

Carlton Cafetorium Menu

Thursday November 14, 2019

Breakfast

Southwest Eggs Benny

Lunch

Chicken Alfredo, Fresh Garden Salad

Soup / Salad

Lemon Rice 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.**

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?

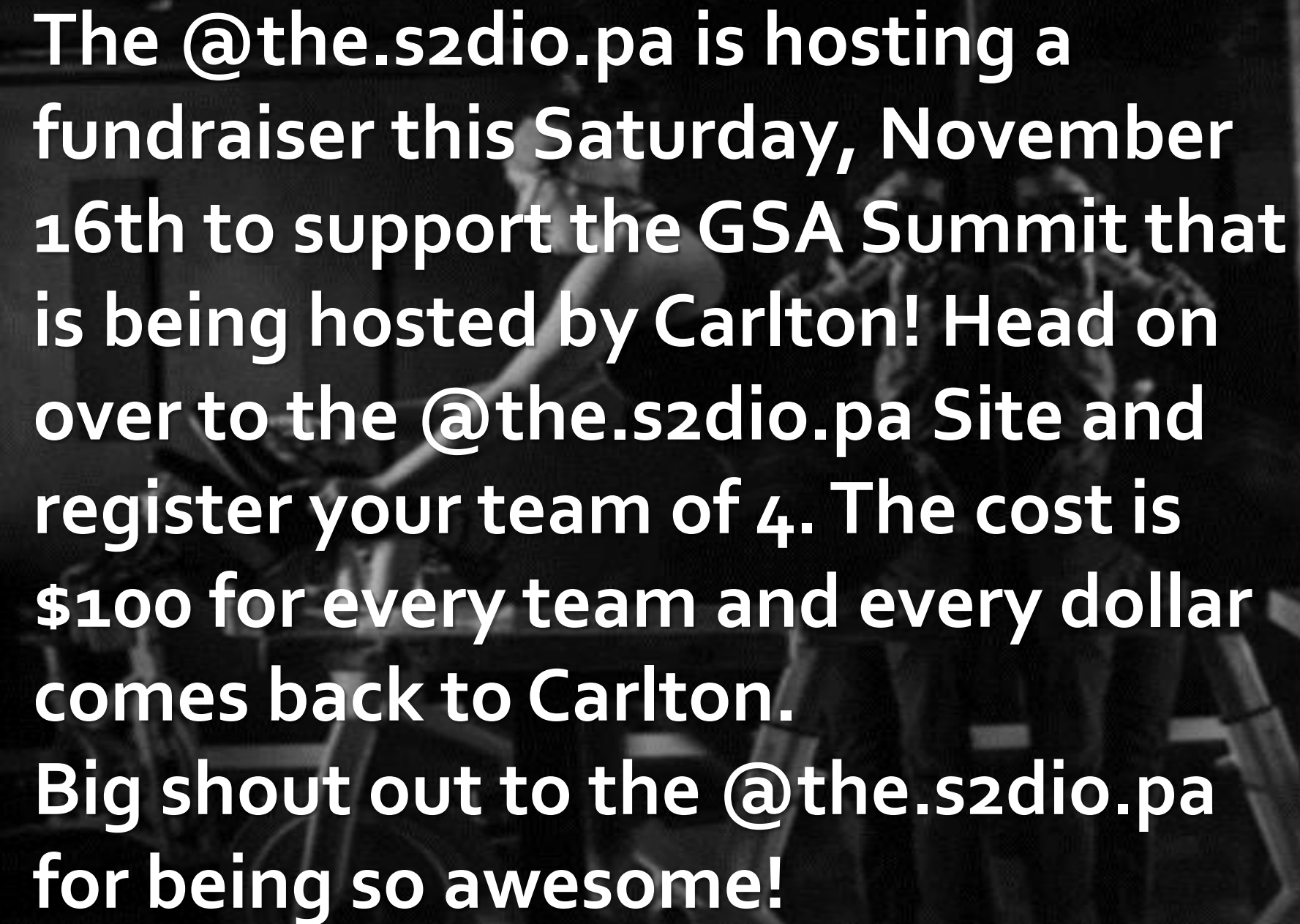
We Meet Every

TUESDAY @ LUNCH

In the

R210



A black and white photograph of a group of people exercising on stationary bikes in a gym setting. The image is slightly blurred, suggesting motion. The text is overlaid on the left side of the image in a large, white, sans-serif font.

The @the.s2dio.pa is hosting a fundraiser this Saturday, November 16th to support the GSA Summit that is being hosted by Carlton! Head on over to the @the.s2dio.pa Site and register your team of 4. The cost is \$100 for every team and every dollar comes back to Carlton. Big shout out to the @the.s2dio.pa for being so awesome!



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 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**

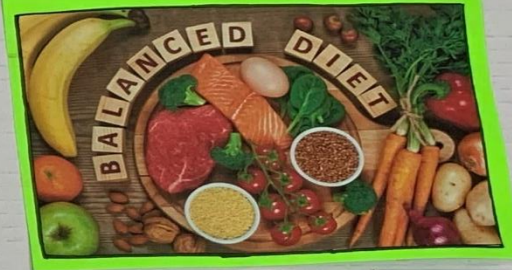
How many kids are going to school hungry?

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



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!



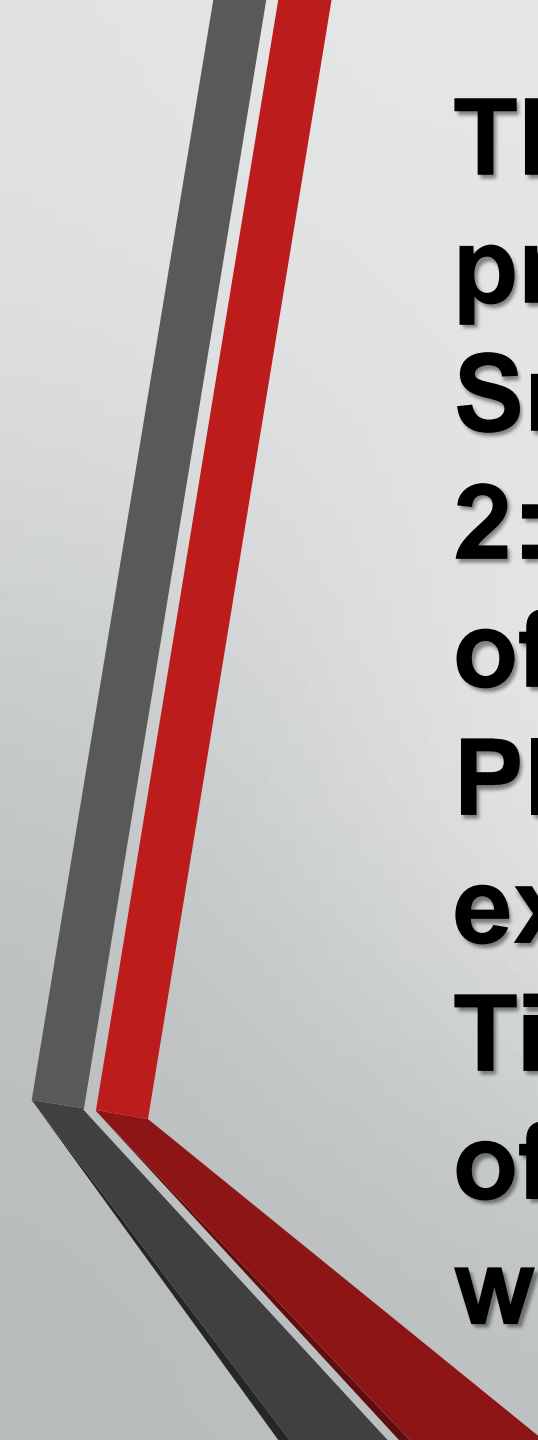
NBA shooting coach Dave Love is putting on a clinic in the CPAC on Nov, 17, 2019.



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 serves as the background. It features a central, irregular shape composed of various shades of purple, from light lavender to deep, dark violet, with some brown and greyish tones interspersed. The edges of the paint are soft and feathered into the surrounding off-white paper. The overall texture is organic and painterly.

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.**

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