

Carlton Cafetorium Menu

Monday November 18, 2019

Breakfast

Kaiser

Lunch

BCLT Sandwich with Onion Rings

Soup / Salad

Cabbage Roll Soup


Dessert



**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.

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)

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





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.



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!

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

A watercolor painting in shades of purple, lavender, and brown, with a soft, textured appearance. The colors are blended together, creating a sense of depth and movement. The background is a light, neutral tone, which makes the watercolor colors stand out.

Take ten minutes to chill.
Join us at y103 noon
hours on Thursdays for
Meditation.

Barbara Johnson