

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, JANUARY 8, 2018**

**WHITE DAY**



WEEKLY BELL SCHEDULE 1/8-1/12	
Monday	White
Tuesday	Green
Wednesday	Advisory Green Day
Thursday	White Day
Friday	Green Day

## NEWS UPDATES

### PARKING

Students and staff. A reminder of parking lot rules. Students who have a GREEN background on their permit are to park in the North lot near New Main. If you have a WHITE background on your permit, you are to park in the South lot near the Gym. If you do not have a permit and choose to park on campus, you will be ticketed, booted, or possibly towed. Also, we ask that all staff park in the Gym lot.

### Attention Work Experience Students

In order to obtain credit for the first semester, you MUST have worked at least 90 hours. These hours must be verified by Mr. Moore Please make sure you turn in your pay stub and fill out the hours worked form **before January 10**. Contact Mr. Moore in CTE9 if you have any questions.

### 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>

Looking for Scholarship opportunities? Attend our scholarship workshop during all three lunches on Tuesday the 9<sup>th</sup>! Pizza will be provided. Sign up in the College and Career Center.

### Bilingual Seniors and 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 see Coach Vasilchek in NM 202, 1<sup>st</sup>/2<sup>nd</sup>, or 5<sup>th</sup>/6<sup>th</sup> periods, or email him at [nvasilchek@mvsd320.org](mailto:nvasilchek@mvsd320.org)

## **MVHS EVENTS!**

- Are you an MVHS Super Fan? Show your school spirit by downloading the app from any app store. Check in to events, collect points and move up on the leaderboard. You never know what other rewards might be in store for you. Use your school email to register so we can battle it out between classes too! Go Bulldogs!
  
- Multicultural night is coming up on Wednesday January 10<sup>th</sup> starting at 6:30pm. It will be a huge community event with amazing performances and delicious food trucks! Come and celebrate a night full of diversity.
  
- Our new program, "Pizza with a Professional" is an opportunity for all students to learn more about potential careers from local community members. Please sign up and attend our "Pizza with a Professional" by visiting our College and Career website.

## **Skagina**

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).

## **Clubs!**

- Earth club is meeting every Friday after school in NM308! Join us!
  
- (Student Library Advisory Board) meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month in the library.
  
- Writing club, come join us every Monday in OM204 from 2:40-3:30!
  
- Avid Club will be meeting on Mondays! Join us at 2:40 in OM104.
  
- Come to FCCLA every Thursday at 2:45 in NM321.

### **Job Opportunity**

- If you are looking for a part-time job to start off 2018, please see the main office for details!

### **SENIORS**

- Culminating Project Portfolios are due February 23<sup>rd</sup>. Portfolio workshops will be held Wednesdays after school in NM 203 if you need help. All seniors must complete the project to graduate!

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# January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
	Popcorn Chicken	Calzones	Nachos	Grilled Cheese
	Breadstick	Caesar Side Salad	w/Beef Taco Meat & Cheese Sauce	Tomato Soup
	Salad & Fruit Bar	Salad & Fruit Bar	Salsa	Salad & Fruit Bar
<b>NO SCHOOL!</b>	Nonfat & 1% Milk	Nonfat & 1% Milk	Salad & Fruit Bar	<b>Nonfat Chocolate Milk</b>
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Teriyaki Chicken	Mini Burgers	Chicken Alfredo	Spicy Chicken Burger	Calzones
with Brown Rice	Potato Wedges	Garlic Bread/Broccoli	With Fries	Caesar Side Salad
Sliced Pears/Broccoli	Salad & Fruit Bar	Salad & Fruit Bar		Salad & Fruit Bar
Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Salad & Fruit Bar	<b>Nonfat Chocolate Milk</b>
Nonfat & 1% Milk			Nonfat & 1% Milk	
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
	Enchiladas	French Bread Pizza	French Dip Sandwich	Mac & Cheese
<b>NO SCHOOL!</b>	Tortills Chips	Caesar Side Salad	Potato Smiles	Breadstick
<b>Martin Luther King Jr. Day</b>	Diced Pears	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar
	Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	<b>Nonfat Chocolate Milk</b>
	Nonfat & 1% Milk			
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Mandarin Orange Chicken	BBQ Pulled Pork Sandwich	Lasagna Roll-Ups	Beefy Taco Salad	
with Brown Rice	Sweet Corn	Garlic Bread	Goldfish Crackers	
Sliced Pears/Broccoli	Salad & Fruit Bar	Salad & Fruit Bar	Mixed fruit	<b>NO SCHOOL!</b>
Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk	Salad & Fruit Bar	
Nonfat & 1% Milk			Nonfat & 1% Milk	
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
Teriyaki Beef Dippers	Mini Burgers	Spaghetti w/ Meatsauce		
Steamed Brown Rice	Potato Wedges	Whole Wheat Roll		
Broccoli	Salad & Fruit Bar	Salad & Fruit Bar		
Salad & Fruit Bar	Nonfat & 1% Milk	Nonfat & 1% Milk		
Nonfat & 1% Milk				

This institution is an equal opportunity provider and employer. Menu subject to change without notice.  
**Questions? Call David Connors, Food Services Director, at (360) 428-6149.**

## \$\$\$ Student Lunch News \$\$\$

Please note: Balances carry over from last year, even if you have changed school sites in the Mount Vernon School District.

Please be aware of your student's lunch account balance. Applications for free and reduced lunches are located in the school office and the Food Service office. **We appreciate your attention!**