



Thunder Tracks Newsletter

Monday, January 26 Day 1	Tuesday, January 27 Day 2	Wednesday, January 28 Day 3	Thursday, January 29 Day 4	Friday, January 30 PA DAY
Girls Volleyball Game @ East Carling P.S.	<p>Pizza Lunch</p> <p>Boys Volleyball Game @ Old North P.S.</p> <p>LIT 3:30-4:30pm Start2Finish 3:30-5:30pm</p>	<p>Popcorn for Sale</p> <p>Girls Volleyball Game @ Eagle Heights P.S.</p> <p>Boys Volleyball Game @ East Carling P.S.</p> <p>BGC 3:30-5:30pm</p>	<p>Spirit Day Wear BRIGHT Colours!</p>	<p>PA DAY!</p>

Important Info

Pizza Lunch – To order please click [here](#).

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).

The deadline for French Immersion Applications is Jan. 30, 2026 at 4:00pm.

To register for Kindergarten, please complete the on-line pre-registration form found on TVDSB'S main webpage at 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 and click on [Register for School](#)

Or please contact the school to complete the paper registration forms

THUNDER BOLT WINNERS!

Kindergarten: Juliet S.
 Primary: Ryan B.
 Junior: Ace T.
 Intermediate: Jacob M.

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!

Save the Date!

- Monday Feb.2nd – Home & School Meeting
- Wednesday Feb.11th – Coffee Connections
- Friday Feb.13th – Spirit Day for Valentine's Day
- Monday Feb.16th – Family Day Holiday
- Friday Feb.20th – PJ Day for Childcan

HIGH SCHOOL INFORMATION

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

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



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
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!

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 | BOARD GAME LUNCH
Board game fun for all students held in the library |
| WINTER CONCERT
Our lovely band plays music for the whole school. | GOLDEN PUCK HOCKEY GAME
We played against the Central Golden Ghosts, free for all students to watch |
| H&W FITNESS CHALLENGE
Health & Fitness SHSM try out in the Ontario police fitness challenge | MONTCALM SPIRIT WEEK
Winter and holiday themed week of dressing up |
| WORKSHOP AT FANSHAWE
Business SHSM Leadership and Presentation Skills Workshop | DOOR DECORATING CONTEST
Montcalm Students competed to decorate their homeroom door the best |
| WINTER SEMI FORMAL DANCE
Hollywood themed dance, food, drinks, dress to impress! | 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 12th - 16th:** 4v4 Volleyball Mixed Championships
- Jan 23rd - 28th:** 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."

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



741 King St, London ON



Seats fill quickly - register today!

St. John Ambulance



PJ DAY!



It's time to Rock Your PJs to stand with kids facing cancer who wear their PJs every day.

Wear your PJs on:

Friday February 20th, 2026

Details:

EAST CARLING P.S.

Cash donations will be collected in school from February 17-20th, 2026

On-line donations are being collected from February 1-28th, 2026

All funds raised go to support kids and their families facing childhood cancer.

childcan.com/pj-day



Learn more about PJ Day



With support from:



East Carling Public School

If you are not able to submit an order online with a credit card please reach out to East Carling Home & School Association and we will be happy to help: eastcarling@ofhsa.ca

We earn \$6 from every kit sold Something for everyone a fun easy way to support Thanks for helping one slice at a time!

1. To place an order with your credit card, scan the QR code with your mobile device or click the link below. Enter the Fundraiser ID: 470914

East Carling Public School Fundraiser with Little Caesars

2. Enter the seller's name at checkout.

LAST DAY TO ORDER ONLINE IS: February 22nd

ITEMS WILL BE DELIVERED ON: March 9th - Time TBD

Little Caesars® Fundraising



Fundraiser ID
470914



Scan for
FULL MENU!