

| 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>                              |
| <b>11:35 -1:00</b> | <b>3<sup>rd</sup>/7<sup>th</sup> period</b> |
| 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"

Thursday, September 13, 2018  
Green Day



| Weekly Bell Schedule<br>9/10-9/14 |                     |
|-----------------------------------|---------------------|
| Monday                            | Advisory - White    |
| Tuesday                           | Advisory- Green     |
| Wednesday                         | Advisory-White      |
| Thursday                          | Green               |
| Friday                            | Early Release White |

## News Updates

### Parking

Students parked on campus without a pass or along the curb will be ticketed.

Parking passes may be purchased at the ASB office.

Also, this is a reminder that we are a closed campus. Students seen leaving campus or returning to campus risk losing their parking pass and/or detention.

### Juniors and Seniors

UW is coming to MVHS this Monday at 10am. If you would like to learn about University of Washington, stop by the College and Career Center to get your pass!

### Designer and Model Call

Project Re-Runway is happening October 6, 7-9pm, in the cafeteria. Project Re-Runway is a fun educational fundraiser for the Earth and French Club. Come and invite friends for a fun night out! Also Model call any gender or size or a Designer! We will find you a model. See Ms. Watts, NM306, after school, for more information.

### Chess Meeting

EMERGENCY CHESS meeting today, 9/13, in the Library after school!

## 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

### **OPEN GYM**

Girls' Open gym, hosted by coach Yost, is on Wednesday nights from 7-8:30pm.

Boys' open gym, hosted by coach Valentine, is on Tuesday's and Thursday's;  
Weight room from 7-8 and gym from 8-9.

### **Social Justice Club**

If you are interested in learning about Social Justice issues, like, systemic racism, Black Lives Matter Movement, Take a Knee, Immigration Reform and other Social Justice issues, this is the club for you! Please come and share in a safe space with others who are promoting each other to be critical thinkers. We meet every Tuesday after school in New Main 106. Ms. Garcia and Ms. Dee would love to see you there.

### **Come support your Football Team**

Your Varsity football team is 2-0 after a thrilling 35-29 come from behind, overtime victory at Sedro Wooley. Please come support our team this Friday at home vs Cascade 7:00. We want a crazy, full student section to give help to our dogs to go 3-0 and be in first place in Wesco. WE NEED THE DAWG POUND!

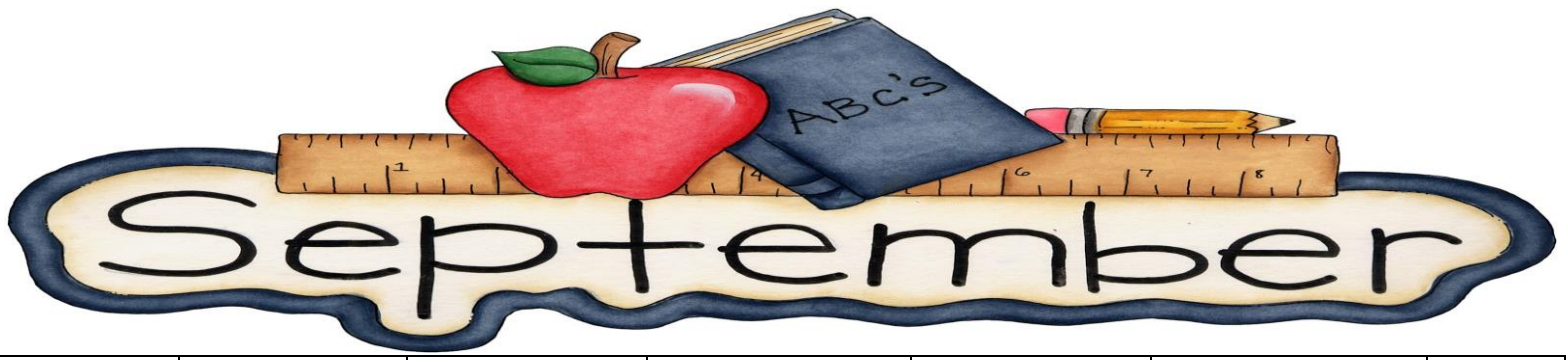
Link program is hosting a tailgate party for the freshmen with FREE FOOD at 6:00pm by the main entrance of the bulldog stadium before the game on Friday. See you then!

Also good luck to our undefeated JV and C teams this week as well, overall our football program is 4-0.

### **Student ID**

Are you interesting in going to a game or dance? DID YOU know that with your BULLDOG ID card you also get an ASB stamp as WELL! That means you can get into games for FREE! BUT wait...you haven't gotten you ID yet?

SUMMER vacation was calling your name or you were sleeping in after an all-night fortnite binge session and you forgot to come in and take your picture?!?! NO PROBLEM! NEXT Monday Sept 17<sup>th</sup> we will be having Picture make-up day. Please stay tuned for more information later this week.



| Sunday | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday |
|--------|---|--|---|---|--|----------|
| 2      | 3   | 4  | 5   | 6   | 7  | 8        |
|        | <b>No School</b>  | <b>No School</b>   | <b>French Bread Pizza</b><br>Caesar Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk                        | <b>Enchiladas</b><br>Seasoned Pinto Beans<br>Salad & Fruit Bar<br>Nonfat & 1% Milk    | <b>Buffalo Chicken Bites</b><br>French Fries<br>Mixed Fruit<br>Salad & Fruit Bar<br><b>Nonfat Chocolate Milk</b> |          |
| 9      | 10  | 11   | 12  | 13  | 14   | 15       |
|        | <b>Teriyaki Dippers</b><br>Brown Rice<br>Steamed Peas<br>Salad & Fruit Bar<br>Nonfat & 1% Milk                                | <b>Pizza</b><br>Caesar Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk                | <b>Spaghetti &amp; Meat sauce</b><br>Dinner Roll<br>Steamed Corn<br>Salad & Fruit Bar<br>Nonfat & 1% Milk | <b>Pork Carnitas</b><br>Black Beans and Corn<br>Salad & Fruit Bar<br>Nonfat & 1% Milk | <b>Spicy Chicken Burger</b><br>Potato Smiles<br>Salad & Fruit Bar<br><b>Nonfat Chocolate Milk</b>                |          |
| 16     | 17  | 18   | 19  | 20  | 21   | 22       |
|        | <b>Cheese Stuffed Breadsticks</b><br>Marinara Sauce<br>Mandarin Oranges/Caesar Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk | <b>Spicy Chicken Burger</b><br>French Fries<br>Salad & Fruit Bar<br>Nonfat & 1% Milk | <b>Chicken Noodle Soup</b><br>Goldfish Crackers<br>Salad & Fruit Bar<br>Nonfat & 1% Milk                  | <b>Pizza</b><br>Caesar Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk                 | <b>Meatball Subs w/mozzerrella</b><br>Sun Chips<br>Salad & Fruit Bar<br><b>Nonfat Chocolate Milk</b>             |          |
| 23     | 24  | 25   | 26  | 27  | 28   | 29       |
|        | <b>Mandarin Orange Chicken</b><br>Steamed Brown rice/broccoli<br>Nonfat & 1% Milk   | <b>Mini Burgers</b><br>Potato Smiles<br>Salad & Fruit Bar<br>Nonfat & 1% Milk        | <b>Grilled Cheese</b><br>Tomato Soup<br>Goldfish Crackers<br>Salad & Fruit Bar<br>Nonfat & 1% Milk        | <b>Pizza</b><br>Caesar Salad<br>Salad & Fruit Bar<br>Nonfat & 1% Milk                 | <b>No School</b>   |          |
| 30     | 1   | 2  | 3   | 4   | 5  | 6        |
|        |   |  |   |   |  |          |