



RAPID READ

DATE: MONDAY, SEPTEMBER 21ST

EVENTS & ANNOUNCEMENT

- Just a reminder if your park in the North Parking lot by Gates Park you must come to the office and pick up a registration form.
- If you haven't already brought your white student verification form and purple emergency release form back, please bring them to the office ASAP.
- **Rainbow Alliance!** Come join us in room 111 today for our first meeting to determine what this alliance will look like and enjoy some snacks and conversation.
- Want some help with your schoolwork? Drop in to the library after school on Tuesdays, 3:15-4:00 PM. Peer tutors are ready to help.

WEEKLY CAFETERIA SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: Prawn Risotto Served with House Made Focaccia	Entrée: Chili Rub Chicken Served with Alfredo Penne and Garlic Toast	Entrée: Italian Meatball Sub Served with House Cut Fries	Entrée: Pork Tacos topped with Pico de Gallo, Sweet Corn and Bean Salsa on the side	Entrée: Riverside House Made Beef and Chicken Burgers, Served with Fries
Soup of the day: Carrot Ginger	Soup of the day: Carrot Ginger	Soup of the day: Chicken Noodle	Soup of the day: Chicken Noodle	Soup of the day: Chicken Noodle

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

ATHLETICS

- **Cross Country Team:** there is practice after school today. Meet in room 128 at 2:55pm. Also, do not forget to sign up for Wednesday's mini meet if you can't practice today.

GRAD

- Hey 2026 Grads, there will be a scholarship and post-secondary information meeting for grade 12's on Wednesday, September 24th at lunch in the library.

CLUBS

- Hey Rapids! The Cancer Research Club is a new addition this year and our first meeting is tomorrow at lunch in room 118. Come and check it out.