

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
11:50-12:20	Lunch 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"

FRIDAY, JANUARY 19, 2018

WHITE DAY



WEEKLY BELL SCHEDULE 1/15-1/19	
Monday	No School
Tuesday	Green
Wednesday	Advisory White Day
Thursday	Green Day
Friday	White 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.

### Parking Permits

Parking Permits are currently \$35. On the first day of Second Semester, January 29<sup>th</sup>, the price goes down to \$20. Get you application online or at the ASB office.

### 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://mvhscollegcareer.weebly.com/paying-for-college.html>

### SENIORS

- ✚ Culminating Project Portfolios are due February 23<sup>rd</sup>. Portfolio workshops will be help Wednesdays after school in NM 203 if you need help. All seniors must complete the project to graduate!
- ✚ There will be a Financial Aid Work shop on January 25 during all lunches in the library. Now's the time to finish your FAFSA or WASFA. Don't wait!

## 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)
- ❖ There will be a Girls Tennis preseason meeting Monday, Feb. 5<sup>th</sup>, right after school in the gym. All girls interested should plan to attend.
- ❖ **Cheerleading:** Tryout meeting Feb. 1<sup>st</sup> at 3pm in NM320. All males and females currently in grades 9-11 are eligible. Come and learn requirements, ask question and pick up your application! Tryouts begin the first week of March. Applications are DUE no later than Feb. 28<sup>th</sup> in the athletic office. Open gym Feb. 7<sup>th</sup> from 7-8pm in the matroom.

## **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!

## **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.

# January Lunch Menu

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