

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"

FRIDAY, FEBRUARY 9, 2018

WHITE DAY



WEEKLY BELL SCHEDULE 2/5-2/9	
Monday	White
Tuesday	Green
Wednesday	White Advisory
Thursday	Green
Friday	White


NEWS UPDATES

Science Night

Good news! Science Night IS happening this year! Mark your calendars now! Science Night is Thursday April 26, from 5:30-8:00pm. Student volunteer opportunities coming up SOON!



SENIORS

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

Juniors & Seniors

If you are interested in attending Skagit Valley College after high school, then join us for the SVC Try A Trade Day on Feb 22nd. Please sign up in the College and Career Center.

Pizza with a Professional is a great way to learn about careers from professionals in our community while enjoying free pizza. Sign up on the College and Career Center website or stop by the College and Career Center.

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

- ❖ **Football:** If you are interested in playing football this upcoming season, we will have a pre-season meeting after school on Monday, February 12th, at 2:45pm in the Weight Room. If you have any questions, see Mr. Vasilchek. If you cannot attend, you **MUST** contact Coach Vasilchek to set up a 1 on 1 meeting. This is vital and communication will be expected. **GO DAWGS!**

- ❖ **Girls Golf:** Please see Miss Hagg in NM 222 by Feb. 20th to sign up for the Golf Team. Not only will it be **SUNNY** every single day of spring, but it's a great way to meet new people and learn the game of golf! Please sign up today! Practice begins Feb. 26th. Please get all the paperwork from the Athletic Office, it is due by Feb. 20th.

- ❖ **Boys Golf:** All guys planning on golfing for MVHS this spring, please stop by Mr. Wolffis's room in NM208 to pick up some information and sign up for golf. Tryouts begin Feb. 26th and you will need all your athletic packets complete before you may practice or tryout. Please stop by during your lunch or immediately following any school day. Please get all your paperwork from the Athletic Office, it is due by Feb 20th.

- ❖ **Cheer:** Cheer Tryout Applications are available in the Athletic Office for current 9-11th graders. Application are **DUE** on or before Feb. 28th. Tryouts begin March 3rd and all paperwork must be turned and completed prior to participating. Mandatory Parent Meeting is Feb. 20th 6:30pm in the library.

- ❖ Pre-Season Track meeting is Wednesday, Feb 14th, at 2:45pm in the home bleacher in the gym.

Clubs!

- Earth club is meeting Thursdays after school in NM306! Join us!
- (Student Library Advisory Board) meets 1st and 3rd 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.

**GET
INVOLVED!**

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February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				French Dip Sandwich Fries Salad & Fruit Bar Nonfat & 1% Milk	Nachos w/Beef Taco Meat & Salsa Salad & Fruit Bar Nonfat Chocolate Milk	
4	5	6	7	8	9	10
	Mandarin Orange Chicken w/ Brown Rice Broccoli & Sliced Pears Salad & Fruit Bar Nonfat & 1% Milk	BBQ Pulled Pork Sandwich Coleslaw Salad & Fruit Bar Nonfat & 1% Milk	Rotini Pasta & Meat sauce Garlic Bread Green Beans Salad & Fruit Bar Nonfat & 1% Milk	French Bread Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk	Enchiladas Mixed Fruit Salad & Fruit Bar Nonfat Chocolate Milk	
11	12	13	14	15	16	17
	Teriyaki Beef Dippers Steamed Brown Rice Broccoli Salad & Fruit Bar Nonfat & 1% Milk	Spicy Chicken and Cheese Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk	 French Bread Pizza Caesar Side Salad M&M Cookie! Salad & Fruit Bar Nonfat & 1% Milk	Burrito w/ salsa & nacho cheese chips Diced Peaches Salad & Fruit Bar Nonfat & 1% Milk	No School!	
18	19	20	21	22	23	24
	No School! President's Day	Cooks Choice Day! Nonfat & 1% Milk	Rotini Chicken Alfredo Green Beans Salad & Fruit Bar Nonfat & 1% Milk	Spud Bowl with Popcorn Chicken Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	Cheesy Breadsticks Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk	
25	26	27	28	1	2	3
	French Bread Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk	Mini Burgers Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk	Breakfast for Lunch Mini Maple Pancakes Sausage Links Applesauce Cup Salad & Fruit Bar Nonfat & 1% Milk			