




## Thunder Tracks Newsletter

Monday, January 19 Day 6	Tuesday, January 20 Day 7	Wednesday, January 21 Day 8	Thursday, January 22 Day 9	Friday, January 23 Day 10
Girls Volleyball Game @ University Heights	<b>Pizza Lunch</b>  Boys Volleyball Game @ Gabriel Dumont  LIT 3:30-4:30pm Start2Finish 3:30-5:30pm	<b>Popcorn for Sale</b>  Girls Volleyball Game @ East Carling PS.  <b>Bell Let's Talk Day</b>  BGC 3:30-5:30pm	Boys Volleyball Game @ East Carling PS.	

### Important Info

 **Climbers are closed.**

 **Winter weather is here! Please help your child stay warm and dry. Send extra socks and clothing and ensure they come to school with their boots, hats and mitts.**

 **School Access: Parents/guardians may not wait inside the school or walk through the hallways. All visitors must check-in at the office.**

 **Attendance Reporting: Please report absences and lates via school messenger app or call 1-844-305-3756.**

### Kindergarten Registration is now OPEN for September 2026.

Thames Valley District School Board is excited to welcome you and your child to Kindergarten. Registration will be open from Oct. 22, 2025 until Jan. 30, 2026.

To be eligible for registration for the Kindergarten program, children must be four years of age by December 31, 2026.

As part of the online registration parent(s)/guardian(s) are required to declare their intention to enrol their child in the English Kindergarten Program at their designated French Immersion school (check box).

To register for Kindergarten, please complete the on-line pre-registration form found on TVDSB'S main webpage at [www.tvdsb.ca](http://www.tvdsb.ca).

If you do not have access to technology, please contact the school to complete the paper registration form at the school.

**Thank you,** Susanne Young, Principal, & Shane Riley, Vice-Principal



**Kindergarten Registration**  
For September 2026

If your child turns four by December 31st, 2026 (born in 2022) they are eligible to attend our Year One Kindergarten Program (JK) in September 2026

Please follow the link for further information  
[TVDSB Kindergarten Registration](http://www.tvdsb.ca)

Or go to [www.tvdsb.ca](http://www.tvdsb.ca) and click on **Register for School**

Or please contact the school to complete the paper registration forms

## THUNDER BOLT WINNERS!

Kindergarten: Kamsi A.

Primary: Laiba F.

Junior: Jude M.

Intermediate: Victor O.

You've been struck by a  
Thunder Bolt of awesomeness!  
Keep being a positive force!

## January

# Adaptability

- ✓ Being able to adjust to new situations
- ✓ Being flexible to change
- ✓ Shifting your approach when challenged
- ✓ Regulating your emotions

**Monthly Character Trait:**

This month's character trait is **Adaptability**. How are you going to show adaptability this month?

This month, staff will be looking for a student who shows examples of adaptability here at East Carling. The second award will be going to a student who has shown dedication and growth in **math** this month!

**GO THUNDER!**

## HIGH SCHOOL INFORMATION

<https://sites.google.com/gotvdsb.ca/eastcarling/home>

**Save the Date!**  
 Friday January 30<sup>th</sup> – PA Day, No School!

## ONLINE SAFETY



## WELLNESS

Kaitlynn Mendes is a sociologist whose work sits at the intersection of media, education, and politics. Her talk will cover:



- What do we know about technology and social media for youth?
- What are some common harms?
- How do I prepare kids to use the phone safely?
- How to set boundaries around phone use
- How to talk to your kids about their phone use
- Important resources that you (and your kids) should know about
- Relevant laws

THURSDAY,  
JANUARY

29TH

6PM



Woodfield French Immersion Public School  
440 Princess Ave

**diy** DIGITALLY INFORMED YOUTH

Refreshments will be sold by HASA

# Popcorn Sale!



BUTTER SALT • DILL PICKLE • WHITE CHEDDAR • SALT & VINEGAR

\$2/BAG

SUPPORT GRADE 8 GRAD TRIP

EAST CARLING

WEDNESDAY'S DURING FIRST BREAK

PRE-ORDER AVAILABLE ON SCHOOL CASH ONLINE FOR \$2.05 PER BAG

## BABYSITTING



basics

**BECOME A CONFIDENT BABYSITTER!**  
1-DAY COURSE FOR YOUTH AGED 11-15

Learn about: becoming a babysitter, handling emergencies, safe play, bedtime routines, and more!



London Dates: Sat Jan 31 and Sun Feb 15

Time: 8:30am - 4:30pm

Cost: \$75.00

## HOME ALONE

**PREPARE FOR INDEPENDENCE!**  
1-DAY COURSE FOR YOUTH AGED 10+

Learn about: phone calls and visitors, recognizing hazards, fire safety, calling 911 and more!



London Dates: Sat Jan 31 and Sun Feb 15

Time: 9:00am - 4:00pm

Cost: \$70

To register call 519-432-1352 or visit [sja.ca](http://sja.ca)



741 King St, London ON



Seats fill quickly - register today!

St. John Ambulance

# COUGAR SPOTLIGHT

THERE'S MORE  
AT MONTCALM  
JAN. 2026



## DECEMBER HIGHLIGHTS:



### MONTCALM OPEN HOUSE

Gr. 8 students and their families got to attend a Montcalm showcase



### WINTER CONCERT

Our lovely band plays music for the whole school.



### H&W FITNESS CHALLENGE

Health & Fitness SHSM try out in the Ontario police fitness challenge



### WORKSHOP AT FANSHAWE

Business SHSM Leadership and Presentation Skills Workshop



### WINTER SEMI FORMAL DANCE

Hollywood themed dance, food, drinks, dress to impress!



### BOARD GAME LUNCH

Board game fun for all students held in the library



### GOLDEN PUCK HOCKEY GAME

We played against the Central Golden Ghosts, free for all students to watch



### MONTCALM SPIRIT WEEK

Winter and holiday themed week of dressing up



### DOOR DECORATING CONTEST

Montcalm Students competed to decorate their homeroom door the best



### PERIOD 1 PANCAKE BREAKFAST

Pancake breakfast for students one and all, happy holidays!



Forensic Science Field Trip at the University of Toronto



Pancake Breakfast Day Before the Holidays



## UPCOMING AT MONTCALM:

Jan 8th: Clash Royale Tournament

Jan 8th: Feeder School Hockey Continues

Jan 9th: Aviation SHSM visits Diamond Aircraft Factory

Jan 10th: Robotics Club Begins Preparing for First Robotics Canada

Jan 12th: Feeder School Writing Contest

Jan 12<sup>th</sup> - 16<sup>th</sup>: 4v4 Volleyball Mixed Championships

Jan 23<sup>rd</sup> - 28<sup>th</sup>: Semester 1 Exams

## MEET: MCKENNA RITCHIE

Grade: 9 From: East Carling Public School

**ABOUT: MEMBER OF THE MONTCALM CHOIR**

**What is Your History with Music and Choir Before Montcalm?**

"When I was younger I wanted to sing, so when I was in grade 8 I joined choir."

**What is your advice for upcoming Gr. 9s?**

"When the door opens with opportunities, walk through it. Join the clubs you wanna join and try out for the teams you want. If you don't make it, that's okay, just try and try again."



montcalm@tvdsb.ca



MONTCALM SECONDARY



1350 Highbury Ave. North



519-452-2730

Spots  
still  
Available!

# RUNNING & READING CLUB

R&R Club is a free, weekly after-school program designed for children in grades 1-6.

Each session combines physical activity and literacy to support students' physical, mental, and academic well-being.

## \* What to Expect:

- 30 minutes of running games and fitness
- 30 minutes of reading, journaling, and literacy activities
- Mentorship from caring volunteers
- Fun, encouragement, and personal goal setting

## \* Participation & Celebration:

Students are expected to attend the program each week and participate in a year-end 5K run and reading challenge.

### Session Day and Time:

East Carling Public School: Tuesdays 3:30-5:30 pm

Erica Tom,  
Program Manager

(905) 319-1885 ext. 206  
[programstart2finishonline.org](http://programstart2finishonline.org)



**CANADIAN  
RED CROSS**  
TRAINING  
PARTNER

## *Babysitting Course!*

**WHEN:** PA Day, Friday, January 30, 2026.  
**WHERE:** Trinity Place, 570 Gainsborough Rd, London.  
**TIME:** 9:00 a.m. to 4:00 p.m.  
**FEE:** \$65.00 tax included  
**CONTACT:** 519-858-0382  
[vantagefirstaid@rogers.com](mailto:vantagefirstaid@rogers.com)  
[www.vantagefirstaid.com](http://www.vantagefirstaid.com)



Canadian  
Red Cross  
Training Partner

Learn how to take care of yourself and others -  
**register now for the Red Cross Babysitting Course!**