



Carihi Announcements

Thursday, September 14th, 2023

Good Morning, Bonjour, Buenos Dias and Gilakas'La Carihi

Carihi Clothing:

Order your Carihi hoodie, shirt or sweatpants now!
Orders are due in by Thursday, October 5th and forms can be found at the office.
See Ms. Perras in F102 for limited sample sizes available.
Carihi clothing will only be available once this year for ordering, do not miss out!



Island Health Youth Clinic:

Island Health will have an information booth set up in front of the MPR on today from 11:30—12:30pm. If you have any questions about the youth clinics held at Carihi on Monday's or their other services through Island Health, please stop by their table today to speak with one of the nurses.

GSA (Gender/Sexuality Alliance):

GSA group gathering today at lunch in C110, bring your lunch and a friend for a social gathering.

Junior & Senior Boys Volleyball:

The first practice for Junior and Senior Boys Volleyball is today from 4:30—6:30pm.

Cross Country:

Anyone interested in Cross Country, please meet in the gym for our first run on Monday, Sept 18th at 3:00pm, bring running gear.

Musical Theatre:

The first Musical theatre meeting will be today at 3:00pm in the Drama room. If you are signed up for the course, or even if you are not, and want to know more, please come to the meeting.

Grade 9 & 10 Boys Basketball:

All grade 9 or 10 boys interested in playing basketball meet at lunch in the gym.

Girls' Basketball drop-in:

Girls basketball drop in will start Monday, September 18th, from 6:00-7:30pm.

Carihi Swim Team:

Are you a competitive swimmer? If you are a current Killer Whale or Salmon Kings swimmer or have a strong competitive swimming background and are interested in representing Carihi at a school swim meet in October, please come to an information meeting in E110 at lunch today.

Rotary Youth Exchange:

Interested in spending next year in a different country going to school?
The Rotary Youth Exchange is a great way to see the world and experience new cultures and languages. Check out this link to learn more.
Application deadline is the end of September.
<https://rye5020.org/page/rotary-youth-exchange>



CARIHI KITCHEN



Wraps

Crunch Chicken Wrap \$4.50

Chicken, Tomato, Lettuce, Cheese, Ranch

Spicy Crunchy Chicken Wrap \$4.50

Chicken, Tomato, Lettuce, Cheese, Ranch, Hot Sauce

Vegan Wrap \$4.50

Curried Sweet Potato & Chickpea

Pizza

\$2.50 per piece

Cheese—Marinara & Mozzarella

Pepperoni—Marinara, Mozzarella & Pepperoni

Fries

Small \$3

Large \$4

Poutine Small \$4.50 Poutine Large \$5.50

Soup, Sandwich & Salads

Soup of the day with dinner bun \$3.00

Feature Salad \$3.50

Feature Sandwich \$4.00

Combination Deals

Sandwich & Soup \$5.00

Sandwich & Salad \$5.00

Salad & Soup \$5.00

Meal of the Week \$5.00

From the Bakeshop

Chocolate Chip Cookie \$1.00

Drinks

Power Aid/Gatorade \$2.50

Canned Drinks \$2.00

