



RAPID READ

DATE: TUESDAY , SEPTEMBER 23RD

EVENTS & ANNOUNCEMENT

- If you haven't already brought your white student verification form and purple emergency release form back, please bring them to the office ASAP.
- Want some help with your schoolwork? Drop in to the library after school on today from 3:15-4:00 PM. Peer tutors are ready to help.
- Truth and Reconciliation Day! This Thursday we will have an assembly to acknowledge all the indigenous children who suffered in residential schools. Don't forget to wear your orange shirt on this day to show your support.
- **Attention all Students:** if you had your photo taken on photo day your student ID cards will be handed out at your stream class tomorrow.
- **Language Challenge Exam:** this is for grade 10-12 students to earn credit for previous language experience. If you speak Farsi, French, Japanese, Korean, Mandarin, Punjabi or Spanish or Sign Language, see Mrs. Young in the counselling area.

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

- **Senior Girls Field Hockey:** come out today and support the team in their first game of the season. The game is at Gates Park from 3:30-4:30 PM.
- **Girls Basketball:** come to an information meeting this Friday, September 26th at lunch in Gym C. All grades are welcome. See you there!
- **Senior Boys Soccer:** come out to Centennial's Field today at 3:30 and cheer on the team for their first league game. Go Rapids!
- **Boys Rugby:** if you're interested in playing rugby this year, there will be a meeting in the mat room after school on Thursday, September 25th.

GRAD

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

CLUBS

- Hey Rapids! The Cancer Research Club is a new addition this year and our first meeting is Monday, September 29th at lunch in room 118. Come and check it out!
- **Steam Team:** there will be a meeting at lunch tomorrow in the makerspace. Come and give it a try.
- Hey Students, do you need a stress-free place at lunch? Want to meet new people and boost your mental wellbeing? Come join the Wellness Wave! Our first meeting is this Friday, September 26th at lunch in Room 214. Stop by with a friend for a fun Kahoot, coloring pages, and prizes.