



# Centennial Regional High School

## Tuesday, September 17, Day 4



Our 2024 Terry Fox School Run will be on September 27, during period 2. We're super excited to take part in this annual tradition that supports cancer research while building school spirit. We are asking all students to bring in a toonie, of course you can bring in more, to participate in the run and receive a Centennial Chargers bracelet. Your donation must be brought into your Day 1, period 1 homeroom teacher. All staff members can donate as well and get a bracelet from Jessy. Let's continue doing our part and help fight CANCER.

### PIZZA FRIDAYS ARE BACK!

Pizza will be on sale Fridays at lunch in the cafeteria. 1 Slice is 3\$, 2 Slices are 5\$.

**Advanced Band Sign Ups:** If you'd like to play music, come sign up for Advanced Band! Signups will be posted on the music room door. For more information see Ms. Barrasso

**Voice Tech Sign Ups:** Are you interested in singing? Do you want to learn how to improve your vocal technique or performance skills? If so, sign up by the music room. See Ms. Barrasso for more information.

**Want to learn how to knit? Learn the basics and make your own pieces of clothing or original accessories with Mme Rioux. Join CRHS' knitting club Tricoland! Every day 8 at lunch in C-204.**

**Power Hour: Every day from 8:30am to 9:30am**

**Lunch Resource: Every day from 12:30pm to 1:15pm**

**SOS: Tuesdays and Thursdays from 4:15 to 5:15pm.**

### ATHLETICS:

**Grade 9-10-11 Basketball Scrimmages:** Open Basketball scrimmages will be held this week on Thursday and Friday (Sept 19+20) after school. Come start getting your game into shape because...

**Juvenile Boys Basketball Tryouts** will be on Monday, Tuesday, and Thursday Sept 23, 24 & 26. After school.

Mr Languay and Mr Rodgers

**Weight Room Rules:** Sec. 1 students are not permitted in the weight room for now.

Junior Days (Sec. 2): Days 1, 3, 5, 7

Senior Days (Sec. 3-4-5): Days 2,4,6,8

\*\*Only 20 students will be allowed at a time in the weight room. Only those students that are changed and working out will be allowed in. \*No Crocs, slides or sandals allowed to work out. Students cannot just watch their friends. \*No backpacks allowed. \*No food allowed.

### GO CHARGERS!

### GRAD TRIP TO NYC!

Class of 2025 - it's time to get our trip to NYC organized. We're headed to the Big Apple in December, and there is still lots to be done before we leave.

All students who are currently registered for the trip are asked to meet in Auditorium 2 on Tuesday, September 24th.

This meeting will take place from 12:30-1:00.

Please speak to Mrs. Wright in A204 or B205 if you have any questions.

**Guidance department in D102** Check out the bulletin board and on the website for all info.

### Peer Tutoring Information:

#### For Prospective Peer Tutors:

If you are interested in becoming a peer tutor for this academic year, please collect an application form from the bulletin board outside of D102. Peer tutors will be compensated at a rate of \$15 per session. Parental permission is required to participate. For additional information, please contact Mr. Klingenberg.

#### For Students Seeking Tutoring:

If you are looking for additional support with your coursework, consider using CRHS' Peer Tutoring Program. To get started, pick up a form from the bulletin board outside of D102 or complete the form online via the CRHS website. Parental permission is required. For further details, please speak with Mr. Klingenberg.