

**Canteen:**

Thursday: Boneless Chicken bites with chips, veggies and dip

Friday: Barbequed Hot Dogs

**Congratulations to the Rookie team who had a great game, losing 6 to 5 against SJR.**

**Congratulations to Bryn-Lee and Rianna for placing 2<sup>nd</sup> at Zones and earning a berth to Badminton Provincials next week.**

**Well done all JV and Varsity Badminton players for a successful zones**

**Quote of the day:**

- “If you don’t risk anything, you risk even more.” —Erica Jong