



This is a reminder that this Friday is attestation day, and all students must be in school!

ORANGE SHIRT DAY: September 30th is Orange Shirt Day. The “orange shirt” in Orange Shirt Day refers to the new shirt that Phyllis Webstad was given to her by her grandmother for her first day of school at St. Joseph's Mission residential school in British Columbia. When Phyllis got to school, they took away her clothes, including her new shirt. It was never returned. We wear orange to acknowledge the students who were victims of Canada's Residential School system.

This annual day of remembrance will be held on September 29th and all CRHS staff are students are encouraged to find themselves an orange shirt to mark this occasion. This is just a small way that we can support Canada's indigenous communities and acknowledge the atrocities they have faced in our collective history.

The Italian Club is back: The Italian club will meet for the first time this school year during lunch this Friday, in B204. Welcome back, CRHS—vi auguriamo un buon anno scolastico!! The club is open to all grade levels and all students interested in learning some Italian, learning about Italian culture, and enjoying a little taste of Italy! See you there!

Middle School Boston Trip

CRHS Middle School is going to Boston between April 26th-28th. Are you in Grade 7 or 8 and want to see an exciting new city with your peers? Interested in registering for the trip?

Get permission forms from Mr. Jude (C115) or Ms. Naseer (C206) starting MONDAY, October 2nd and return the signed forms by FRIDAY, October 6th to reserve your spot.

Spots are first come first served, with a maximum of 50 students.

Official registration and payment will be completed in the weeks that follow.

Questions? See Ms. Naseer or Mr. Jude.

Charged up Fridays! All staff and students should come to school in any Centennial Chargers, burgundy and gold clothes that you have EVERY Friday!

Yearbook Orders must be done by sending Jessy an email.

JHerron@rsb.qc.ca

Please specify if you would like a personalized copy with your name on it (65\$), and what the name is, or a plain copy for 60\$. It will then be added to your account.

ATHLETICS:

SIGN UP FOR BASKETBALL: BANTAM BOYS AND GIRLS AND CADET(Junior) and JUVENILE (Senior) GIRLS IS TODAY AT LUNCH, IN THE GYMS

SIGN UP FOR VOLLEYBALL: CADET(Junior) and JUVENILE (Senior) BOYS & GIRLS, TODAY AND FRIDAY, AT LUNCH, IN THE GYMS.

The first home Chargers game of the year is TODAY at 4:30, at the Cynthia Coull arena. Let's get a big crowd in the burgundy and gold at the arena, and cheer on the Senior Boys Hockey team in their game against MGR-Parent! GO CHARGERS!

Basketball Tryouts for Junior/Cadet Boys TODAY at 4:15pm.

Basketball Tryouts for Senior/Juvenile Boys TODAY at 4:15pm.

Cross Country

TODAY-Training @ Parc de la Cite. Early Dismissal at 3:45 pm.

Weekend work out. Run your race distance easy jog all 3 days!!!!

MONDAY, OCT. 2nd- Meeting Lunch hour 12:30 gym 2

TUESDAY, OCT. 3rd- SSIAA MEET @ PARC DE LA CITE

****Reminder the gates close at 5:15, so all athletes must bring their bags with them to practice.**

Attention all students taking secondary 4 Canadian History and WOTP students:

The Human Sciences department is organizing a one-day educational trip to Ottawa on Oct 26. If you are interested, please see your history teacher for more information. We are collecting money (\$5) and forms on Tuesday, October 3 at 12:25 p.m. in front of A-204. See you there!

Exercising in the morning is a great way to start your day, or you can train at lunch to give you energy for the afternoon; either way, all students are welcome to hit the Weight Room

EVERY Tuesday, Wednesday, and Thursday morning between 8:35 and 9:25 and work out with Mr. Moein, Mr. Soumas and Mr. Jude. Or you can train with Ms. Sawyers at lunch time on Mondays and Wednesdays in the mat room!

OPEN HOUSE DATES 2023

CHAMPLAIN COLLEGE
SAINT-LAMBERT

NOVEMBER 5 @ 1-4 PM

DAWSON COLLEGE

OCTOBER 22 @ 1-4 PM

JOHN ABBOTT

OCTOBER 21 @ 12-4 PM

VANIER

NOVEMBER 4 @ 12-4 PM

FOR MORE SCHOOLS, VISIT
SRAM WEBSITE BELOW:

[HTTPS://SRAM.QC.CA/W
HAT-IS-SRAM/OPEN-
HOUSE](https://sram.qc.ca/wat-is-sram/open-house)

