



RAPID READ

DATE: WEDNESDAY, NOVEMBER 5TH 2025



EVENTS & ANNOUNCEMENTS

- Hey Rside! Ready for some friendly competition? On **November 14th** at lunch, it's Teachers vs. Students in a **Dodgeball** Showdown! Play or cheer— it's your choice! Sign-up sheets on bulletin boards & Rapids Instagram.

WEEKLY CAFETERIA SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: Braised Beef Mac N' Cheese served with Focaccia	Entrée: Beef Sliders served with Fries	Entrée: Chicken Shawarma served with Wedge Potatoes	Entrée: Sweet & Sour Pork Chow Mein	Entrée: Riverside House Made Beef or Chicken Burger served with French Fries
Pizza: Pepperoni	Pizza: BBQ Chicken	Pizza: 4 Cheese	Pizza: Pesto Chicken	Pizza: Pepperoni
Soup of the day: Tuscan White Bean & Sausage Soup	Soup of the day: Tuscan White Bean & Sausage Soup	Soup of the day: Chicken Noodle Soup	Soup of the day: Chicken Noodle Soup	Soup of the day: Chicken Noodle Soup

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

CAREERS

- There will be a UVIC Engineering Info Session this **Friday** at lunch in the library. All welcome to attend.
- There will be a University of Waterloo Info Session on **Monday November 10th** in the library after school. All welcome to attend.

CLUBS

- Reminder to Cadets participating in the colour guard - you are practicing at lunch in the gym on Wednesday and Friday.

GRADS

- G26 - LAST CALL – Today is the **LAST** day for Grad T-Shirts sales. Pick Up an order form in front of room 124 and pay online or in the office. Drop off your order form by today if you want a T-Shirt.
- Do you like Donuts? Support our grads and pre-order a box of Krispy Kreme donuts for \$15. Order forms can be found in the office or in front of Room 124. Pay online or in the office. Pick up will be on **Saturday, Nov. 15 at 10 am** at the Winter Market.

ATHLETICS

- Good luck to the Junior Girls Volleyball team who finished first in their pool at Fraser Norths and play in the semis tonight at St. Thomas More at 5:15PM. Go Rapids!
- Riverside's Unified Soccer Team has an away game vs Gleneagle Today!

Have a great day, Rapids!