



RAPID READ

DATE: FRIDAY, SEPTEMBER 26TH

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

CLUBS/ACTIVITIES

- 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 today at lunch in Room 214. Stop by with a friend for a fun Kahoot, coloring pages, and prizes.
- **Health Science Club:** first meeting is today at lunch in room 203. Come join us to get involved in our plans for this year!

ATHLETICS

- **Girls Basketball:** come to an information meeting today at lunch in Gym C. All grades are welcome. See you there!
- **Senior Boys Soccer:** great home opener game yesterday. It was a heated match with Riverside leveling the game off in the last few seconds for a 1-1 tie against Charles Best. Way to go Rapids!
- The Rapids Girls Rugby team will be holding a Try Rugby event on Wednesday October 1 @ 3:30 on Gates Park, field #3. No experience necessary. If you're looking to belong to something special with positive, fun, fantastic team culture, come give rugby a try. The season starts in February but we're recruiting early! Be strong. Make friends. Play rugby.

Would the following students please come see Ms. Burns in the office:

Callum Vanderhall	Basem Sabbayh
Hayden Taylor	Jacqueline Ziegler
Hana Kalatar	San Yilmaz