

# **Carlton Cafetorium Menu**

**Monday November 4, 2019**

**Breakfast**

**Kaiser**

**Lunch**

**Pepperoni Pizza**

**Soup / Salad**

**Carrot and Rosemary Soup  
Arugula Parm Salad**

**Dessert**



## 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.

Christmas isn't here yet, but we hope you're in the giving spirit! The pantry is looking for donations of food like granola bars, fruit cups or other quick grabs foods but we will take anything you have to offer! We would also love warm clothes, jackets and mitts.

**Donations can be brought to room B222. Help out our Sader Family if you can. Thank you!**



# 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**





**Carlton's Social Science Department invites all students and staff to our Remembrance Day Ceremony on November 7, 2019 during Period 2 (10:03-11:15).**

**The Ceremony will take place in the Red Gym.**

**Any student that would take part in the ceremony please come to B117 on Monday or Tuesday at 12:20**

# First Annual "Carlton Cannonball Competition"

November 6th @ 12:30

Style and Splash will determine the winners.

Sign Up at Mr. Arpin's office.

Come and get your splash on!



**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

# 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

**STUDENT LOUNGE**


(by the garden area)








**Congratulations to  
our Carlton Senior  
Girls Volleyball team  
on winning this years  
City Finals!**



**Basketball sign-up meetings will be held at 12:30 on Wednesday Nov. 6. Boys in the Red Gym, Girls in the CPAC. If you can't make it, talk to Mr. Strom/Mr. Bender (boys) or Mrs. Pearson/Ms. Boys (girls).**

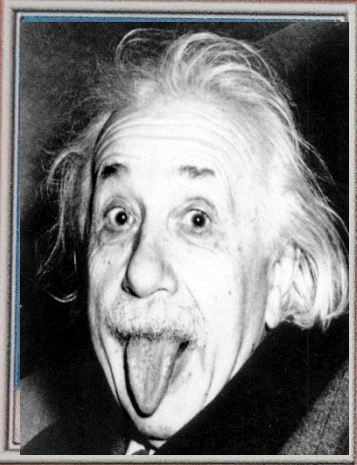
**Basketball sign-  
up meeting at  
lunch on Nov.  
6th. Boys in the  
Red, Girls in the  
CPAC.**





Any students that are a member of a Cadet program within the school and would like to represent your group at the Remembrance Day ceremony on November 7 please stop by B117 on Monday, November 4 at lunch to hear more information.

2019-2020



Carlton Comprehensive  
Public High School



Albert Einstein

012

4250  
2

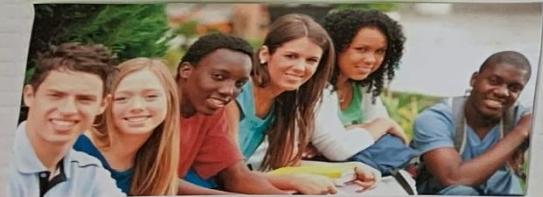
**Retakes are in!  
Come to the  
Learning  
Commons to get  
your student ID  
card!**

### 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**

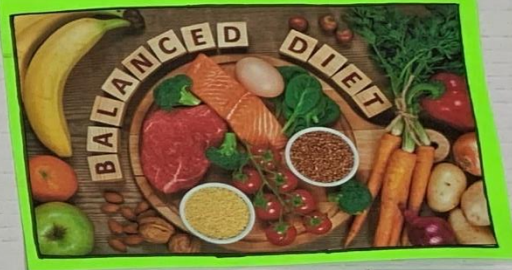
How many kids are going to school hungry?

Approximately 1 million children are going to school hungry in Canada (20%)

**Food Drive:**  
**Wednesday November 13, 2019**  
**Bring donations to Room B222**

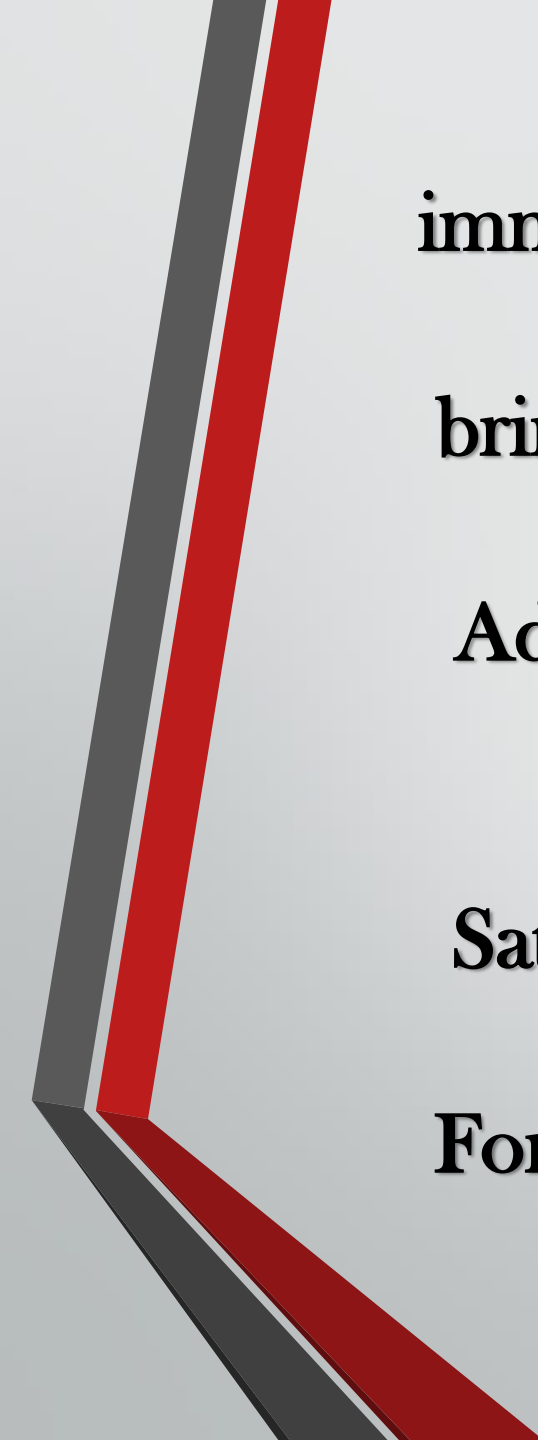
What are the risks of going to school hungry?

- Poor concentration & grades
- Low energy
- Stomach problems
- Mood swings





**Picture orders  
are in! Come to  
the General  
Office to pick up  
your photo  
packages.**



**Public Health Nurses will be offering influenza immunizations at the Parent Teacher conferences on Nov. 6th at Carlton School, 3:30-8:00pm. Please feel free to bring the whole family! Please bring your health care card and wear short sleeves.**

**Additional Influenza Clinics will be held at the South Hill Mall (by Carlton Hearing):**


**Monday -Friday Oct. 21st -25th -9:00am-5:30pm**

**Saturdays Oct. 26th, Nov. 2nd and 16th - 9:00am-2:00pm**


**Tuesdays Nov. 5th and 26th - 1pm-5:30pm**

**For more information please call the Public Health Office at 765-6510.**





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 Carlton Wrestling Team will have an open gym on Monday, November 4th, in the white gym. This is a great time to find out answers as to what the wrestling season entails. All boys and girls from grade nine to grade twelve are welcome. The open gym runs from 3:20 to 5:00.**