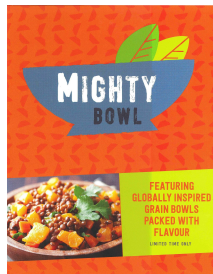


Monday - Chicken Tinga Poutine Supreme - **\$6.00**

NRG - Pasta & Meatballs - **\$6.00**

Tuesday - Chickpea Curry with Rice **OR** Curry Fries **\$6.99**

NRG - Popcorn Chicken with fries **OR** salad **OR** cookie **\$6.00**



Wednesday - Orange Ginger Chicken Grain Bowl **\$6.99**

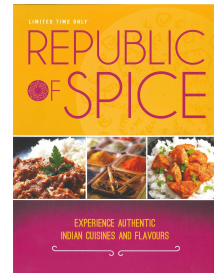
NRG - Pulled Pork Sandwich with fries **OR** salad **\$6.00**

Thursday - Chicken Souvlaki with choice of **2** sides **\$6.99**

NRG - Chicken Shawarma with fries **OR** salad **\$6.00**

Friday - Falafel Pieces with choice of **2** sides **\$6.99**

NRG - Chicken Burger with fries **OR** salad **\$6.00**





Until December 10th we will be accepting video submissions to audition for our holiday concert on December 21st. Please send your submission to [074385006@gapps.yrdsb.ca](mailto:074385006@gapps.yrdsb.ca). Please include your name and student number as well as any tech support or equipment you may need for your show.

*Poetry*  
*Short Stories*

*Essay*

*FanFiction  
& Spoken  
Word*

OPEN TO

INTERMEDIATE:  
GRADE 9  
GRADE 10

SENIORS:  
GRADE 11  
GRADE 12

Must be original work,  
**BE CREATIVE!!**

Contest Deadline:  
January 7th, 2019, to  
January 11th, 2019,  
at 2:30 pm, in the  
Learning Commons

# EXPRESSIONS of YOUTH

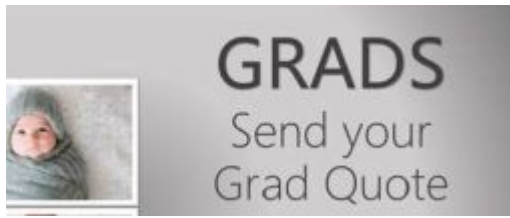


Are you a new student to Langstaff this year? If so, you have the opportunity to come downtown on a fun field trip to the Christmas market on December 13th. Space is limited so sign up on cash online as soon as possible and pay the \$5 fee. If you have any questions or concerns, please let me know.



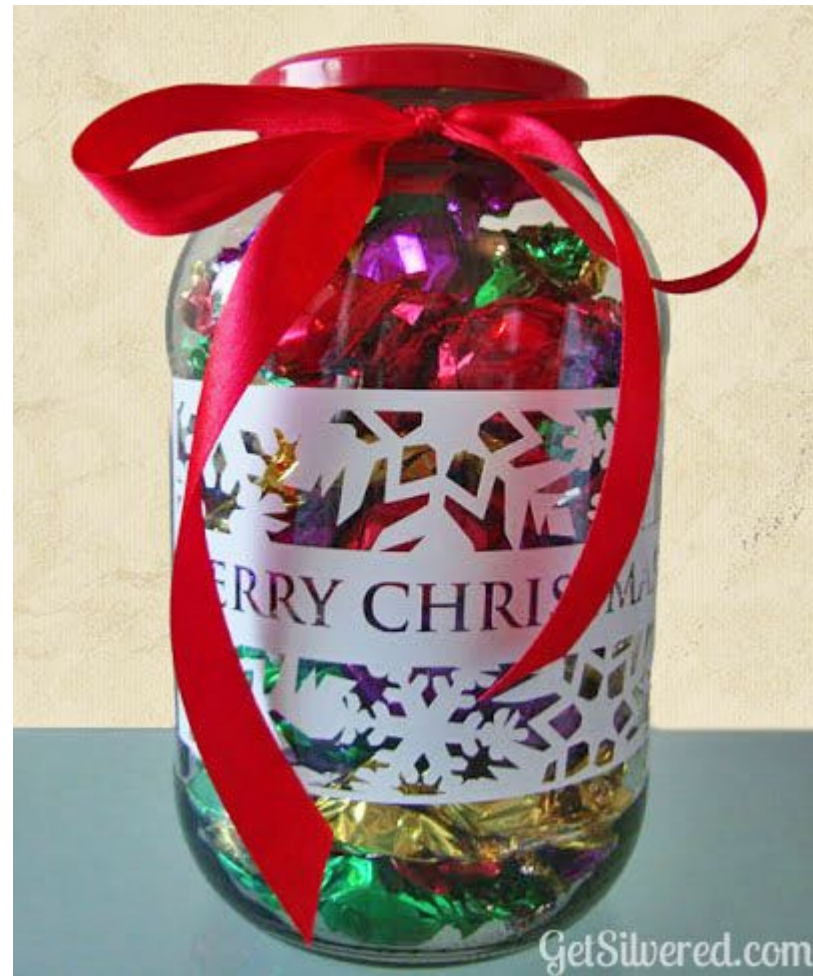


**Hey bears want to play ball? If yes, come to the big gym Wednesday Dec 5th for our annual Basketball intramural. \$2 per person for teams of 5. Hope to see you there and remember, Ball is Life!**



**ATTENTION ALL GRADE 12 STUDENTS. ARE YOU STILL DECIDING ON YOUR YEARBOOK QUOTE? MAKE YOUR DECISION SOON AND WE WILL INCLUDE IT IN THE YEARBOOK NEXT TO YOUR GRADUATION PHOTO. GRADUATION QUOTES ARE DUE TODAY AT [LSSYEARBOOK2018@GMAIL.COM](mailto:LSSYEARBOOK2018@GMAIL.COM) AND A REMINDER TO ALL STUDENTS - THAT YOU MUST PURCHASE A YEARBOOK ON SCHOOL CASH ONLINE. TIME IS LIMITED - ONCE THE DEADLINE PASSES WE CAN NO LONGER ORDER MORE BOOKS AND NONE WILL BE FOR SALE IN JUNE.**

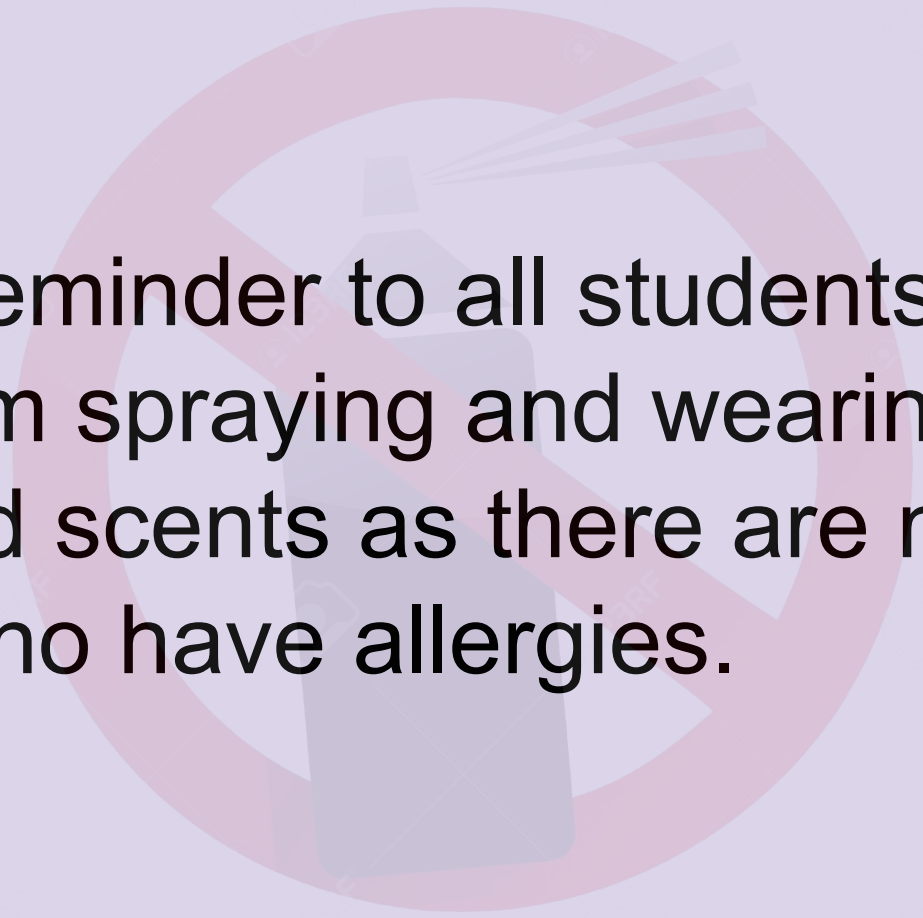
Hey bears! Come by the office today and take part in the Student Culture Committee's fundraiser! Guess correctly how many chocolates are in the jar and you could win the entire jar! Each guess is 25 cents or more and all proceeds will go towards World Without Genocide, an organization that works to protect innocent people around the world, prevent genocide by combating racism and prejudice. You may come guess during both lunches. Hope to see you there!







Hello Langstaff! Do you want to win a free Pizza party in January 2019 for 15 friends? Bring in your best decorated Gingerbread house to the cafeteria to display from Nov. 30 to Dec 15, 2018. Winner will be announced on December 16, 2018. Stop by the Caf and see Milva for contest details.



This is a reminder to all students to please refrain from spraying and wearing perfumes, sprays and scents as there are many in the building who have allergies.