

Regular Schedule	
6:25-7:50	0 period
8:00-9:25	1 st /5 th period
9:30-10:55	2 nd /6 th period
11:00-11:30	Lunch A
11:35 -1:00	3rd/7th period
11:00-11:45	3 rd /7 th period
11:50-12:20	Lunch B
12:25-1:00	3 rd /7 th period
11:00-12:25	3rd/7th period
12:30-1:00	Lunch C
1:05-2:30	4 th /8 th period
2:35-4:00	9 th /10 th period

THE "DOG DISH"

THURSDAY, SEPTEMBER 28, 2017

GREEN DAY



WEEKLY BELL SCHEDULE 9/25-9/29	
Monday	White Day
Tuesday	Green Day
Wednesday	Advisory White Day
Thursday	Green Day
Friday	White Day

NEWS UPDATES

The **College and Career Center** has a new website. Stay up to date on college and career information by visiting www.mvhscollegecareer.weebly.com

Sophomore may now sign up to take the PSAT on **Saturday Oct 14th** at the ASB window with Ms. Duncan. For more information visit <http://mvhscollegecareer.weebly.com/psat.html>

Juniors: Sign up to take the PSAT on Saturday Oct 14th at the ASB window with Ms. Duncan. For more information visit <http://mvhscollegecareer.weebly.com/psat.html>

Juniors and Seniors: Corban University will be at MVHS **Friday, September 29th 1:00 PM**. Sign up in the College and Career Center with Mrs. Bird

Seniors:

Check the College and Career Center website for Scholarship Information. www.mvhscollegecareer.weebly.com/paying-for-college.html

Interested in Applying to UW, a college admission representative will be here from UW to help MVHS seniors with their applications on **Oct 11th during advisory**. Sign up with Mrs. Bird in the College and Career Center.

Are you planning on attending WSU? WSU Regent Scholars Program is available. Learn more by visiting www.admission.wsu.edu/scholarships/scholarship-awards/regents/ and talk to your counselor about a nomination.

Comcast Leadership Scholarship nominations are open. Visit <http://mvhscollegecareer.weebly.com/comcast-nomination.html> to learn more.

Financial Aid Night at MVHS will be **October 24th @ 6PM**. Sign up online at <http://mvhscollegecareer.weebly.com/financial-aid-workshop.html>

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

School Pictures

Pictures are here!! We will be handing them out during all 3 lunches today, Friday and Monday in the West Foyer in NM.

Skagina

Skagina needs your summer vacation photos for the yearbook. Please send them to skagina@mvsd320.org

SENIOR CULMINATING PROJECT

Criminal Justice Culminating Project: Next Monday, October 2nd at 2:45 p.m. Seniors planning on doing a Culminating Project with Officer Reed need to meet in the library to discuss what we are going to do to fulfill the Job Shadow Requirements. If you do not show up, you will not be able to do this project. Contact Officer Reed for additional information.

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 1st and 3rd 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.
- If you are passionate about social justice for the LGBTQIA community and want to hang out with a group of supportive and accepting students, join us in Ms. Preston's room on Monday.
- If you are interested in learning about and discussing Social Justice issues, for example, systemic racism, Black Lives Matter, Take a Knee, and Immigration reform, please come to the first gathering of the Social Justice Club. The first gathering will be Monday October 2nd in New Main 106. Ms. Garcia and Mr. Hand would love to see you there! If you have any questions please feel free to contact either of them.

GYM

Boys Basketball Open Gym is happening Tuesdays and Thursdays 7:30-9:00pm.

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
Sandwiches & Pizza	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
Grill	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
WRAPS	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP	BUILD YOUR OWN WRAP
Special	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
Salad Bar	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.