

Friday, May 2nd, 2025

EVENTS & ANNOUNCEMENT

- Hey rapids many families in our community need our help and that's why we are hosting a blanket drive to support others who are in need, we are collecting blankets, clothes, shoes, toothbrush etc for shelters and families who could use a little extra comfort. You can bring your donations to room 113 and room 220 at any time. Let's come together to make sure everyone has what they need, no matter the season. Thank you for your support
- > Do you have an old red dress hanging in your closet or your mom's closet? Please consider donating it to the Red Dress installation at Riverside.
- ➤ Red Dress Day is May 5th, where we will honour the 1000's of Murdered and Missing Indigenous Women, Girls, 2 Spirits. Please take some time over the next few days to read the cards on the dresses outside. They were mothers, daughters, sisters, and friends.
- ➤ Youth Week in BC kicks off today and runs through Wednesday, May 7th! The City of Coquitlam has lined up a variety of exciting activities for youth ages 11–18 to enjoy throughout the week. See flyers around the school for more information.
- ➤ Do you have stuff you don't use anymore? Join us for Eco-friendly Swap Day next Tuesday, May 6th at lunch in the foyer! Drop off clean, gently used bottles, books, supplies etc at Room 109 (Mr. Chan's class) today and Monday, May 5th. Come to the foyer on Tuesday and find something new. Bring something old and get something new!
- Attention International Students who are going on the Kayak trip, your FORMS are due ASAP. Hand in your forms to Ms. Mireau in room 202. Also, check your school email for information on what to bring and where to meet.

WEEKLY CAFETERIA SPECIALS

Monday	Tuesday	Wednesday	Thursday	<mark>Friday</mark>
Entrée:	Entrée:	Entrée:	Entrée:	<mark>Entrée:</mark>
Crispy Chicken	Riverside House	Butter Chicken	Riverside House	Carolina Pulled Pork or
Wings tossed in	Made Beef or	served with Basmati	Made Beef or	Chicken Sandwich,
your Favorite	Chicken Burger	Rice and House	Chicken Burger	served with House
Sauce served with	served with Fries	made Nann Bread	served with Fries	<mark>Punched Fries</mark>
Veggies and Ranch				
Dressing				
Soup of the day:	Soup of the day:	Soup of the day:	Soup of the day:	Soup of the day:
Corn Chowder	Corn Chowder	Fire Roasted Red	Fire Roasted Red	Fire Roasted Red
		Pepper Soup	Pepper Soup	Pepper Soup

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

GRAD

➤ Hey Grads, reminder today is the last day to purchase your dinner dance and after grad ticket online or in the office. You must bring your receipt today to room 124 at lunch and pick your table. It is very important any students with allergies need to see Ms. Chin in room 124 by today. If you haven't entered your gown size online please do so ASAP, we are still missing a number of entries.

CLUBS

- Attention Art students and Art Club members. Do you have unclaimed ceramics in the art room? Please come and claim them today as we need to create room for new creations.
- > Social Justice Club: there is a meeting today at lunch in room 118. See you there!
- Model United Nation: Come to portable 4 on Monday after school. Come represent a country and speak about global issues. Reach out to Mr. Chee for the teams link to get more information. There will be food and drinks provided. We look forward to seeing you there.

ATHLETICS

Rapids Rugby: come support the boy's team as they face against W. J Mouat in the BCSS cross zone series. Kick off at 1:3pm Gates Park. Go Rapids!