

Cafetorium Menu

Breakfast

Skillet

Lunch

Chicken Stir Fry

Soup

Mulligatawny

Salad

Asian Cucumber and Carrot

Do you sing, play an instrument, or want to meet other Carlton musicians? Open Mic will take place on Thursday, March 5th and Friday March 6th at Lunch.





Bell Schedule

PERIOD ONE	8:55 - 9:58
PERIOD TWO	10:03 - 11:08
PERIOD THREE	11:13 - 12:16
PERIOD FOUR	1:05 - 2:08
PERIOD FIVE	2:13 - 3:16

**Mark your
calendar! There
will be a School
Community Council
Meeting on March
18th at 7pm in the
Learning Commons!**



**ALL GRADE 12 STUDENTS MUST
APPLY TO GRADUATE BY MARCH
20TH!**

**YOU MUST HAVE 19 CREDITS OR MORE.
Applications are available on our webpage or in
student services.**

A parent's signature is required.

You will have to meet with your counsellor.



*Take ten
minutes to
chill.*

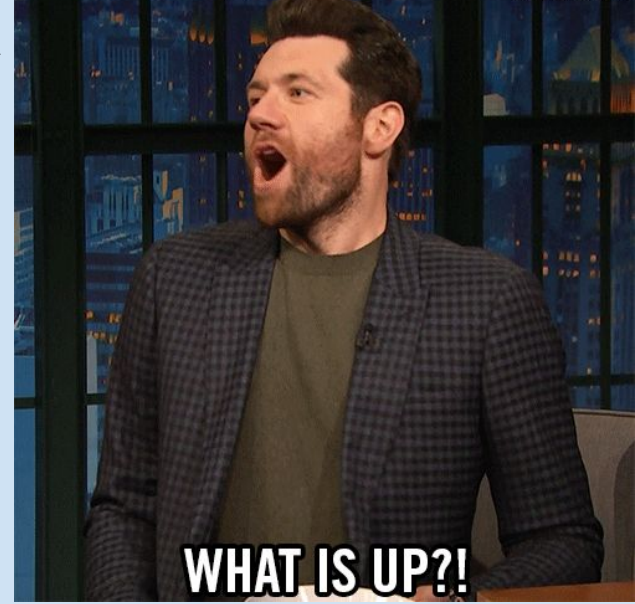
*Join us in Y103 noon hours on
Thursdays for Meditation.*



Attention Carlton Staff & Students:

Carlton Independent Futures Program will be selling "Helping Hands" for Telemiracle at lunch in the Rotunda from Monday February 24 - Friday March 6. Each Helping Hand is \$1.00 and all money goes to Telemiracle. Please come and support this year's Telemiracle.

WHAT'S UP WEDNESDAY
MARCH 4
PERIODS 1 AND 5



WHAT DOES GRAD DAY LOOK LIKE?
WHAT DO YOU NEED TO DO BEFORE
GRAD?

**Interested in taking Standard First Aid & CPR-C for free?
Talk to Mr. Strachan in Student Services before Friday,
March 6th, to register, or for more information.**

Requirements Include:

- 1. Completing online modules through the Canadian Red Cross.**
- 2. In-person skills training session to be completed at Carlton**

****Modules must be completed to participate in the skills session****



**Vote for your
favourite books
in The Learning
Commons for
March
Madness!**



CONGRATULATIONS TO THE CARLTON
WRESTLERS WHO COMPETED IN THE
REGIONAL WRESTLING
CHAMPIONSHIPS THIS PAST
WEEKEND. GOING TO THE PROVINCIAL
FINALS ARE SILVER MEDALIST LOGAN
BAIR AND BRONZE MEDALLISTS ABBY
TIESSEN, IZZABELLA BEER AND ETAH
MCDOUGALL.



GRAND OPENING

STUDIO GRAND OPENING

(IN THE OLD STUDENT LOUNGE)

TUESDAY MARCH 3RD FROM 11:30AM-3PM

COME CHECK OUT THE SPACE, FIND OUT HOW YOU CAN GET INVOLVED, HAVE A CREATIVE PORTRAIT TAKEN, AND ENTER SOME DRAWS FOR COOL PRIZES.