



RAPID READ

Friday, October 14th, 2022

EVENTS & ANNOUNCEMENTS

- Rise & Shine Rapids! The Rise and Shine Breakfast club will be starting next Tuesday, October 18th in room 126 at 8:15am. Join us every Tuesday and Thursday morning for a quick breakfast bite!
- **SCHOOL SPIRIT DAY** is on Thursday, October 20th! Wear your rapid gear and show your pride!
- Pro-D Day is on Friday, October 21st. No school for students.

WEEKLY CAFETERIA SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
No School	Baked Mac & Cheese	Butter Chicken and Basmati Rice	Teriyaki Bowl	Roasted Pork Tenderloin and nugget potatoes with gravy

SPORTS

- Congratulations to the Sr. Boys Volleyball on their win against Gleneagle yesterday!
- **Girls Field Hockey:** Game today vs. Centennial at Town Centre
- Anyone interested in giving field hockey a try? Ever wondered how field hockey is played and want to try it for fun? For any beginners with no experience, come to the grass field at gates Tuesdays & Thursday during lunch! See you there!
- **Jr. Boys Soccer:** Away game on Monday, October 17th vs. Heritage Woods
- **Gr. 9 Girls Volleyball:** Away game on Monday, October 17th vs. Centennial

CLUBS

Nothing at this time.

GRAD

- UVIC Gustavson Business School Info Session is on Monday, October 19th at 3:15pm in the library!