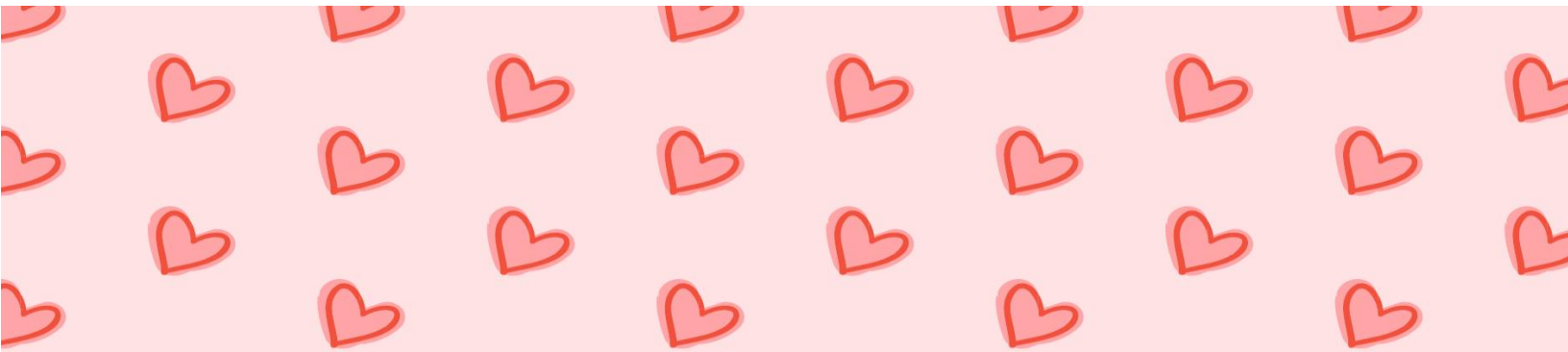




RAPID READ

DATE: THURSDAY, FEBRUARY 5TH, 2026



EVENTS & ANNOUNCEMENTS

- Attention Fishing and Environment 11 students...please come pick up your fishing rod **this week** from Room 106!
- Needing help with your course selections for next year? All three counsellors will be in the library lab at lunch **today** to assist anyone needing support! Please bring your computer!
- Reminder: Winter Sports team photos are **this Friday** at lunch in the gym!
- Time is running out to get your Yearbook. The LAST DAY to purchase your Yearbook on SchoolCash is on Tuesday, **February 10th**. Yearbooks will not be available for purchase after this date.
- Love is Love Luncheon on Friday, **Feb. 13th**. Join the Rainbow Alliance Club for some Valentine treats and snacks to celebrate Love. Bring your lunch to Room 217. See you there.

WEEKLY CAFETERIA SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: Riverside House Made Beef or Chicken Burger served with French Fries	Entrée: Riverside House Made Beef or Chicken Burger served with French Fries	Entrée: Riverside House Made Beef or Chicken Burger served with French Fries	Entrée: Riverside House Made Beef or Chicken Burger served with French Fries	Entrée: Riverside House Made Beef or Chicken Burger served with French Fries
Pizza: Pepperoni	Pizza: Pepperoni	Pizza: Pepperoni	Pizza: Pepperoni	Pizza: Pepperoni
Soup of the day: French Onion	Soup of the day: French Onion	Soup of the day: French Onion	Soup of the day: Carrot and Ginger	Soup of the day: Carrott and Ginger

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

ATHLETICS

- Any girls interested in playing school soccer this season must attend a very important information and registration meeting **today** at lunch in Gym C. See Ms. Cuccione or Mr. Jamieson for more info or if you cannot make it!
- **Jr. Girls Basketball:** Game today at 7:30pm and Friday time TBD both at Terry Fox.
- Senior Badminton Tryouts: **Tuesday, Feb 10th at 5:15-6:30 & Tuesday, Feb 17th at 7:15-8:30pm.**
- Students interested in playing for the Rside Ultimate Frisbee in the spring, please note that there will be an information meeting at lunch on **Tuesday February 10th** in Gym C. If you cannot make it please talk to Ms. Brandsma or Mr. Barrington.

CLUBS

- Social Justice club will be meeting on **Friday** at lunch in room 118.
- Creative Writers Club is holding their first meeting **today** at lunch in Portable 5. Bring your poems, short stories, novels or epics. We hope to see you there!

THEATRE

- Last chance to see our musical “Mamma Mia” this week! Shows are **today and tomorrow at 7pm**. Tickets are sold at the door, cash or card, available starting at 6:15pm!

Have a great day, Rapids!