staff Olympics. Our first event will be a basketball game on Tuesday December 12<sup>th</sup> right after school in the main gym. There is a sign up poster in the cafeteria all are welcome.

## 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).

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## Clubs

- Key Club meets every FRIDAY in OM109 at 2:40 pm. everyone is welcome to join us.
- Earth club is meeting every Friday after school in NM308! Join us!
- (Student Library Advisory Board) meets 1<sup>st</sup>&3<sup>rd</sup> Wednesday each month after school in the library.
- Writing Club, 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.
- Next Art Club meeting will be **Thursday Dec. 7th** at 2:35-3:30 in CTE-5.
- Come to FCCLA every Thursday at 2:45 in NM321.

# 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.