



RAPID READ

DATE: THURSDAY, SEPTEMBER 25TH

EVENTS & ANNOUNCEMENT

- Hey Riverside! There are quite a few white and purple forms missing. Please hand them in to the office ASAP.
- **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

- **Girls Basketball:** come to an information meeting tomorrow 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 today.
- Riverside Cross Country athletes. Please meet at the beginning of lunch today in the foods room 128 for a quick meeting.
- **Senior Boys Soccer:** come out today to watch our Sr. Boys soccer home opener game against Charles Best. See you at Gates Park for 3:30pm.!
- **Grade 9 Girls Volleyball:** come to Mrs. Thomasen's room 213 today at lunch to pick up your jersey.

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!
- 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 tomorrow at lunch in Room 214. Stop by with a friend for a fun Kahoot, coloring pages, and prizes.
- **Attention All Fishers:** there is a meeting for all Fishing Club members today at lunch in room 106. See you there!