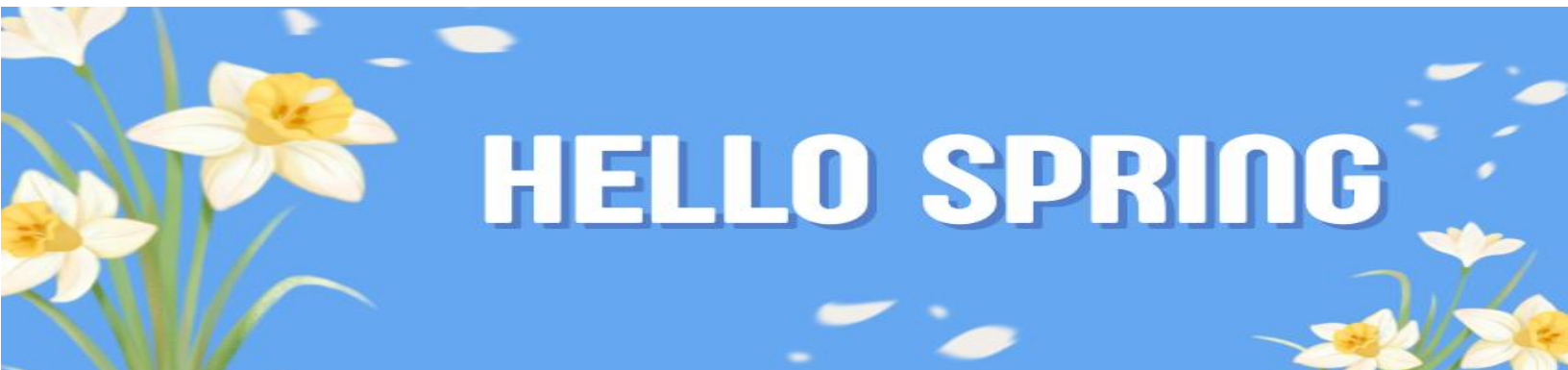




# RAPID READ

DATE: FRIDAY, April 10<sup>th</sup>



## EVENTS & ANNOUNCEMENTS

- SFU volunteer summer camps applications are now open. See the career website for more information
- The district is having a clothing swap on April 18<sup>th</sup> and Pinetree Community Centre from 10am to 3pm! Donating will allow you to have early access at 9am. You can drop off your donations at the foyer or room 109 starting from April 7 to April 16

## WEEKLY CAFETERIA SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée:</b>	<b>Entrée:</b> Macaroni and Cheese. 4 Cheese Bechamel Sauce, Cavatappi Noodles, Toasted Panko. Served with House Made Focaccia	<b>Entrée:</b> Korean Fried Chicken. Sweet and Spicy Sauce, Sticky Rice, Korean Style Coleslaw. Served with Milk Bread.	<b>Entrée:</b> Seak Sandwich. AAA Beef Striploin, Caramelized Onions, Chipotle Mayo, Lettuce, Tomato, Ciabatta Bun. Served with Wedge Fries.	<b>Entrée:</b> Riverside House Made Beef Burger or Chicken Burger Served with French Fries
<b>Pizza:</b>	<b>Pizza:</b> BBQ Chicken	<b>Pizza:</b> 4 Cheese	<b>Pizza:</b> Pesto Chicken	<b>Pizza:</b> Pepperoni
<b>Soup of the day:</b>	<b>Soup of the day:</b> French Onion	<b>Soup of the day:</b> French Onion	<b>Soup of the day:</b> Fire Roasted Red Pepper	<b>Soup of the day:</b> Fire Roasted Red Pepper

HOUSE MADE SANDWICHES AND BAKED GOODS ARE MADE DAILY AND AVAILABLE FOR PURCHASE

## GRADS

- Attention to all Grade 12's who ordered grad wear: Come to Mrs. Bingham's room **TODAY @LUNCH** to pick up your orders. You **MUST** have your student ID to verify your order for pick up. Mrs. Bingham's room is 121 \***LUNCH TIME ONLY**\*

## ATHLETICS

- Ultimate Frisbee **TODAY** at Centennial Secondary. Game starts at 3:15pm
- Ultimate Frisbee **TODAY** at Centennial Secondary. Game start at 4:30pm
- Your Rapids Girls Rugby team won a hard-fought battle against the Number 2 ranked Gleneagle Talons yesterday to place them first in the Fraser North Division. Sydney Kuchka scored three highlight reel tries and Leyla Lal put the game away with dazzling run for a try off a penalty from mid-field. This was a total team effort with sensational defensive performances by Parmis Yousef, Janet Davies, Maya Regio, Jolene Hess and Tavia Hawley. Field generals Hannah Sol and Ruby Gosselin willed their team to victory with their on-field leadership while pushing their teammates to pull off a 24-10 victory.
- Do you want to play on a fantastic girls' softball team?  
Port Coquitlam Fastpitch is looking for three more players to join our U17C house team. Players can be ages 15, 16, or turning 17 in the next few months. No previous playing experience required. Game nights are on Mondays and Wednesdays, and a practice night. Deadline for registration is April 14.  
Go to our website for more info and registration: [www.pcfa.club](http://www.pcfa.club)
- Shout out to the junior girl's badminton team for winning a tight match against our cross-town rivals, Terry Fox last night!
- Congrats to the senior girl's tennis team on their win against Archbishop Carney. Special shoutout to the German pairs of Sofia and Frida AND Carlotta and viola for coming through in the clutch. CharlotteMary won in singles to clinch the W for Rside. Go Rapids!

## CLUBS

- For those interested in the Hicks Lake Fishing trip, please get a form from Mr. Chatt in room 100. Limited seats available! Once you have it signed, return to room 100 ASAP!

*Have a great day, Rapids!*