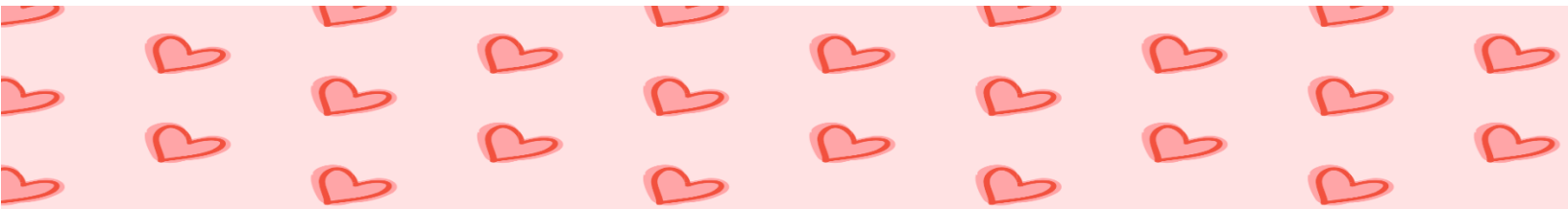




# RAPID READ

DATE: MONDAY, FEBRUARY 9<sup>TH</sup>, 2026



## EVENTS & ANNOUNCEMENTS

- Needing help with your course selections for next year? All three counsellors will be in the library lab at lunch **Tuesday & Thursday, Feb 10<sup>th</sup> & 12<sup>th</sup>** to assist anyone needing support! Mr. Brown & Mr. Kang will also be there to help with any MyEd questions.
- Time is running out to get your Yearbook. The **LAST DAY** to purchase your Yearbook on SchoolCash is tomorrow, **February 10<sup>th</sup>**. Yearbooks will not be available for purchase after this date.
- French Immersion peer tutors will be available in Room 208 at lunch throughout the semester. Feel free to stop by if you have questions or need to review some concepts!

## WEEKLY CAFETERIA SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée:</b> Chicken Wings. Crispy Breaded Wings, Choice of Hot Sauce, BBQ, Honey Garlic or Salt and Pepper. Served with Ranch, Carrots & Celery	<b>Entrée:</b> Meatball Subs. Italian AAA Ground Beef Meatballs, Soft Brioche Buns, Marinera Sauce, Mozzarella & Sweet Basil Served with Roast Potato Wedges	<b>Entrée:</b> Seafood Ravioli. Brown Bechamel Sauce, Blistered Tomatoes, Shaved Lemon & Chives. Served with House Made Focaccia	<b>Entrée:</b> Pulled Pork Sandwich. Carolina Style Smoked & Braised Pork Shoulder, Tangy BBQ Sauce, Apple Coleslaw, Brioche Bun, & Pickles. Served with Roast Potato Wedges	<b>Entrée:</b> Riverside House Made Beef or Chicken Burger served with French Fries
<b>Pizza:</b> Pepperoni	<b>Pizza:</b> BBQ Chicken	<b>Pizza:</b> 4 Cheese	<b>Pizza:</b> Pesto Chicken	<b>Pizza:</b> Pepperoni
<b>Soup of the day:</b> Fire Roasted Red Pepper	<b>Soup of the day:</b> Fire Roasted Red Pepper	<b>Soup of the day:</b> Fire Roasted Red Pepper	<b>Soup of the day:</b> Borsht	<b>Soup of the day:</b> Borsht

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

## THEATRE

- After 8 energetic shows and hundreds of extra hours of time *Mamma Mia!* came to a close on Friday night. A HUGE thank you to Ms. Roberge for her time, dedication and theatre experience bringing *Mamma Mia!* to life on the River’s Edge Theatre. Thank you to Ms. Henderson, Ms. Langford and the entire cast and crew for all the hard work that they put into making each performance outstanding!

## ATHLETICS

- Senior Badminton Tryouts: **Tuesday, Feb 10<sup>th</sup> at 5:15-6:30 & Wednesday, Feb 18<sup>th</sup> at 7:15-8:30pm.**
- Students interested in playing for the Rside Ultimate Frisbee in the spring, please note that there will be an information meeting at lunch **Tomorrow, February 10<sup>th</sup>** in the weight room. If you cannot make it please talk to Ms. Brandsma or Mr. Barrington.

- Any girls interested in playing school soccer this year, if you missed the meeting yesterday, please make sure you register for tryouts with Ms Cuccione or Mr Jamieson. First tryout is February 19th at 3:30 on the front turf!

## CLUBS

- Love is Love Luncheon on Friday, **Feb. 13<sup>th</sup>**. Join the Rainbow Alliance Club for some Valentine treats and snacks to celebrate Love. Bring your lunch to Room 217. See you there.
- Hey Rapids! Ramadan is around the corner, and the Riverside Islamic Club is happy to announce that they will be partnering with the local mosque to gather non-perishable food for families in our community. You can drop off nonperishable foods in room 123 at anytime from now **until March 6th**. Nonperishable foods include lentils, beans, canned soup, rice, tea, cookies etc. Let's work to make this a blessed month for all who participate.

*Have a great day, Rapids!*