

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
<b>11:50-12:20</b>	<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, NOVEMBER 20, 2017**

**WHITE DAY**



WEEKLY BELL SCHEDULE 11/20-11/24	
Monday	White Day
Tuesday	Green Day
Wednesday	White Day Early Release
Thursday	NO SCHOOL
Friday	NO SCHOOL

## NEWS UPDATES

### Athletics

Reminder for PE classes: PE CBAs are **TODAY Nov.20<sup>th</sup>** and **TOMORROW Nov.21<sup>st</sup>**!

Weight Room Will Be Open:

Monday and Wednesday mornings from 6:30 am to 7:45 am with coach Whitman

Monday and Thursday afternoons from 2:45 pm to 4:00 pm with coach Vasilchek

Everyone is welcome! Go Bulldogs!

The boys' and girls' basketball teams are hosting Green & White NIGHT this Saturday! This is a free event for all students! Doors open at 5:00pm. There will be games/prizes/and food! Come out and support your 2017-2018 boys' and girls' basketball teams. Wear your green and white! Hope to see you there! GO BULLDOGS!!

### Attention all Coaches and Advisors

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

### You have the power to save 3 lives!

NHS is hosting a Blood Drive on Thursday 11/30. Anyone 16+ can donate **(with parent permission)**. Sign up in NM 203.

## 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

- 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.

## 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!
- Calling all creative writers and poets alike! Poetry Club is now Writing Club, designed as a place to read, write, and share all forms of writing. 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.

## 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.

# 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.