

Wednesday, October 26th, 2022

EVENTS & ANNOUNCEMENTS

- Are you a cadet and interested in being part of the Remembrance Day assembly? Please come to a meeting tomorrow at lunch in Room 118 with Ms. Ross!
- Attention all Grade 9s November 2nd is Take our Kids to Work day all grade 9 students must return a signed consent form to the office by Friday, October 28th. If not, you will be expected to be at school on November 2nd.
- Make sure you dress up for the Halloween Costume Contest on Monday, October 31st! There will be fun prizes for individual and group costumes. The contest will be at lunch at the top of the main stairs.
- Students Interested in writing the Language Challenge Exam must see their counsellor. Deadline for completed applications is November 1st, 2022
- The Black Futures UBC Program is inviting Gr.11 and 12 students to participate. There will be 6 sessions with 2 of the sessions being at the UBC campus. Selected students will be sent a package in early November so don't delay! Please see Ms. David if interested.

WEEKLY CAFETERIA SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
Swedish Meatballs	Grilled Chorizo on a	Country Fried	Pulled Pork on a	Roasted Chicken
and Gravy	Freshly Baked	Chicken Sandwich	Brioche Bun	Leg Piri Piri
	Baguette			

SPORTS

- > Jr. Boys Soccer: Home game today vs. Charles Best
- > Sr. Boys Soccer: Home game tomorrow vs. Terry Fox
- > Sr. Boys Volleyball: Away game tomorrow vs. Heritage Woods
- > Sr. Girls Volleyball: Away game tomorrow vs. Heritage Woods
- > Swim Team: North Fraser Swim Meet tomorrow.
- Field Hockey: Fraser Valley Norths TOMORROW!
- ➤ **Gr. 9 Girls Volleyball:** Home game tomorrow vs. Heritage Woods, a Play Day at home on Friday and a home tournament on Saturday! Come support!
- ➤ **Grade 9/10 Girls Basketball**: Team tryouts with be on Sunday, October 30th at 5pm any anyone interested in joining!

Good luck to all of our teams this week!

CLUBS

- Attention Valorant, League of Legends and Overwatch 2 players! If you are interested in playing for the school eSports team please see Mr. Schoenhals in room 112 ASAP!
- Come join the LGBTQ club tomorrow in room 110 at lunch to watch Heartstopper Episode 1!
- Hey Rapids! Global Citizenship is running a fundraiser "guess the weight of the candy for \$1" and the winner will receive a \$10 gift card to Matteo's Gelato! Come down to the foyer during lunch tomorrow & Friday and next Monday to participate!
- Flying Club will have a guest speaker, An Aerospace Engineer, at lunch on Friday in room 215. Please bring your lunch right after period 3 (Block B) so we have as much time as possible with him! See you Friday!
- Chess club meets Friday at lunch in Room 216. New members welcome!

GRAD

- There is a Post-Secondary BC Fair on Tuesday, November 1st in the cafeteria/theatre starting at 9am.
- University of Guelph information session is on Friday, November 4th in the School Foyer at 8:30am.