

# **Carlton Cafetorium Menu**

**Friday Oct. 25, 2019**

**Breakfast**

**Mini Breakfast**

**Lunch**

**Fish & Chips with Tartar Sauce, Lemon, and  
Steamed Peas**

**Soup / Salad**

**Roasted Carrot and Rosemary 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!





# CHARICATURE AND POETRY DISCOVERY TABLE!

WHEN: MONDAY, OCT. 29

WHERE: ROTUNDA

WHO: EVERYONE!

WHY: FOR FUN!!

COME GET **WACC**-Y!





# Attention New and Old Debate!

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!





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



# 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

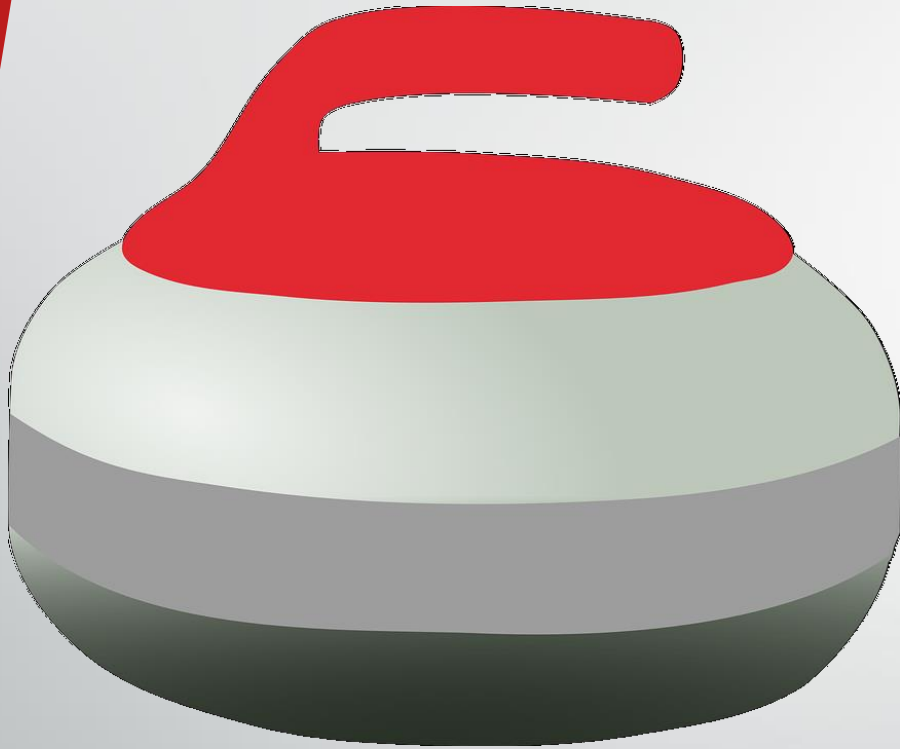
**TUESDAY @ LUNCH**

In the

**STUDENT LOUNGE**

(by the garden area)





Carlton Curling Team - We will have a team meeting right at the start of lunch on Wednesday Oct 30 in the Machine Shop G109. All experience levels are welcome. Learn to curl even if you have never done it before! Brooms and sliders are supplied. For more information talk with Mr. Rutz in the Machine Shop or Mr. MacDonald in the Construction Shop.

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.

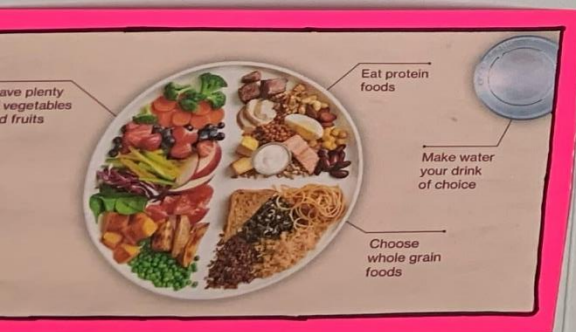


### What is Food Security?

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



# 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**

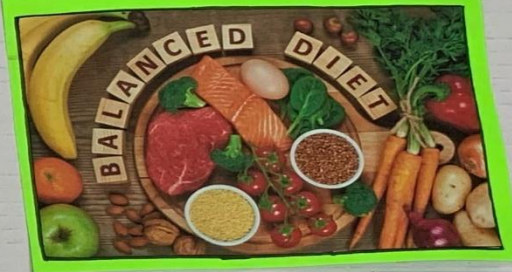
How many kids are going to school hungry?

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

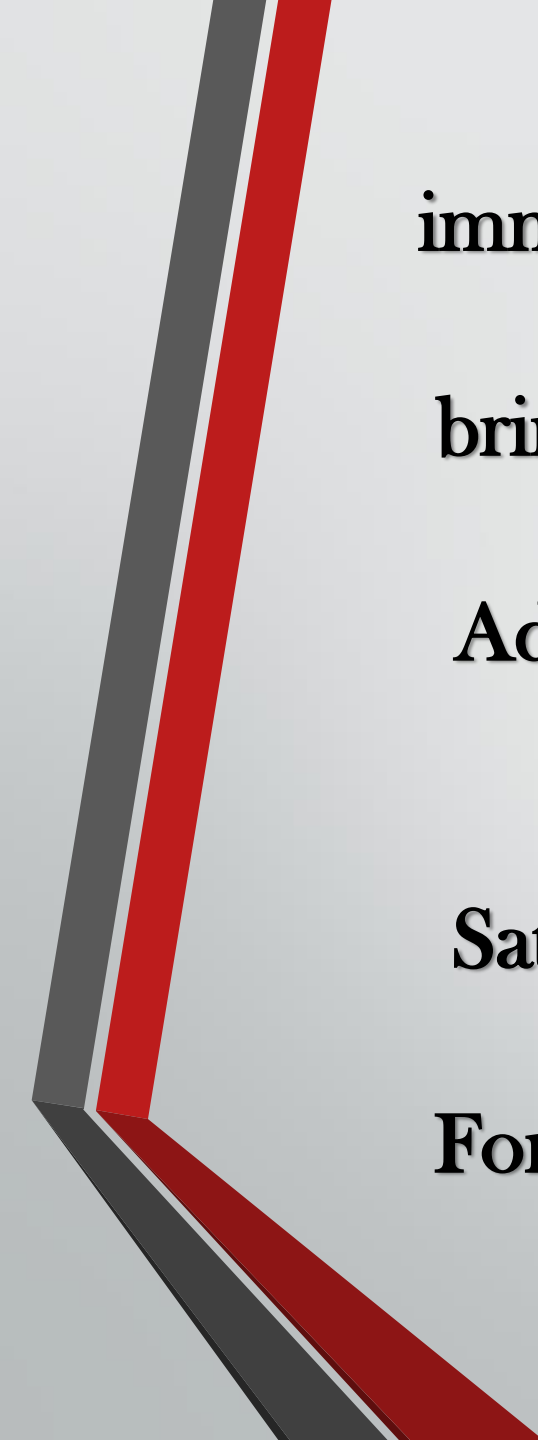
**Food Drive:**  
**Wednesday November 13, 2019**  
**Bring donations to Room B222**

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.



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.