



September 3 – 6th at SRHS

Reminder to sign up for Cashless payment of school fees via our school webpage & return any and all required school forms.

Monday Labour Day Monday – no school

Tuesday Welcome our Grads of 2023
Alternate bell schedule as provided
Bus Evacuation during G3

Wednesday Welcome all our Sonics Grade 9 – 12
Assembly Bell Schedule to allow for Grade level assemblies






Thursday *Tues/Thurs Bell Schedule – Remember G3*

Friday 1st Friday of the school 2019-2020 school year

Chartwell Meal Plan for year is attached below

School picture day is September 16th

Vincit qui se vincit – To conquer, one must conquer oneself

High School 2019-2020		Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
Week 1	Daily Meal \$7.00 Includes Milk	Butter Chicken on a Bed of Rice Served With Roasted Vegetables, Naan Bread & Fruit of the Day	Beef Enchilada with Mexican Rice, Buttered Corn and Fruit of the Day	Homemade Shepherd's Pie With Side Garden Salad, Fresh Baked Roll & Apple Crisp	Mac and Beef Pizza Cups with Assorted Greens and Fruit of the Day	Sweet and Sour Pineapple Pork or Chicken on Rice with Veggies and Fruit of the Day
Week 2		Hot Chicken Sandwich with Mashed Potatoes, Hot Vegetables, Gravy & Fruit of the Day	2 Taco's Stuffed with Beef or Chicken. Choice of Lettuce, Tomato and Cheese With Mexican Rice & Fruit of the Day	Chicken Parmesan with Broccoli Fettuccini Alfredo and Fruit of the Day	Buffalo Chicken Flatbread With Side Salad Fruit of the day	Teriyaki Beef and Vegetables served with Steamed Noodles, Fortune Cookie & Fruit of the Day
Week 3		Pulled Pork on a Bun with Summer Salad topped with Berries	Chicken Fajita with Mexican Rice & Side Salad topped with Berries	Homemade Meat or Vegetable Lasagna with Caesar Salad and Fruit of the Day	Savory Chicken Pot Pie with Salad and Fresh Baked Roll Fruit of the Day	Chicken or Vegetable Lo Mein with Steamed Noodles and Fruit of the Day
Pasta Meal Served with a Side Salad and Fruit of the Day		Baked Macaroni and Cheese	Spaghetti with Meat Sauce or Marinara Sauce	Fettuccini Alfredo	Beef and Macaroni in Tomato Sauce	Chicken, Broccoli and Cheese Pasta
Available Daily		Pizza Slice Homemade Hamburger, Chicken Breast, Grilled Chicken Snack or Soft Beef Taco served with Veggie Sticks Or Garden Salad and Fruit				
Meals made with Whole Grain and Enriched White Products, Meats and Vegetables are Local NB Products!						