

Regular Schedule	
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	3 rd /7 th 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	3 rd /7 th 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, OCTOBER 19, 2017

WHITE DAY



WEEKLY BELL SCHEDULE 10/16-10/20	
Monday	Green Day
Tuesday	White Day
Wednesday	Green Day Advisory
Thursday	White Day
Friday	Green Day Homecoming Assembly!

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.

Athletics

- Winter Sports start 11/13. All paperwork and participating fees/ASB fees are due by 11/6.
- There will be a meeting for all girls interested in bowling, next Wednesday, **October 25**, in Mr. Hill's room, NM220 at 2:45. See Mr. Hill if you have any questions.
- 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 **tomorrow 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.

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 is tonight, Financial Aid Night on **10/24** and more! www.mvhscollegcareer.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 to 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 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.
- The first Unity Club meeting is Friday, October 20th after school in portable 7. Meetings are fun, for everyone and run until 3:30.
- Art Skills Club is having its first meeting today from 2:35- 3:30 in CTE-5. Please Join us for fall fun, friendship and food. New members are always welcome. See you there!! If any questions see Mrs. Card in CTE-5.
- Join French Club next Tuesday, **October 24th**, from 3:15-5:30 for the Annual Fête de la Gastronomie in New Main 321. We will be sampling French cuisine and watching a movie. Admission is \$1.00. Sign up in Portable 6.

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

HOME COMING 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

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.