

# Thursday, October 19th, 2023

### **EVENTS & ANNOUNCEMENTS**

- ➤ Hey Friends! Come out and watch the student vs. teacher volleyball on Monday, October 23<sup>rd</sup>! Let's cheer on our students while they beat the teachers!
- International and ELL students: Come celebrate Halloween on Thursday, October 26<sup>th</sup> after school. Carve a pumpkin, meet new people, have fun with friends and enjoy some free snacks! Contact Ms. Langford, Ms. Gachallan or scan the QR code on Teams to sign up!
- **Reminder:** Tomorrow is Pro-D Day and there is no school.

SPIRIT WEEK						
Monday	Tuesday	Wednesday	Thursday	Friday		
Jersey Day	Teacher Tuesday	Twin Wednesday	<b>Grade Colors</b>	Pro-D Day		
			Gr. 9 – Black, Gr. 10 – White, Gr. 11 – Blue, Gr. 12 - Green			

## **WEEKLY CAFETERIA SPECIALS**

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Chow Mein	Spaghetti and Meatballs	Chicken Gyro	Korean BBQ Chicken	PRO D

## **SPORTS**

- ➤ Congratulations to the cross-country team for their great runs at a rainy district championship yesterday. We had excellent results from all runners, including the grade 12 boys who managed to sweep the podium and bring home the district trophy.
- > Sr. Girls Volleyball: Home game vs. Gleneagle today
- > Gr. 9 Girls Volleyball: Home game vs. Heritage today
- > Sr. Boys Soccer: Home game vs. Terry Fox today
- > **Swim Team:** The rapids will be competing in the Fraser North swim meet on Monday to qualify for provincials. Good luck to all the swimmers!

#### **GRAD**

- > Grade 11's and 12's: SFU will be here today at lunch for info sessions in the library.
- ➤ Hey grade 12's! The deadline to order your G24 shirts has been extended to Monday, October 23<sup>rd</sup>. Order forms are available in the office and in front of Room 124.