



# RAPID READ

**DATE: WEDNESDAY, SEPTEMBER 24<sup>TH</sup>**

## EVENTS & ANNOUNCEMENT

- Hey Riverside! There are quite a few white and purple forms missing. Please hand them in to the office ASAP.
- Tomorrow is the Truth and Reconciliation Assembly. Don't forget to wear your orange to show your commitment to reconciliation.
- **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
<b>Entrée:</b> Prawn Risotto Served with House Made Focaccia	<b>Entrée:</b> Chili Rub Chicken Served with Alfredo Penne and Garlic Toast	<b>Entrée:</b> Italian Meatball Sub Served with House Cut Fries	<b>Entrée:</b> Pork Tacos topped with Pico de Gallo, Sweet Corn and Bean Salsa on the side	<b>Entrée:</b> Riverside House Made Beef and Chicken Burgers, Served with Fries
<b>Soup of the day:</b> Carrot Ginger	<b>Soup of the day:</b> Carrot Ginger	<b>Soup of the day:</b> Chicken Noodle	<b>Soup of the day:</b> Chicken Noodle	<b>Soup of the day:</b> Chicken Noodle

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

## ATHLETICS

- **Girls Basketball:** come to an information meeting this Friday, September 26th at lunch in Gym C. All grades are welcome. See you there!
- **Boys Rugby:** if you're interested in playing rugby this year, there will be a meeting in the mat room after school tomorrow.
- **Junior Girls Volleyball:** congrats on your 3-0 win against Charles Best. It was a great start to the season. Go Rapids!
- Riverside Cross Country athletes. Please meet at the beginning of lunch today in the foods room 128 for a quick meeting.
- **Grade 9 Girls Volleyball:** pick up your jersey from Mrs. Thomasen in room 213 today at lunch.

## GRAD

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

## CLUBS/ACTIVITIES

- **Dragonboat Club** – any students interested in joining, an information meeting and orientation will be held on Thursday, October 2 at 3:45-4:45 at the Old Mill Boathouse at Rocky Point in Port Moody. All previous paddlers and anyone new are welcome to join. If you have any questions, please see Mrs. Corcoran in the counselling area.
- 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 today 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 at lunch in Room 214. Stop by with a friend for a fun Kahoot, coloring pages, and prizes.
- **Art Club:** there is a meeting after school in room 106. We look forward to meeting all new members.
- **Attention All Fishers:** there is a meeting for all Fishing Club members tomorrow at lunch in room 106. See you there!