

Carlton Cafetorium Menu

Wednesday, Oct. 9 2019

Breakfast

Southwest Egg Benny

Lunch

Mini Meatloaf, Mashed Potatoes & Peas

Soup / Salad

Cream of Wild Rice

Dessert

Raspberry Jam Coconut Bars



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.

We had an amazing Xcountry District Event last Thursday. We had many first place finishers including Daniel McCaffery, Kaydence Pellerin, and Rayne Cyr.

Our team did incredibly well with many people walking away with personal best times for their races. We are excited to host provincials this Saturday to end off our xcountry season!! *(Xcountry runners please see Mrs. Mirasty or Mrs. Bennington for an important note.)*



VOTE
FOR YOUR
FUTURE



Do you care what our government is doing about Climate Change? How about tuition fees for University? Should Canada support programs for Foreign Aid? Now is your chance to let the government know your view. On Wednesday, October 16, 2019 Crusaders from grade 9-12 will participate in a National Student Vote. More than 1 million students are expected to cast ballots for the local candidates running in their school's riding

**STUDENT
VOTE**
Canada 2019

Join 1 million students from coast to coast to coast.

October 15-18, 2019
studentvote.ca/canada

C·I·V·I·X

 Elections Canada



**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

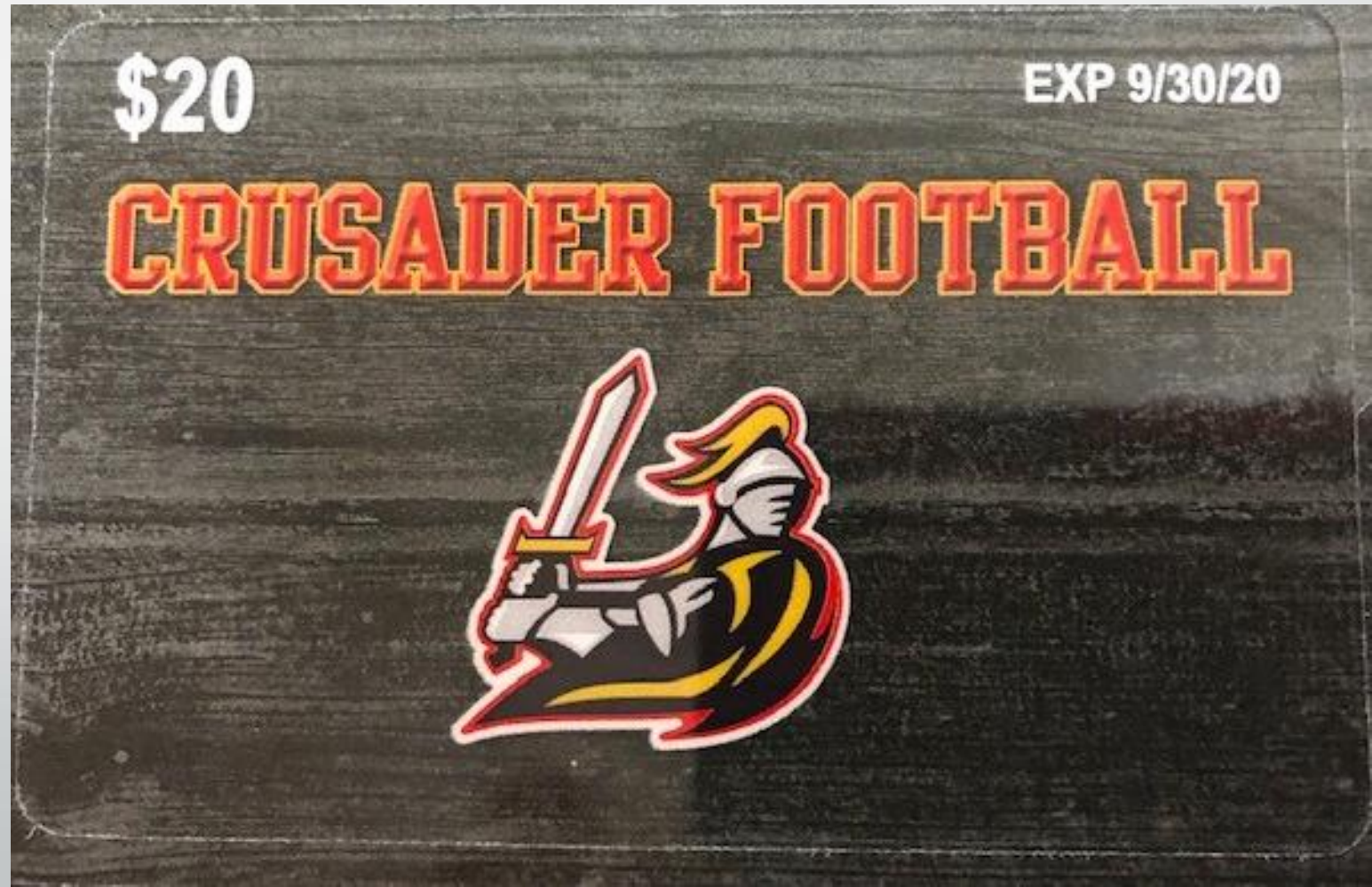
In the

STUDENT LOUNGE

(by the garden area)



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



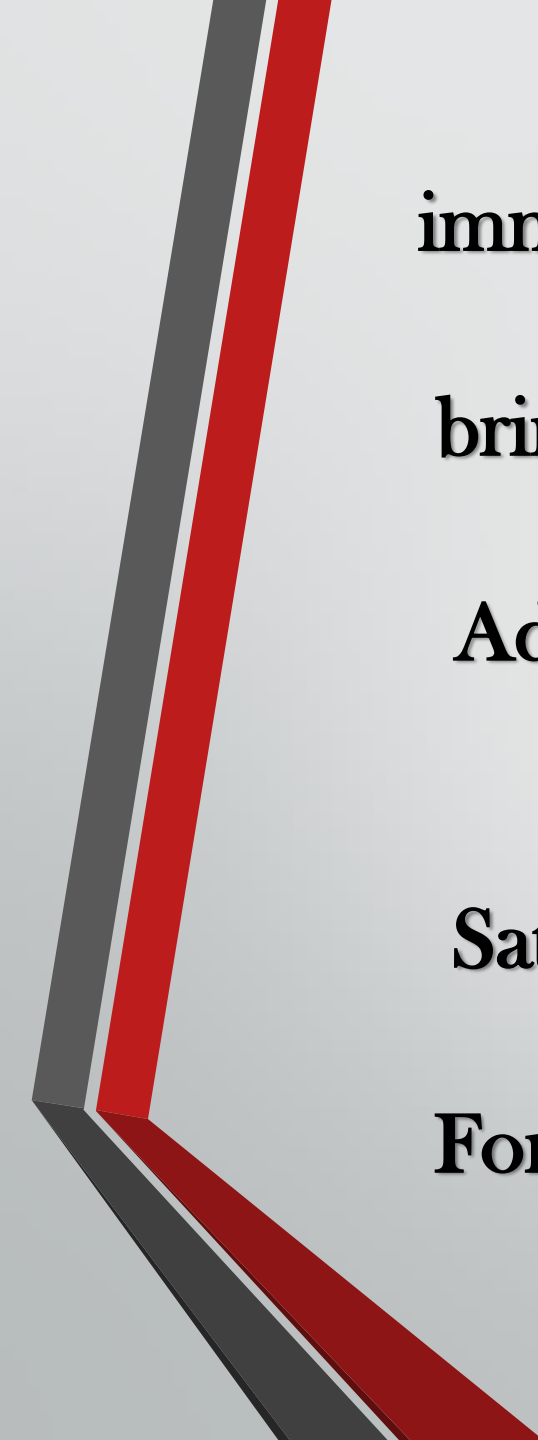
Encounters with Canada is a unique opportunity for Canadian teens to meet other young people from across the country.

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.

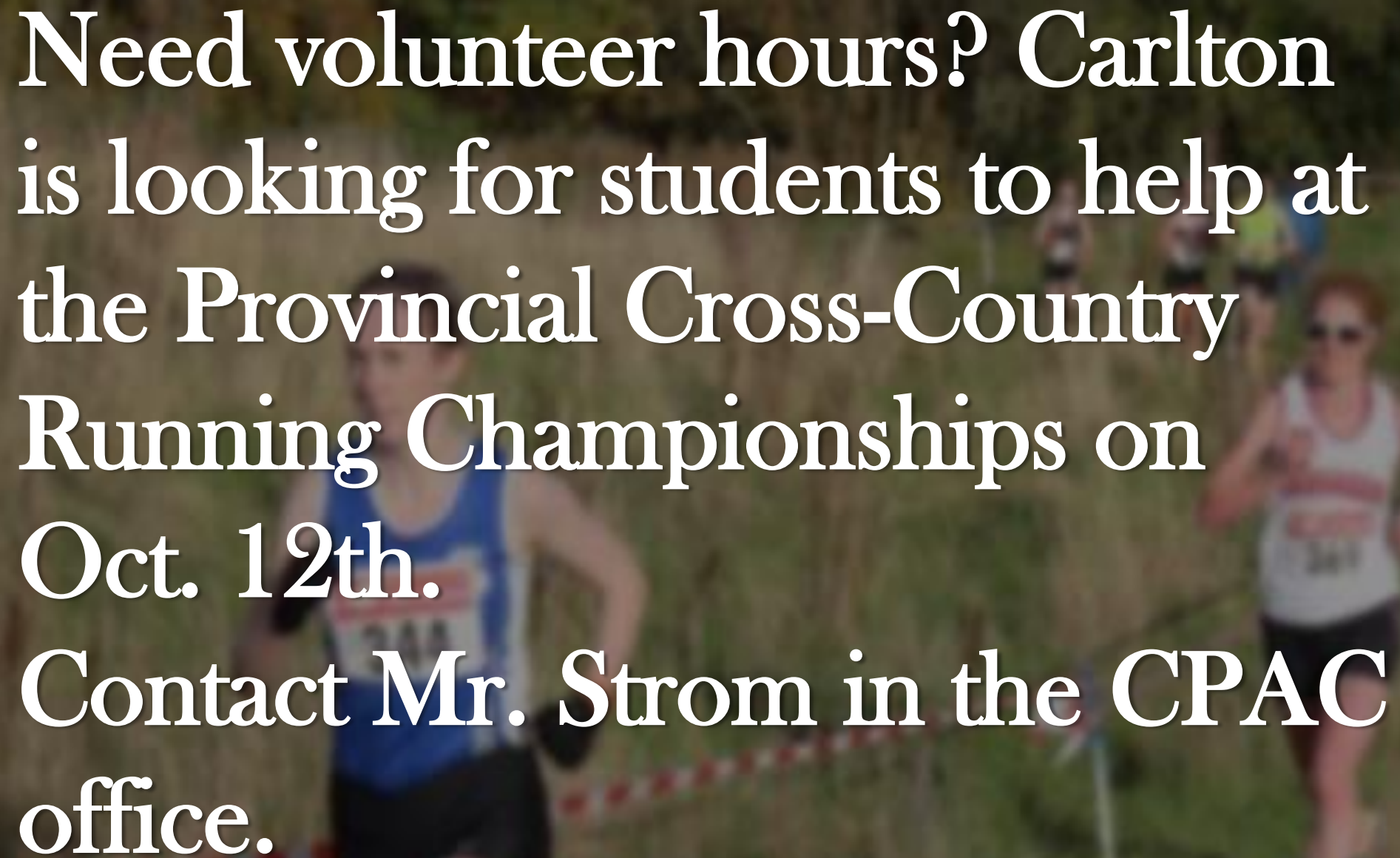
Additional Influenza Clinics will be held at the South Hill Mall (by Carlton Hearing):

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. Several runners are visible on a grassy field. In the foreground, a male runner in a blue singlet and black shorts is running towards the left. To his right, a female runner in a white singlet and dark shorts is running towards the right. The field is marked with a red and white striped caution tape and a white pole. The overall scene is outdoors with trees and a crowd in the background.

**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.**

**Congratulations to
the senior boys
volleyball team for
placing 2nd this past
weekend in Meadow
lake!**

