

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"

Monday, September 17, 2018
Green Day



Weekly Bell Schedule 9/17-9/21	
Monday	Green
Tuesday	White
Wednesday	Advisory- Green
Thursday	White
Friday	Early Release Green

News Updates

Picture Make-up TODAY

1st Period: Seniors
2nd Period: Juniors
Lunches: Sophomores
4th Period: Freshman

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.

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.

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.

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

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! TODAY Monday Sept 17th we will be having Picture make-up day.

Clubs

Young Democrats

Feeling Blue? Join young democrats! We're meeting to discuss politics and progress in NM207 at 7:30 on Wednesday mornings. Come join us for coffee and conversation. Bring a current event or issue you're interested in talking about!

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.

Chess Club

The chess club meets in the library Tuesdays after school. It's fun! It's exciting! No experience necessary.

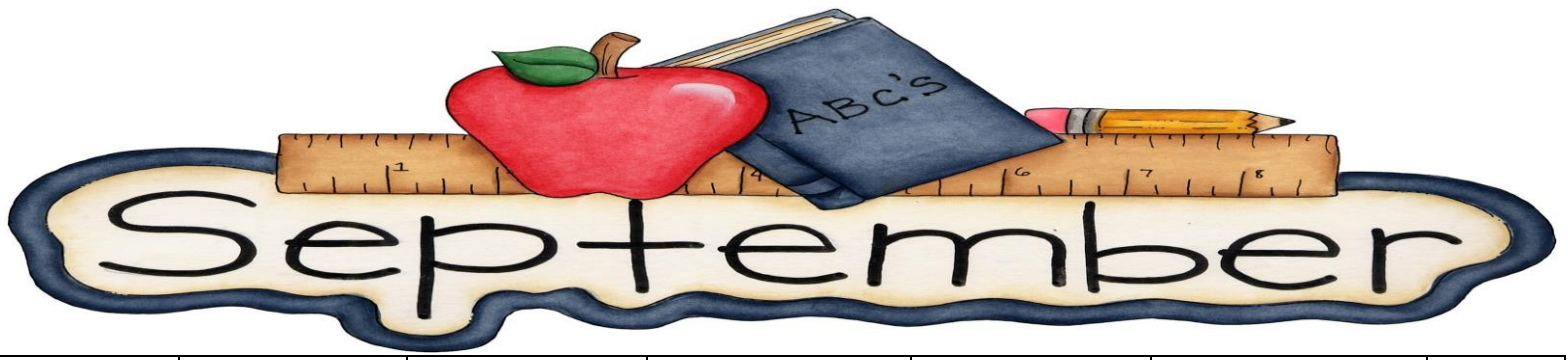
Career Center

WSU Scholarship

Are you planning on attending WSU? The WSU Regents Scholarship Program recognizes Washington's best high school student for their hard work and academic accomplishments. To see if you are eligible for this outstanding scholarship and learn more, visit WSU.edu and talk to your counselor about a nomination. Nominations must be completed by October 19th.

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!



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