

Carlton Cafetorium Menu

Thursday Oct. 24, 2019

Breakfast

Surprise!

Lunch

Pulled Pork with Roasted Wedges and Coleslaw

Soup / Salad

Cabbage Roll Soup

Dessert

HALLOWEEN COSTUME CONTEST

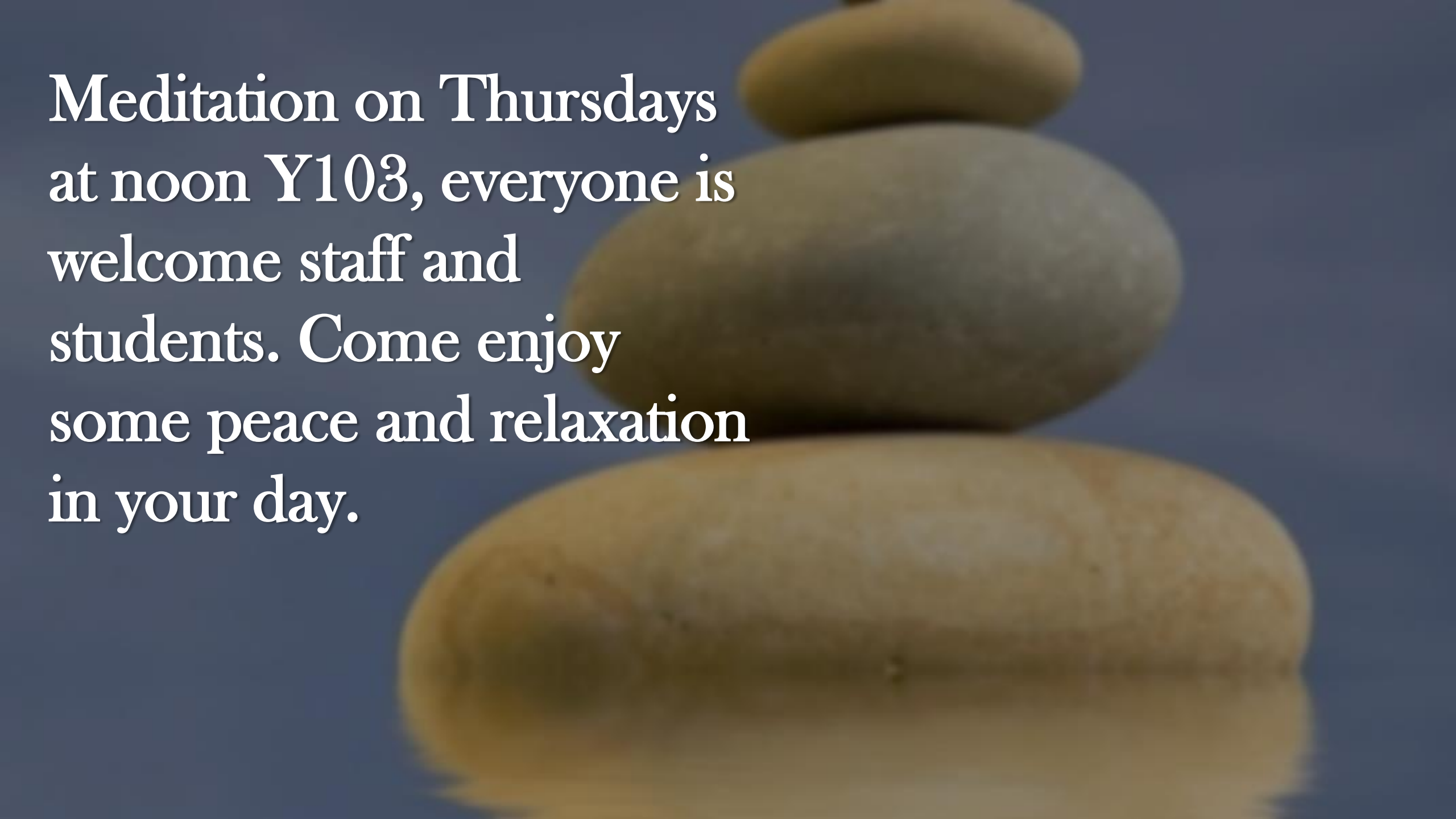


**Thursday, October 31st come to the cafeteria at noon hour
and participate for some fun and a chance to win prizes!**

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!



A stack of four smooth, light-colored stones is positioned on the right side of the image. The stones are stacked vertically, with the largest at the bottom and the smallest at the top. The background is a solid, dark blue color. The text is overlaid on the left side of the image.

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

CHARICATURE AND POETRY DISCOVERY TABLE!


WHEN: MONDAY, OCT. 29

WHERE: ROTUNDA

WHO: EVERYONE!

WHY: FOR FUN!!

COME GET **WACC**-Y!



**Senior boys city
finals are on
Wednesday
October 30th
7pm at
St. Mary.**



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.



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

SCARE O-GRAMS ARE BACK!

For \$1.00 we will be selling candy grams October 24th, 25th, and 29th by the Learning Commons at noon hour!



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)



Student Vote Results

The results for Carlton were as follows:

People's Party - PPC (Kelly Day) - 40

Liberal Party (Estelle Hjertaas) - 72

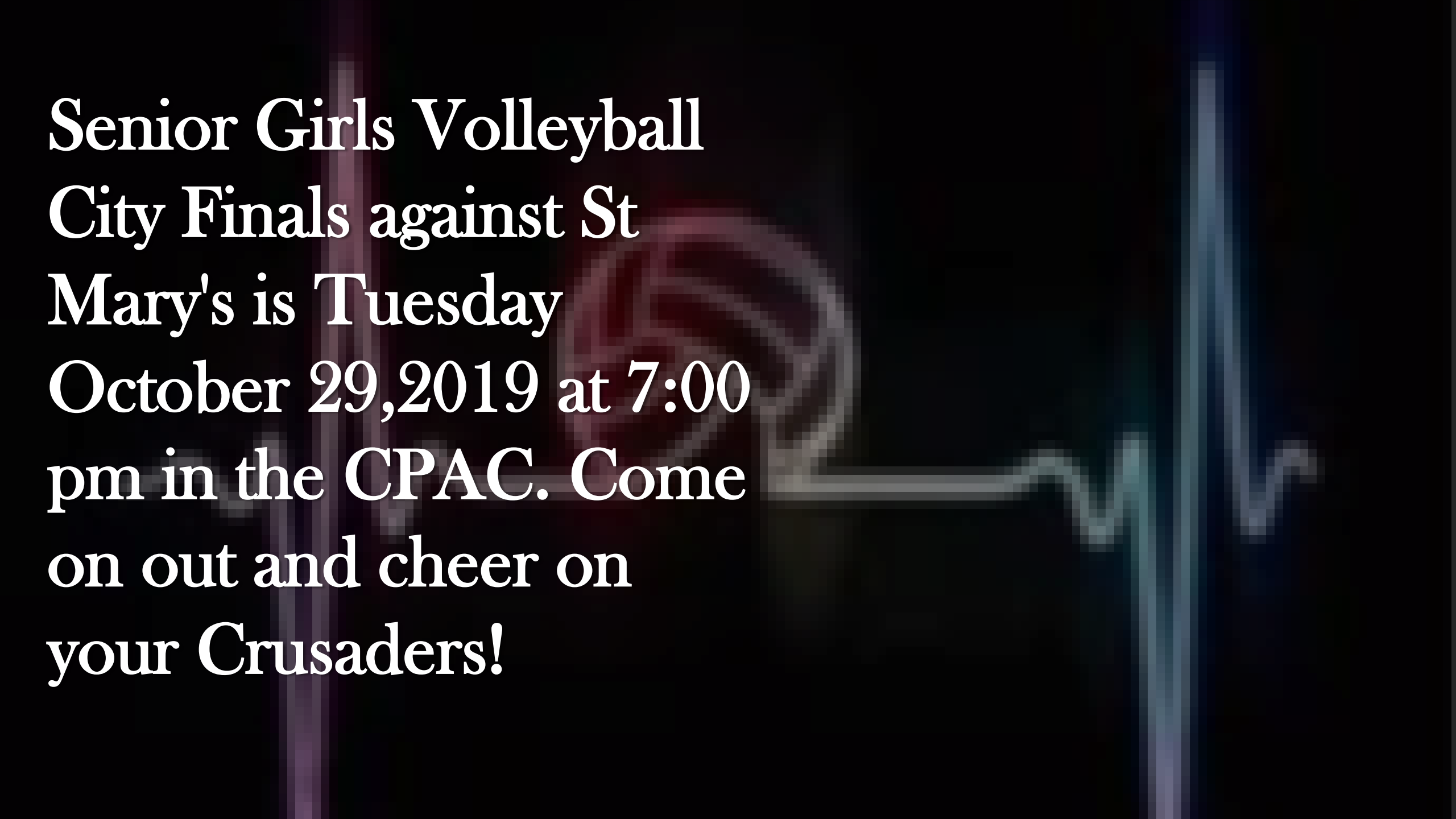
Conservative Party (Randy Hoback) - 344

NDP (Harmony Johnson-Harder) - 161

Veterans Coalition Party (Brian Littlepine) - 10

Green Party (Kerri Wall) - 65

The vote summary for Prince Albert Riding and Canada can be found at <https://studentvote.ca/canada/results/>. A total of 714 ballots were cast at Carlton. Thank you for participating.



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!



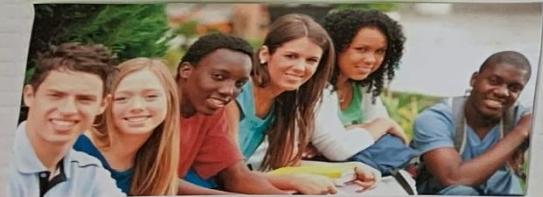
**Picture orders
are in! Come to
the General
Office to pick up
your photo
packages.**

What is Food Security?

Food security- the state of having reliable access to a sufficient quantity of affordable, nutritious food

How many Canadians live without food security?

Food Secure Canada estimates that almost 2.5 million Canadians live without secure access to food



Have plenty of vegetables and fruits



Eat protein foods

Make water your drink of choice

Choose whole grain foods

Carlton Pantry



Donation Items Needed:

- **Quick grab lunch items:** granola bars, fruit/pudding cups, applesauce, crackers and cheese, trailmix, tuna and crackers, etc.
- **Toiletries:** soap, shampoo, conditioner, toothpaste, toothbrush, comb
- **Children's clothing** (age: baby- preschool)
- **Warm/Winter Jackets**

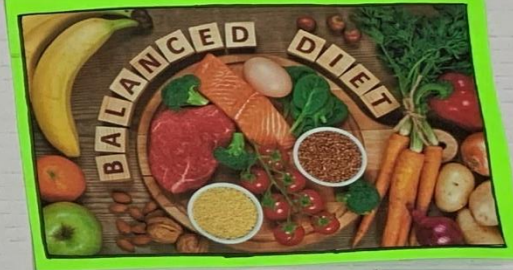
How many kids are going to school hungry?

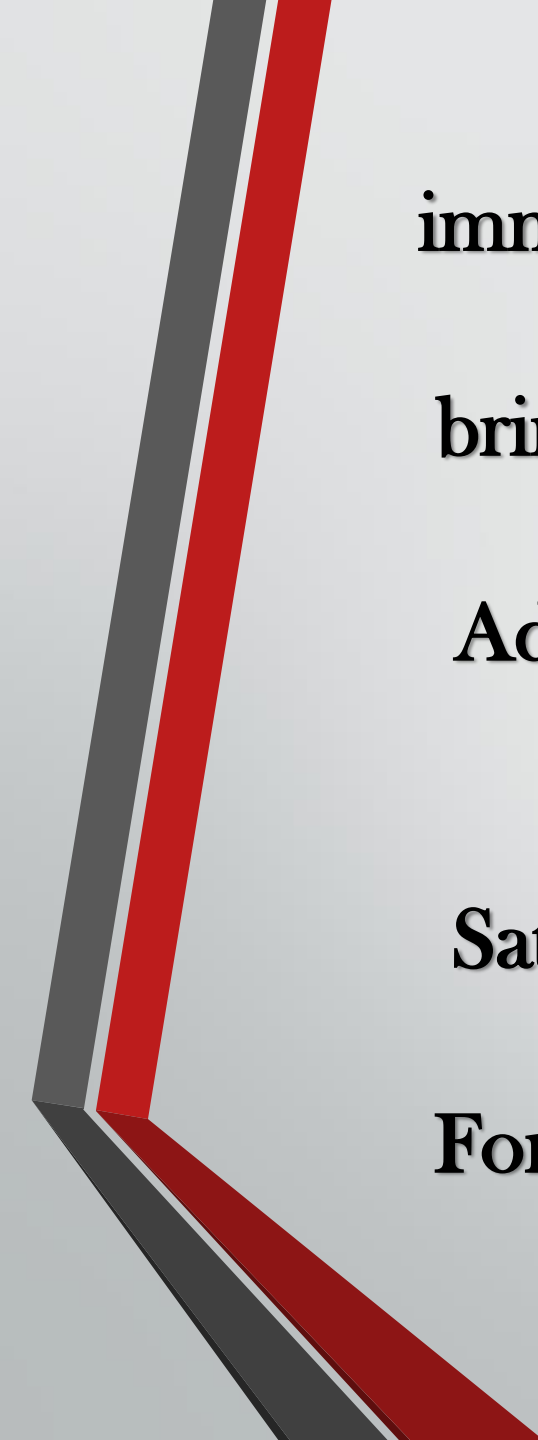
Approximately 1 million children are going to school hungry in Canada (20%)

Food Drive:
Wednesday November 13, 2019
Bring donations to Room B222

What are the risks of going to school hungry?

- Poor concentration & grades
- Low energy
- Stomach problems
- Mood swings





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.

A watercolor painting of a cluster of flowers in shades of purple, pink, and lavender. The brushstrokes are soft and blended, creating a delicate and textured appearance. The background is a light, neutral tone.

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.