

# **Carlton Cafetorium Menu**

**Tuesday November 12, 2019**

**Breakfast**

**Kaiser**

**Lunch**

**All Day Breakfast!**

**Soup / Salad**

**Minestrone Soup**

**Dessert**

# MOVEMBER

**MOVEMBER** [SIGN UP](#) [DONATE](#)



**VICTOR  
WHATEVER  
YOU GROW  
WILL SAVE  
A BRO**

[SIGN UP NOW](#)

But remember- you don't  
have to Grow to save a bro



Gear up, stretch out and take it to the next level by running or walking 60kms over the month.



Get your mates together for a Mo-moment this Movember. It's a fun way to raise much-needed funds for men's health.

**MR THUNDERCHILD WILL BE COLLECTING FOR ALL MO BRO'S THIS  
MOVEMBER IN STUDENT SERVICES. REMEMBER ITS FOR MEN'S HEALTH**






**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

The image features a pair of red curtains with gold tassels, pulled back to reveal a black stage. The text is centered on the stage.

**Students interested in performing and sharing their talents are asked to sign up in the music room - Y100.**



If you are interested in playing boys club volleyball look for the tryout dates on the posters in the CPAC area or see Mr. Bender for any further information.

# 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

**R210**





**Driver's Ed:**

**Next after school class begins**

**Nov 18, 2019 @3:30**

**Class list posted outside main  
office and in the learning  
commons**

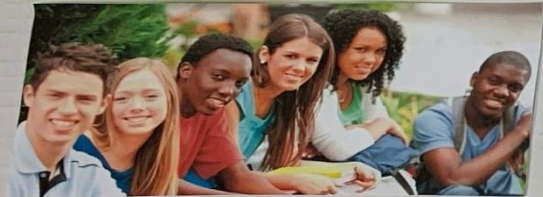
**Still space available!!!**

### 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**

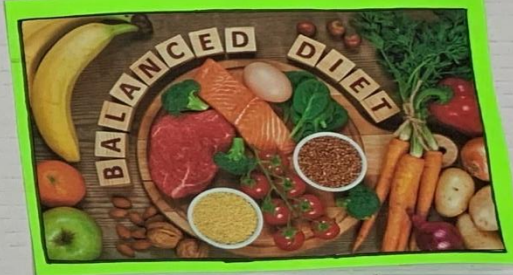
How many kids are going to school hungry?

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







## 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](http://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.

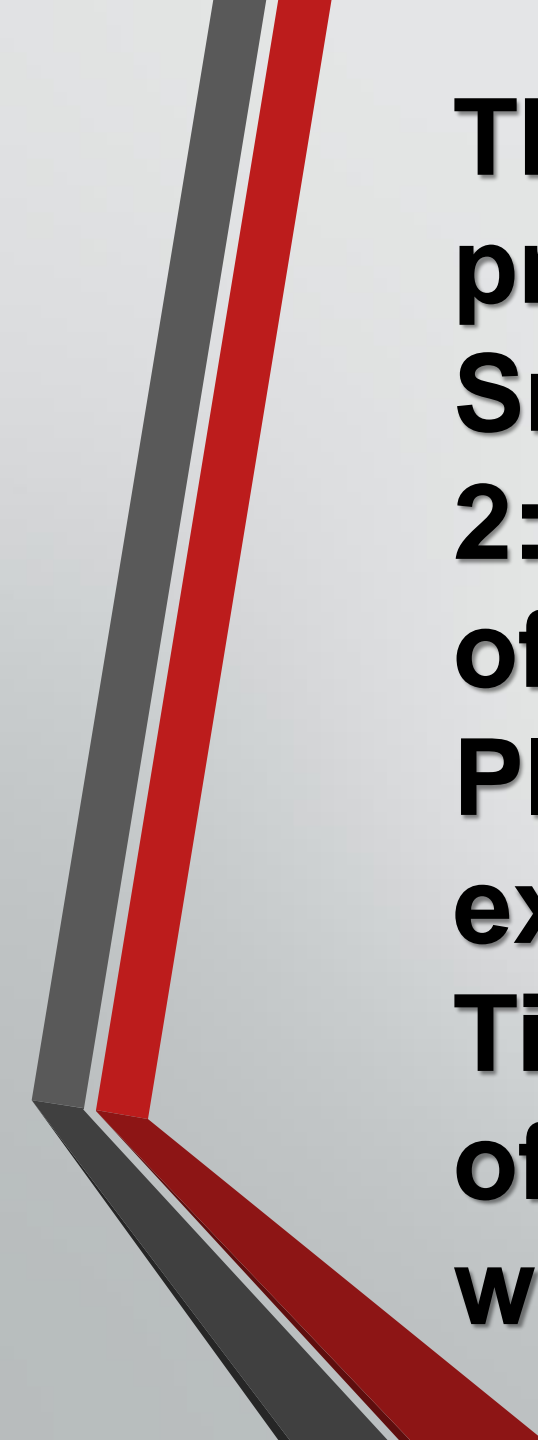
Come learn from one of the **best shooting coaches in the world** and unlock the potential of your jump shot!



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



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.



**The Mad Hatter Theatre Company  
proudly presents the classic tale of  
Snow White on Sunday November 17 at  
2:00pm at the E. A. Rawlinson Centre  
of the Arts.**

**Plan now to attend and experience the  
excitement of live theatre.**

**Tickets available at the centre box  
office and online from the centre  
website.**