

Carlton Cafetorium Menu

Wednesday November 20, 2019

Breakfast

Southwest Eggs Benny

Lunch

Spaghetti and Meat Sauce

Soup / Salad

**Roasted Carrot and Rosemary Soup
Fresh Greens Salad**


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 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.**

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




2019 Basketball Officials Clinic



All current and new officials
Nov. 21st 7:00pm
St. Mary

Talk to Mr. Strom or Mr. Arpin for more information

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 text is overlaid on the right side of the image.

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



Congratulations to
the Carlton Senior
Girls Volleyball
team for placing
4th at the 5A
Provincial
Championships!