

Carlton Cafetorium Menu

Thursday November 7, 2019

Breakfast

Surprise!

Lunch

Nashville Hot Chicken and Onion Rings

Soup / Salad

Butternut Squash and Apple Soup

Dessert



**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.**

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

A person is captured mid-dive, falling into a swimming pool. The background shows a pool deck with some equipment and a building. The text is overlaid on the left side of the image.

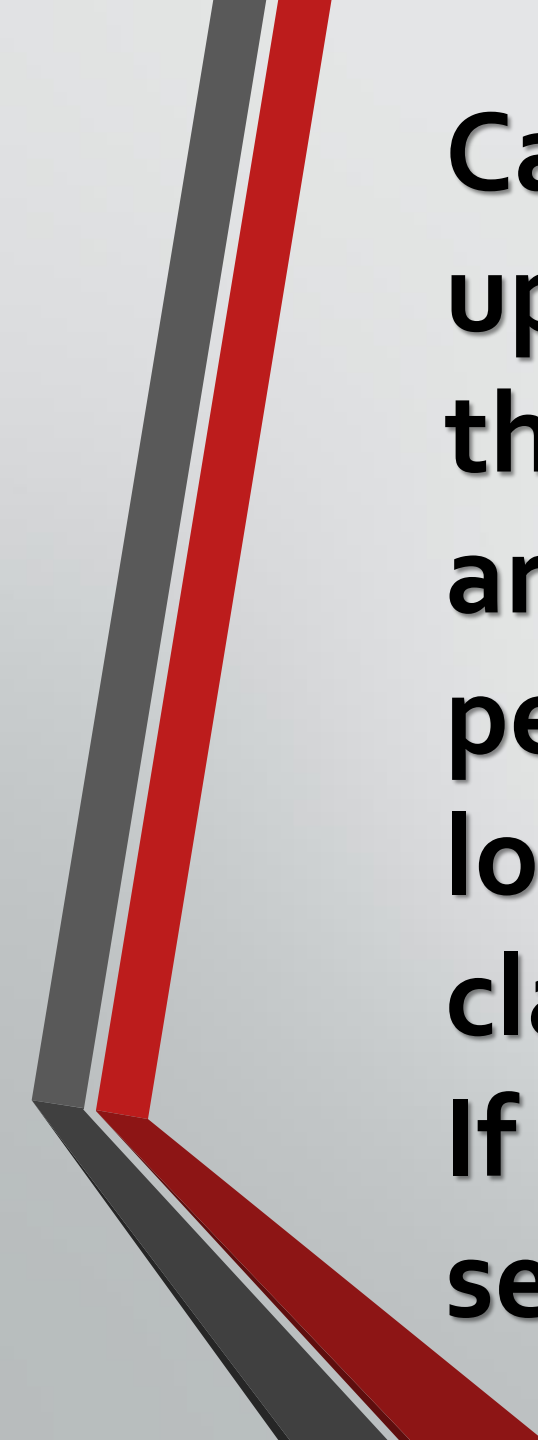
First Annual "Carlton Cannonball Competition"

November 6th @ 12:30


Style and Splash will determine the winners.

Sign Up at Mr. Arpin's office.


Come and get your splash on!



Carlton is looking for volunteers for this upcoming Saturday November 9th for the senior boys volleyball regionals. We are looking for scorekeepers, lines people and gate workers. If you are looking for volunteer hours for your PE class this would be a great opportunity. If you have any further questions please see Mr. Bender.

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 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).

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



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**

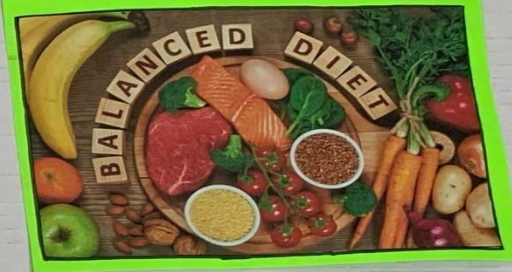
How many kids are going to school hungry?

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





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.



Do you feel like you have a lot *more potential as a shooter* but don't know how to achieve it?

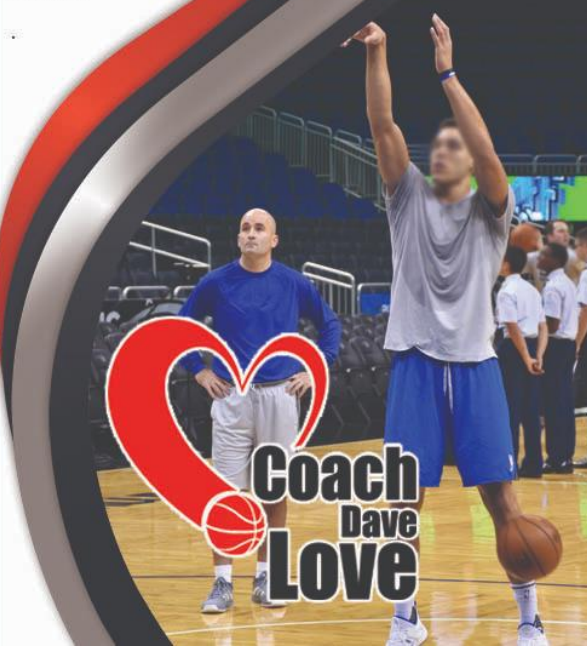
Do you worry that *your shooting will hold you back* from achieving the things you want to in the game of basketball?

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.



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.