



RAPID READ

DATE: WEDNESDAY, March 11th



EVENTS & ANNOUNCEMENTS

- **Reminder to all students:** There should be no walking through the construction zone beside the school parking lot. This is to keep you and the construction workers safe.
- Reminder to all Grade 9 and 10 students who missed the dance evaluation last Friday, there is a make up day TOMORROW at lunch in Gym C.
- The Spring Concert is tomorrow at 7pm. Entry is by donation. Everyone is welcome!
- Attention to students who are NEW in semester two. Your student ID cards are in the office available for pick up at lunch or after school.

WEEKLY CAFETERIA SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée: Chicken Alfredo. Apple and Cinnamon stuffed Chicken Cordon Bleu, Creamy Basil infused Fettuccine pasta. Served with house made Focaccia	Entrée: Prawn rolls. Creamy Spiced Tiger Prawn Salad. Crisp lettuce, Tomato, Soft Hoagie Buns. Served with Wedge Fries	Entrée: Pork Panini Sandwich. Maple and Glazed Pork Tenderloin, Apple Dijon Gastrique, Swiss Cheese, Apple Chips. Served with Wedge Fries	Entrée: Beef Steak and Mash Potatoes. Smoked and Braised AAA Beef Brisket, Creamy Garlic Mash Potatoes, Seasonal Vegetables, and Demi-Glaze	Entrée: Riverside House Made Beef Burger or Chicken Burger Served with French Fries
Pizza: Pepperoni	Pizza: BBQ Chicken	Pizza: 4 Cheese	Pizza: Pesto Chicken	Pizza: Pepperoni
Soup of the day: Broccoli	Soup of the day: Broccoli	Soup of the day: Fire Roasted Red Pepper	Soup of the day: Fire Roasted Red Pepper	Soup of the day: Fire Roasted Red Pepper

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

ATHLETICS

- **Sr. Girls Soccer:** Tournament today and tomorrow at Town Centre. GO Rapids!
- **Girls Rugby:** HOME game today after school. Kick off is at 4pm. Come out to support our Rapids!!

CLUBS

- The Ski and Snowboard club is heading to Whistler on April 2nd and there are still spots available! No prior skiing or snowboarding experience is necessary! If you are interested, come and see Ms. Staples in room 200 for more information.
- Come out for a good cause! The Covenant House club is hosting a pizza sale! Come down to the foyer at lunch TOMORROW and grab a slice or two. All Proceeds will support youth experiencing homelessness. That's Thursday March 12 at lunch.
- Rainbow Alliance- Celebrate Spring with the LGBTQ+ Rainbow Alliance members and your allies. Come for a free pizza lunch on Friday in Monicas room to celebrate spring.
- Hey Frenchies. Looking to review ahead of your exams this week? Pop by Room 207 at lunch all week to work with a tutor if you need a little extra help!

Have a great day, Rapids!