

# **Carlton Cafetorium Menu**

**Monday Oct. 21, 2019**

**Breakfast**

**Kaiser**

**Lunch**

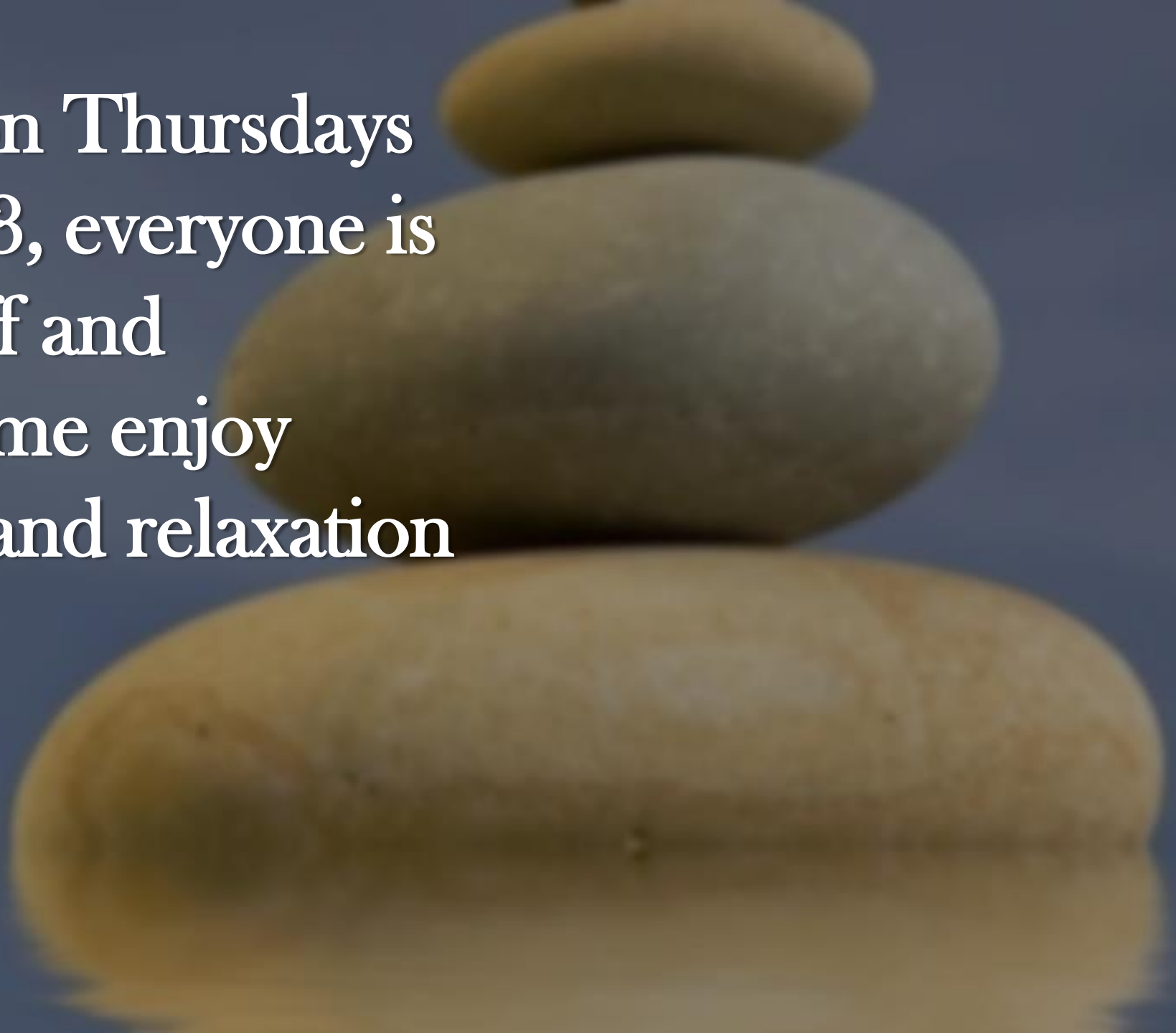
**Chicken Cacciatore**

**Soup / Salad**

**Bacon Chowder Soup**

**Dessert**

Meditation on Thursdays  
at noon Y103, everyone is  
welcome staff and  
students. Come enjoy  
some peace and relaxation  
in your day.



Christmas isn't here yet, but we hope you're in the giving spirit! The pantry is looking for donations of food like granola bars, fruit cups or other quick grabs foods but we will take anything you have to offer! We would also love warm clothes, jackets and mitts.

**Donations can be brought to room B222.** Help out our Sader Family if you can. Thank you!



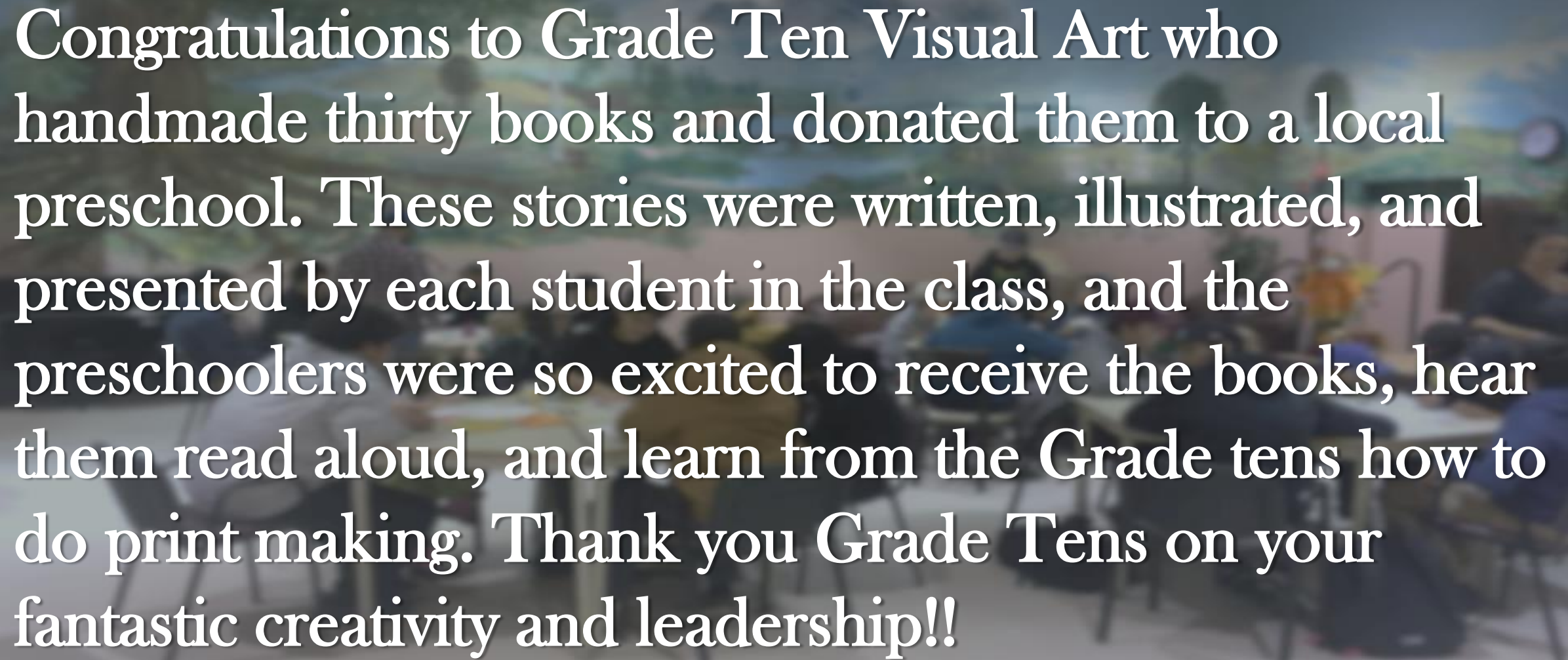
# Attention New and Old Debaters!

The Carlton Debate Club  
will hold its weekly meetings  
over lunch hour every

Tuesday. Whether you are  
new to debate or a returning  
veteran, come out to

Mr. Fahie's room, B109 on  
Tuesday at lunch. We look  
forward to seeing you there.





Congratulations to Grade Ten Visual Art who handmade thirty books and donated them to a local preschool. These stories were written, illustrated, and presented by each student in the class, and the preschoolers were so excited to receive the books, hear them read aloud, and learn from the Grade tens how to do print making. Thank you Grade Tens on your fantastic creativity and leadership!!



# TODAY'S BELL SCHEDULE

## BELL SCHEDULE

Period 1	8:55 – 9:58
Period 2	10:03 – 11:08
Period 3	11:13 – 12:16
Period 4	1:05 – 2:08
Period 5	2:13 – 3:16

# MEDIA CLUB

Are you interested in photography and/or videography? Do you want to attend Carlton events and capture the action? Maybe shoot portraits for the Human of Carlton project? Would you like to help shape Carlton's social media feeds?

We Meet Every

**TUESDAY @ LUNCH**

In the

**STUDENT LOUNGE**

(by the garden area)



Senior Girls Volleyball  
City Finals against St  
Mary's is Tuesday  
October 29, 2019 at 7:00  
pm in the CPAC. Come  
on out and cheer on  
your Crusaders!



# Outdoor ED Grip it Climbing Saskatoon!!!

Join us for a fun day of wall climbing on **Nov 20 !!! Note the date change!!**

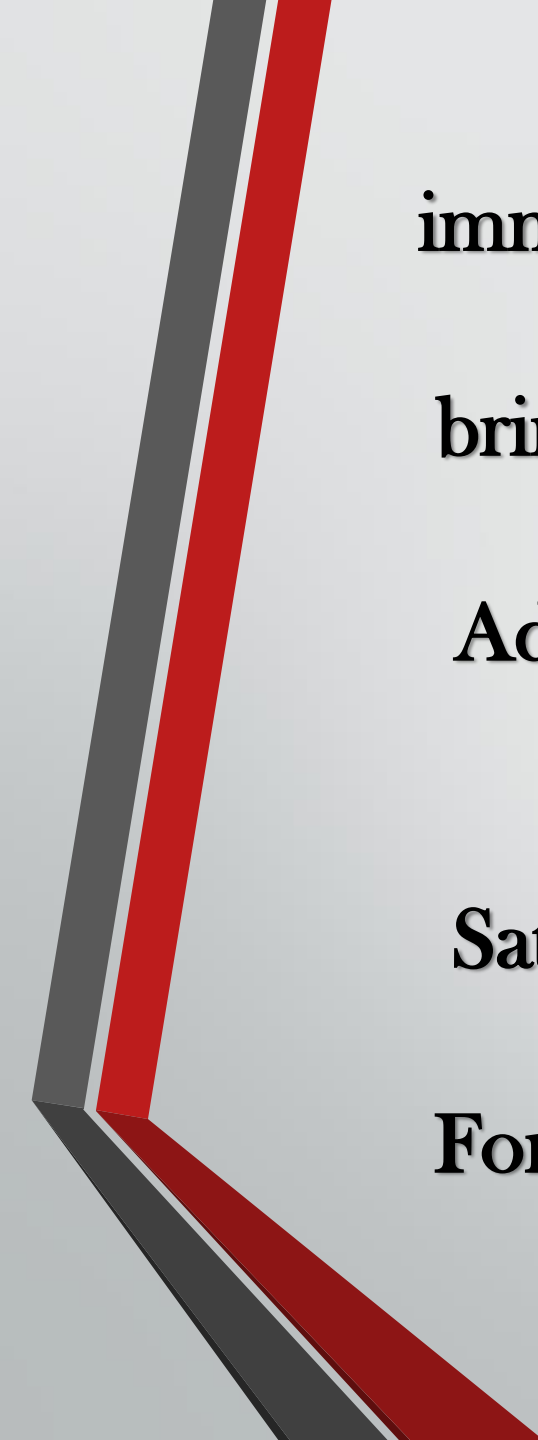
First information meeting is Oct 23 in The Mechanics Shop at noon

Thank you to everyone who helped to make the Provincial X-Country Meet a huge success!

Congratulations to Daniel McCaffrey who placed 6<sup>th</sup> and Rayne Cyr who placed 14<sup>th</sup>. An amazing job well done to our other students: Olivia Quiring, Jayla Beer, Kaydence Pellerin, Yusef Ali, and Ibirham Ali.

Thank you to Saskatchewan Rivers School Division, P4A, The Prince Albert Track Club, and the Triathlon Club of Prince Albert for their generous donations!

And last but not least, a huge thank you to Mr. Strom who was the commissioner for the event, and to Coaches Bennington and Mirasty for their dedication throughout the season.



Public Health Nurses will be offering influenza immunizations at the Parent Teacher conferences on Nov. 6th at Carlton School, 3:30-8:00pm. Please feel free to bring the whole family! Please bring your health care card and wear short sleeves.


Additional Influenza Clinics will be held at the South Hill Mall (by Carlton Hearing):

Monday -Friday Oct. 21st -25th -9:00am-5:30pm

Saturdays Oct. 26th, Nov. 2nd and 16th - 9:00am-2:00pm

Tuesdays Nov. 5th and 26th - 1pm-5:30pm

For more information please call the Public Health Office  
at 765-6510.



Are you interested in building an  
Art Collection and learning more  
about how to submit your art to  
different galleries, come see Mrs.  
Mirasty at Y103 at noon on  
Tuesdays and Fridays.