



# Carihi Announcements

Tuesday, September 26th, 2023

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

## SCHOOL PHOTO DAY: Tuesday, October 17th

### Carihi Clothing:

Don't miss out on this year's order of Carihi clothing! We only order once this year and all orders are due by next Thursday! Forms can be found around the school and at the office. Payments can be made at the office or online through the Carihi website.

See Ms. Perras in F102 for limited sample sizes available.



### Tour de Rock

The Cops for Cancer Tour de Rock will be passing by Carihi today at 1:05pm.

This is an annual event where law enforcement personnel cycle 14 days and 1200km across Vancouver Island raising money for childhood cancer research and support services at the Cancer Society.

Learn more at [tourderock.ca](http://tourderock.ca)

### Post-Secondary Club:

Any grade 12's interested in joining the Post-Secondary Club send a TEAMS message to Ms. Lloyd. Our first meeting is on Wednesday, September 27 at 11:30 in room E133. Bring your lunch and come and find out more about Post-Secondary opportunities.

### Writing Contests:

There are two writing contests coming up. One is the Terrifying Tales youth writing contest being held by the Vancouver Island Regional Library. Submit your scariest poems and stories to win prizes and possibly get published. The other is from the BC Federation of Writers who are seeking submissions for a youth edition of their monthly magazine on the theme "Practice Makes Progress". Posters with more details can be found in the Learning Commons, or see Ms. Lapointe for more details.

### Bamfield Marine Science Centre Trip:

Do you want to participate in a 3 day experiential and immersive marine science field trip?

Well the Bamfield Marine Science Centre is calling! We'll be out in the forest, on boats and beaches, and in the lab doing marine science...at an actual ocean science research centre! If this appeals to you, please come to an info meeting on Thursday September 28<sup>th</sup>, at lunch in E110 (the bio lab).





# 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

\$2.00 per slice

Cheese—Marinara & Mozzarella

Pepperoni—Marina, Mozzarella & Pepperoni

## Fries

Small \$3.00

Large \$4.00

Poutine Small \$4.50

Poutine Large \$5.50

## Soup, Sandwich & Salads

### Soup of the day:

Roasted Butternut Squash 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

Lasagna (Vegetarian or Meat)

Served with Caesar salad & crazy bread

## From the Bakeshop

Chocolate Chip Cookie \$1.00

## Drinks

PowerAid/Gatorade \$2.50

Canned Drinks \$2.00

