

Carlton Cafetorium Menu

Monday, Oct. 7 2019

Breakfast

Kaiser

Lunch

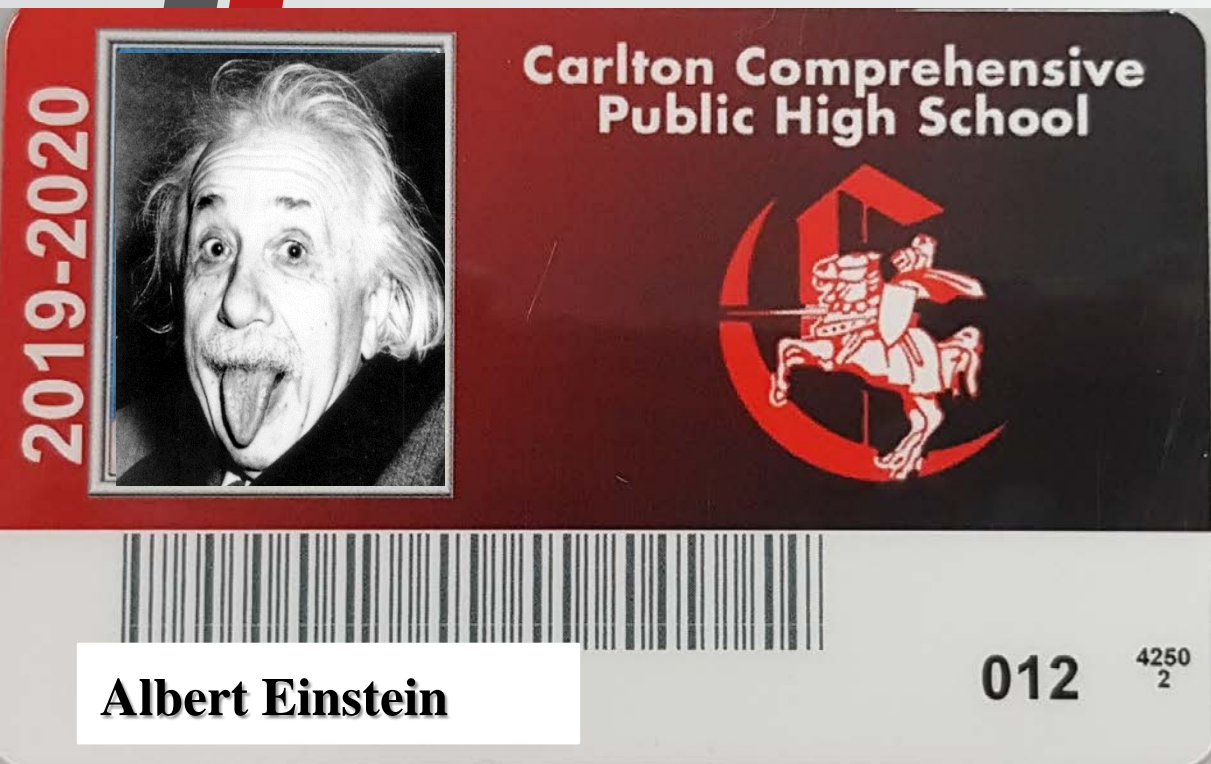
Shepard's Pie

Soup / Salad

Cheesy Ham Chowder

Dessert

Magic Bars



If you do not have
an ELA class,
come to the
Learning
Commons to get
your student ID
card!



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

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

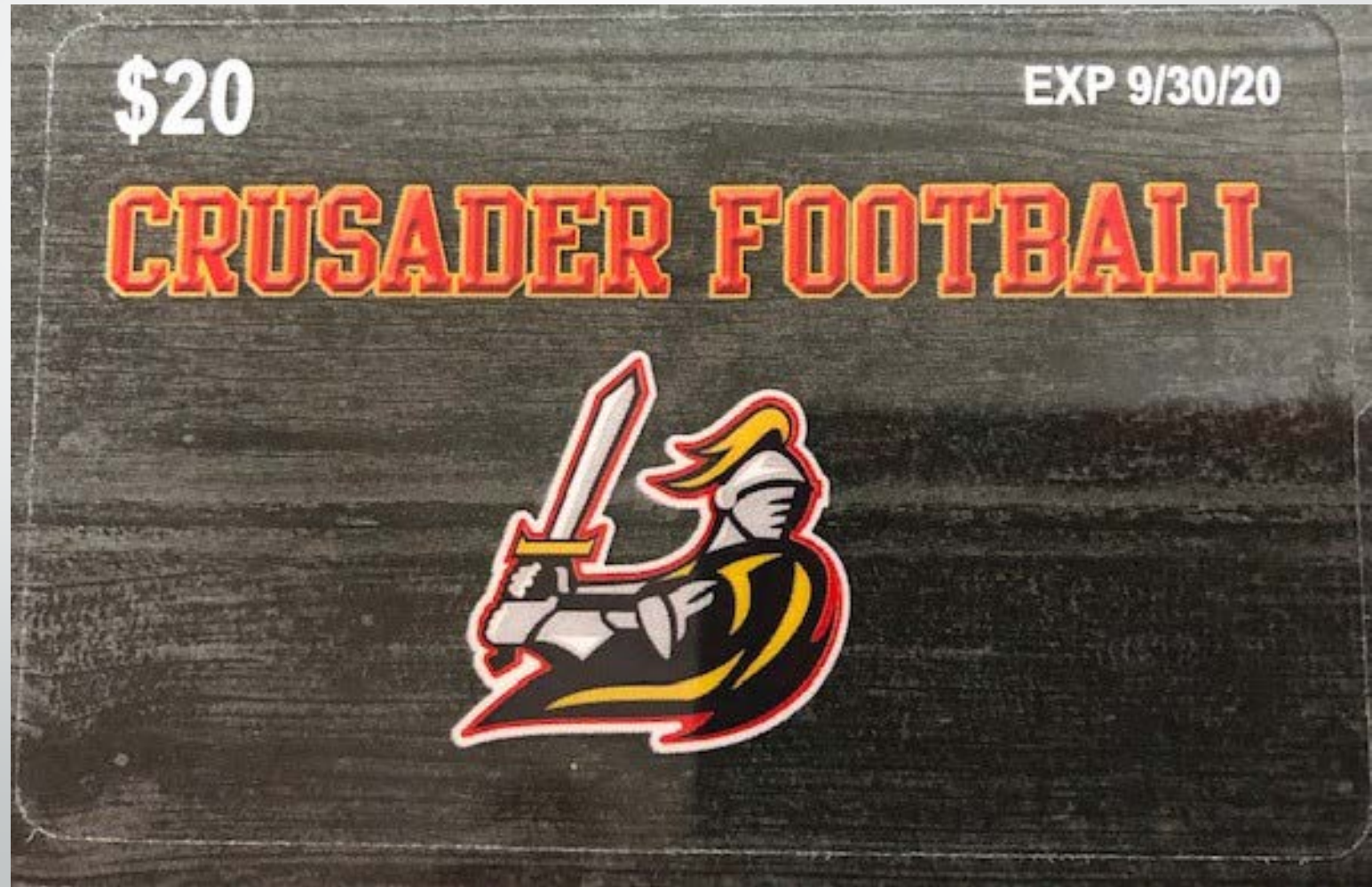
In the

STUDENT LOUNGE

(by the garden area)



**Crusader Cards are available
for purchase at the General
Office! Don't miss out!**



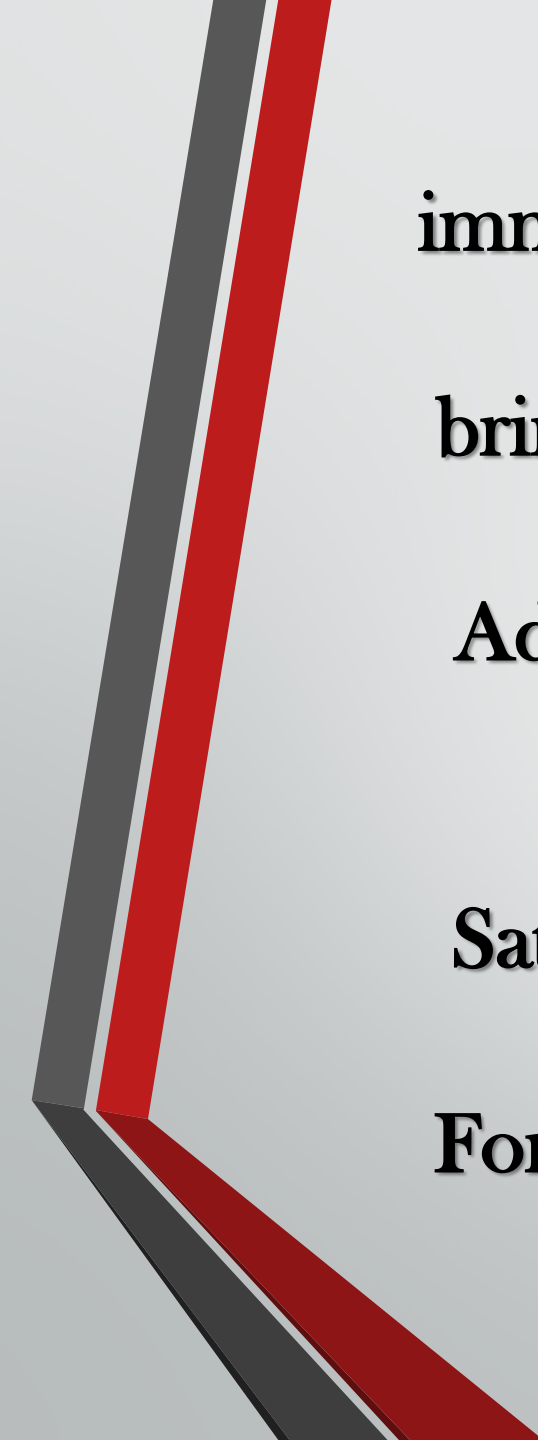
Encounters with Canada is a unique opportunity for Canadian teens to meet other young people from across the country.

Last year, students from Carlton attended Encounters with Canada and had an amazing experience. Please have a look at our website, www.ewc-rdc.ca, and/or see Mr. Klassen in B117 for more information if you are interested in attending.



ENCOUNTERS
WITH CANADA

MEDICINE & HEALTH | MÉDECINE ET SANTÉ
February 24 - March 2, 2019 - du 24 février au 2 mars 2019



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.

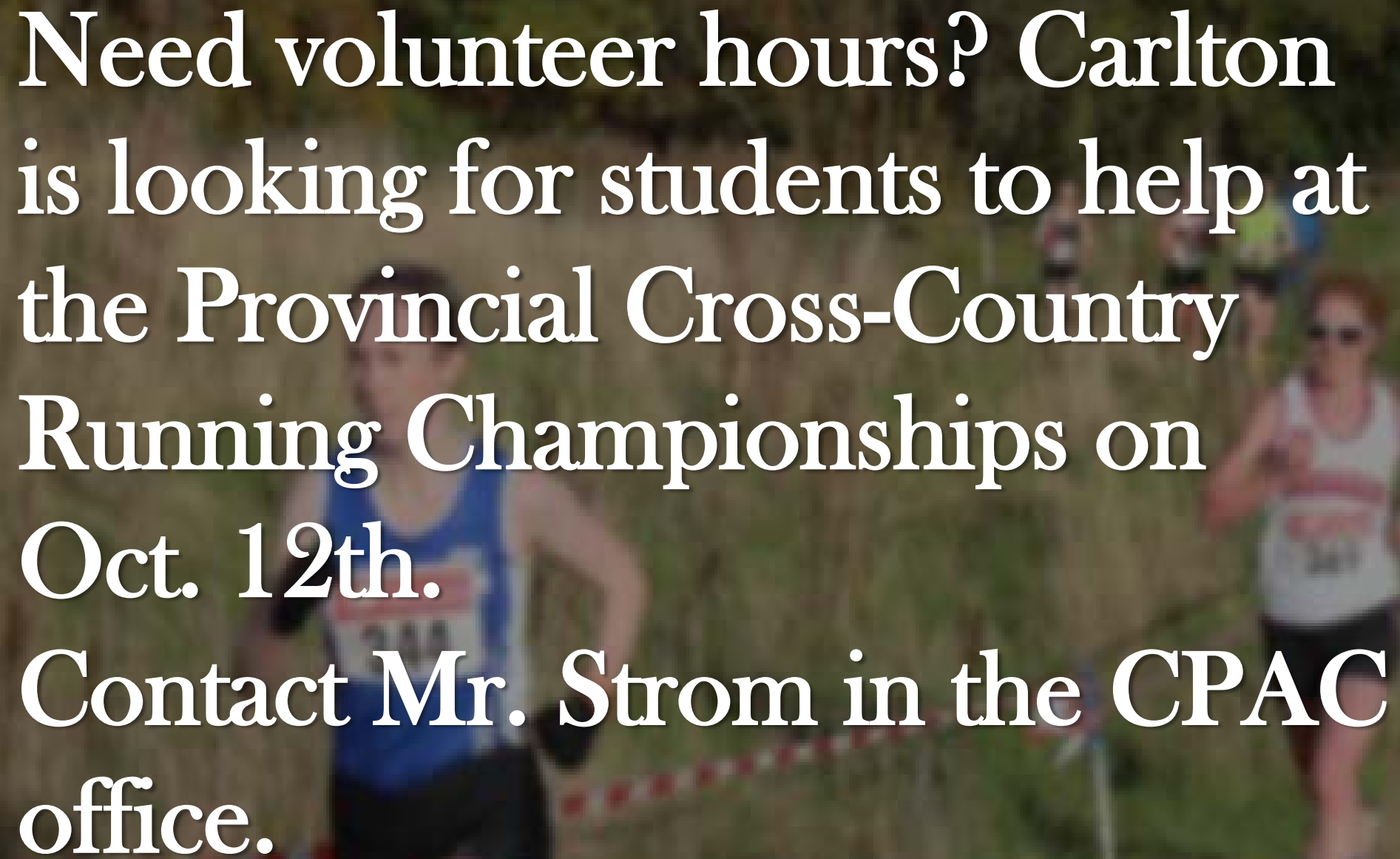
Additional Influenza Clinics will be held at the South Hill Mall (by Carlton Hearing):

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.

The background of the image shows a cross-country race in progress. Two runners are visible: one in the foreground wearing a blue singlet and black shorts, and another further back wearing a white singlet and dark shorts. They are running on a grassy field with some trees in the background. A red and white striped caution tape is visible on the left side of the path.

Need volunteer hours? Carlton
is looking for students to help at
the Provincial Cross-Country
Running Championships on
Oct. 12th.
Contact Mr. Strom in the CPAC
office.