

Carlton Cafetorium Menu

Wednesday November 13, 2019

Breakfast

Southwest Eggs Benny

Lunch

**Roast Pork, Mashed Potatoes, Gravy, and
Mixed Veg**

Soup / Salad

Goulash Soup

Dessert



**Congratulations to
the Carlton Senior
Girls volleyball team
for advancing to
Provincials this
weekend in Weyburn!**

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-ment 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 deep red, plush curtains with gold tassels, pulled back to reveal a solid black background. The text is centered in the black area.

**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**

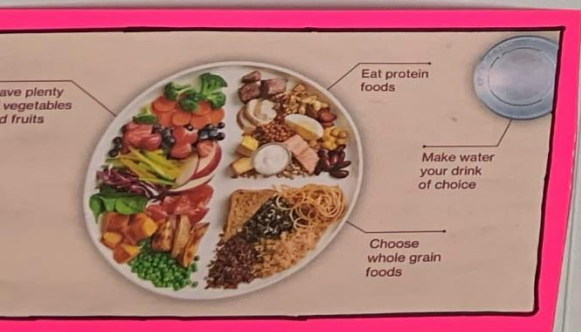
Still space available!!!

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



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**

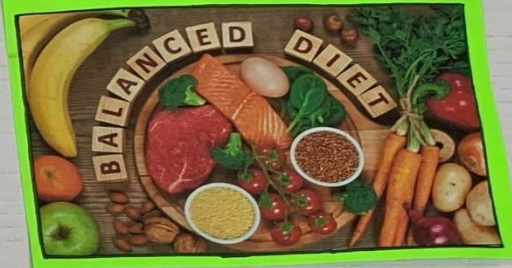
How many kids are going to school hungry?

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



Basketball Open Gym Times

Tuesday, Nov. 12 3:30-5:00 CPAC
Wednesday, Nov. 13 3:30-5:00 Red Gym
Thursday, Nov. 14 3:30-5:00 CPAC
Noon Hours 12/13/14/15 Girls – CPAC Boys - Red

Basketball Tryout Times

Time	Facility	Monday Nov. 18	Tuesday Nov. 19	Wednesday Nov. 20	Thursday Nov. 21
3:30-5:30	CPAC	9/10 Boys	9/10 Girls	Sr. Girls (top 20)	Sr. Boys (top 20)
3:30 – 5:30	Red	9/10 Girls	9/10 Boys		Jr. 'A' Boys
5:30 – 7:30	CPAC	11/12 Boys	Sr Girls (Top Prospects)	Sr. Boys (top20)	Sr. Girls
5:30 – 7:30	Red	11/12 Girls	Sr Boys (Top Prospects)		Jr. 'A' Girls

If you cannot make one of the practices, you must let your coach know.

If you have any questions, boys talk to Mr. Strom (Sr.'s) or Mr. Bender (Jr.'s), girls talk to Mrs. Pearson (Sr.'s) or Ms. Boy (Jr.'s)



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?

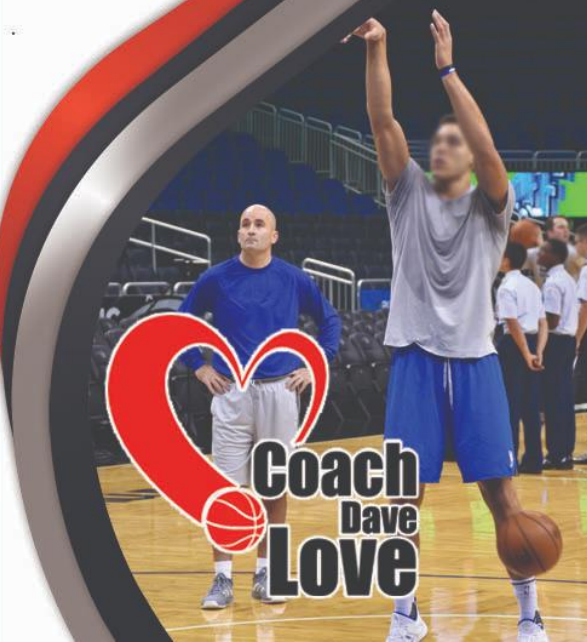
Do you worry that *your shooting will hold you back* from achieving the things you want to in the game of basketball?

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!



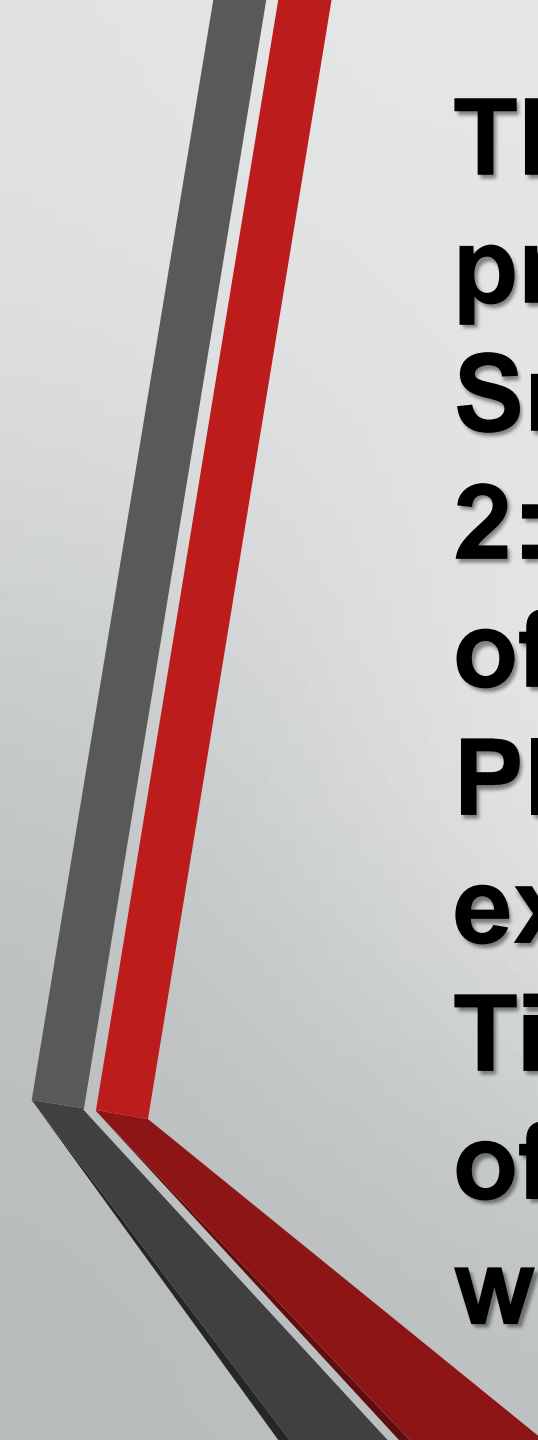
NBA shooting coach Dave Love is putting on a clinic in the CPAC on Nov, 17, 2019.



The Carlton Wrestling Team will have an open workout on Wednesday, November 13th, 2019. All boys and girls in all grades are welcome. The official practice season kicks off on Monday, November 18th, 2019. All practices are in the white gym from 3:20 to 5:00.

An abstract watercolor painting in shades of purple, magenta, and gold, with a soft, textured appearance. The colors are blended together, creating a dreamy, ethereal effect. The background is a light, neutral tone, which makes the vibrant colors of the watercolor stand out.

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 pf live theatre.**

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

Fall Food Fair

Cultural, Healthy Food For All!

Presented by:

4th Year UofS College of Nursing Students
& Prince Albert Food Coalition



November 19, 2019 @ 5pm

Booths & Door Prize Entries 5pm-6pm
Program & Supper 6pm

YWCA Wesley Site
65 11 St E, Prince Albert, SK