

Carlton Cafetorium Menu

Thursday Oct. 31, 2019

Breakfast

Surprise!

Lunch

Chicken Souvlaki with Roast Lemon Potatoes

Soup / Salad

**Broccoli Bacon Salad
Bacon Chowder**

Dessert



DIRECTED BY:

NBA SHOOTING COACH
DAVE LOVE

PRINCE ALBERT, SK
CARLTON COMP HS

Nov 17, 2019

9am - 4pm

Ages 11+

Cost: \$125

TO REGISTER FOR THIS CLINIC VISIT:

www.theloveofthegame.com

SPONSOR:

Golden Ticket Sports

BONUS EXTRAS:

Direct access to NBA Shooting Coach Dave Love.

The Love of the Game Lanyard.

Bonus Content provided via email before and after the clinic, including a development course to continue building the skills learned.

Access to Coach Dave Love's free newsletter.

Coach Dave Love SHOOTING CLINIC

Do you feel like you have a lot *more potential as a shooter* but don't know how to achieve it?

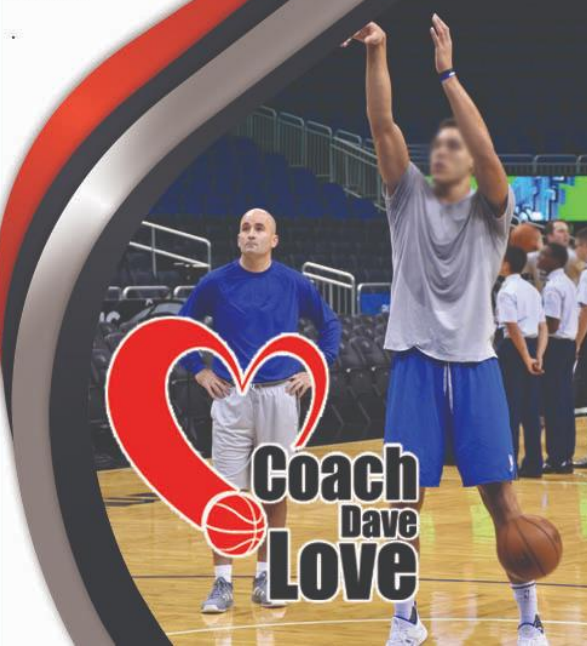
Do you worry that *your shooting will hold you back* from achieving the things you want to in the game of basketball?

NBA Shooting Coach Dave Love has been *trusted by NBA teams, players and agents* to help players unlock the potential of their jump shots, and he can do the same for you. Every player that Coach Love has worked with has shot a *career high* in their time working together.

Coach Love has *helped players identify flaws in their shot*, and given them a practice plan that has helped players improve by as much as *30% in one season*.

Another player went from buried on the bench, hardly playing because he wasn't a strong shooter, to *now starting in the NBA*, shooting 3 pointers at a high percentage, and making millions of dollars.

Come learn from one of the *best shooting coaches in the world* and unlock the potential of your jump shot!



NBA shooting coach Dave Love is putting on a clinic in the CPAC on Nov, 17, 2019.

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!



HALLOWEEN COSTUME CONTEST



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



Sr B Boys Volleyball
practice will now be
Thursday at 3:30 to
5:30 in the Red Gym.
All Sr. B Boys volleyball
team members need to
be in attendance to
play this weekend in
Kinistino.



**Carlton's Social Science
Department invites all students
and staff to our Remembrance
Day Ceremony on November 7,
2019 during Period 2 (10:03-
11:15).**

**The Ceremony will take place in
the Red Gym.**

**Any student that would take part
in the ceremony please come to
B117 on Monday or Tuesday at
12:20**

A person is captured mid-dive, falling into a swimming pool. The background shows a pool deck with some equipment and a building. The text is overlaid on the left side of the image.


First Annual "Carlton Cannonball Competition"

November 6th @ 12:30

Style and Splash will determine the winners.

Sign Up at Mr. Arpin's office.

Come and get your splash on!



**S.E. Hinton. Christopher Paolini. Kat Zhang.
What do these three people have in
common? They were all published authors
as teens. Want to join them? Come to
National Novel Writing Month in R212 on
Friday, Nov 1st at lunch to launch your
novelling adventure!**



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!





Basketball sign-up meetings will be held at 12:30 on Wednesday Nov. 6. Boys in the Red Gym, Girls in the CPAC. If you can't make it, talk to Mr. Strom/Mr. Bender (boys) or Mrs. Pearson/Ms. Boys (girls).

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

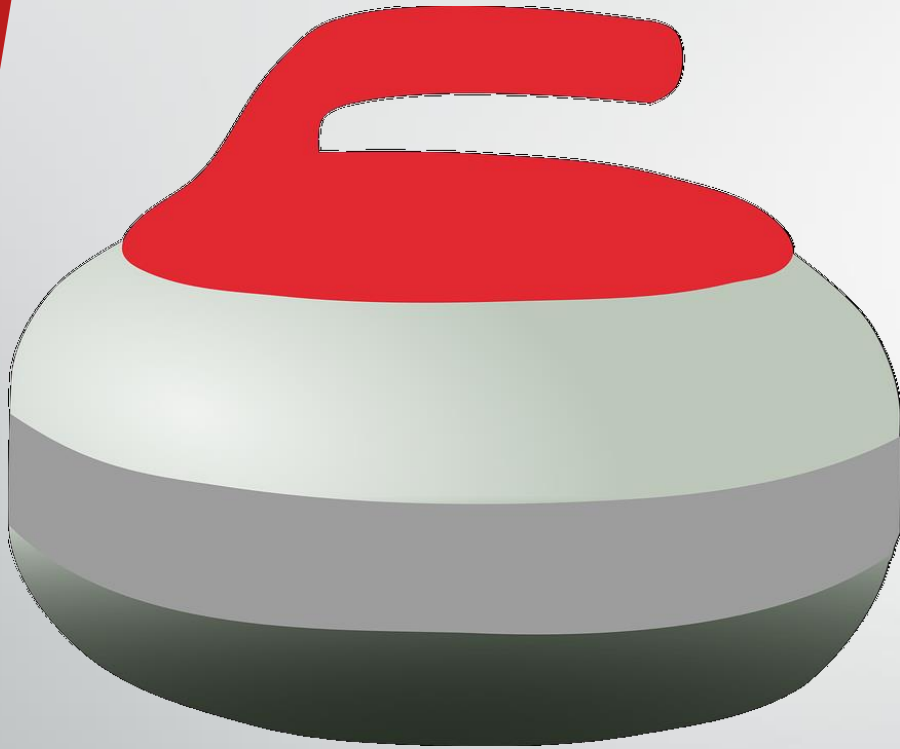
TUESDAY @ LUNCH

In the

STUDENT LOUNGE

(by the garden area)

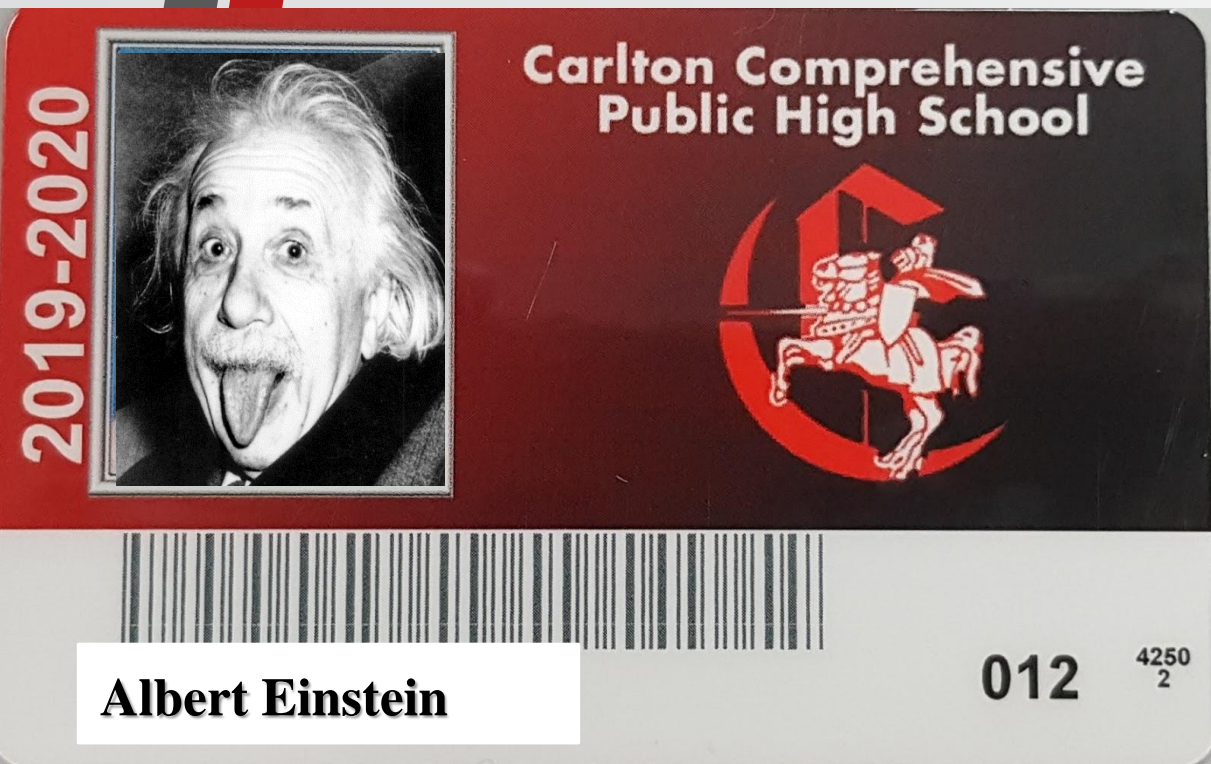




Carlton Curling Team - We will have a team meeting right at the start of lunch on Wednesday Oct 30 in the Machine Shop G109. All experience levels are welcome. Learn to curl even if you have never done it before! Brooms and sliders are supplied. For more information talk with Mr. Rutz in the Machine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

**Basketball sign-
up meeting at
lunch on Nov.
6th. Boys in the
Red, Girls in the
CPAC.**





**Retakes are in!
Come to the
Learning
Commons to get
your student ID
card!**



**Congratulations to
our Carlton Senior
Girls Volleyball team
on winning this years
City Finals!**



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 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**

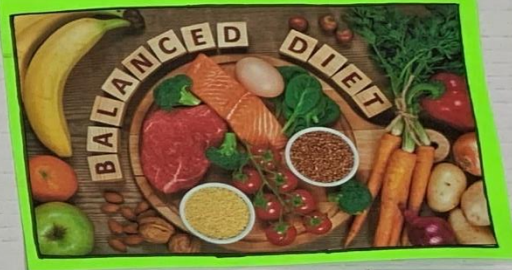
How many kids are going to school hungry?

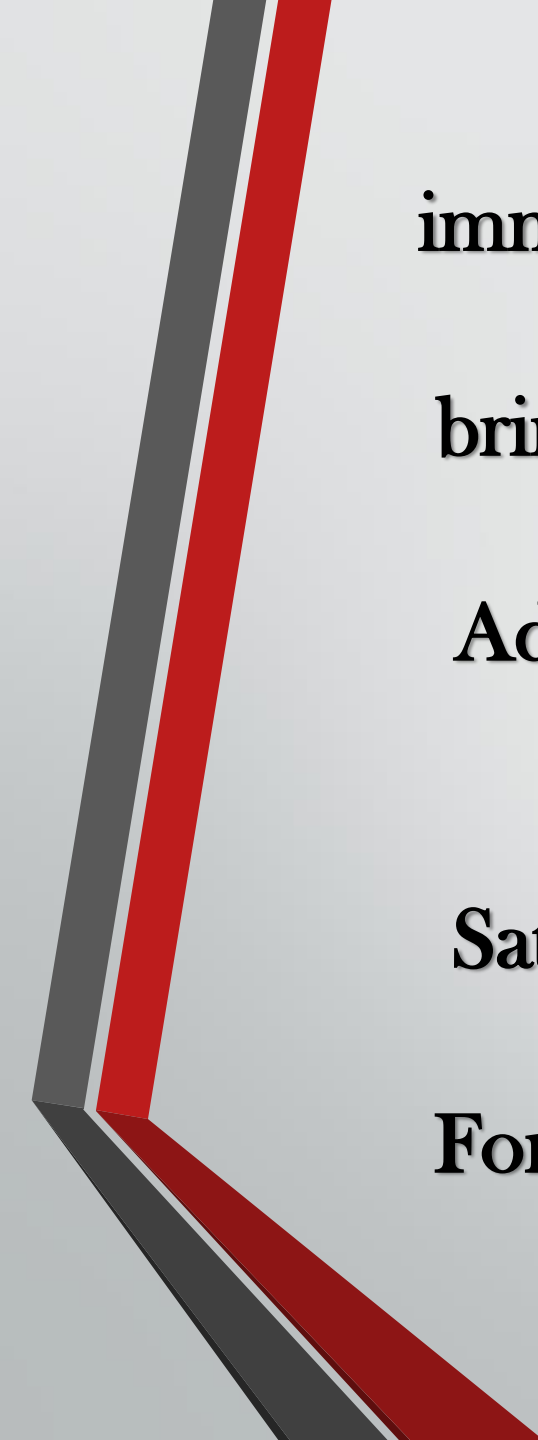
Approximately 1 million children are going to school hungry in Canada (20%)

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.



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.