



## Thunder Tracks Newsletter

Monday, March 2 Day 4	Tuesday, March 3 Day 5	Wednesday, March 4 Day 6	Thursday, March 5 Day 7	Friday, March 6 Day 8
	<p><b>Pizza Lunch</b>                      Click <a href="#">here</a> to order!</p>	<p><b>Popcorn for Sale</b></p>		
Home & School meeting:6-7pm	LIT PROGRAM 3:30-4:30pm Start2Finish 3:30-5:30pm	BGC 3:30-5:30pm		

### Important Info

#### Drop-Off & Pick-Up Procedures:

##### Drop-Off

- The drop-off zone for "kiss and ride" is located in the parking lot. Please do not park in this area.
- Cars can drop off their children, but you cannot park your car or get out of your car while doing so. The expectation is when you are circling around, you may let your child out near the entrance to the yard, but you must stay in the car.
- If your child needs assistance into the yard, please park on a side street and walk them to the yard. Cars cannot be parked at any time, and we must continue the flow of traffic safely.
- If you are walking your child(ren) into the schoolyard please note there is no supervision on the yard (or in the school) before 8:45am. If your child arrives before 8:45 they must be supervised by a parent/guardian. Climbers are closed for the season.

##### Pick-Up

- Kiss and ride IS NOT available after school as the parking lot is closed for school bus transportation.
- Please meet your child(ren) in the schoolyard at 3:30pm.

##### Parking

The school parking lot is for staff only. If you are parking to bring your child(ren) into the schoolyard, you will need to park on Glasgow St (NOT in the bus zone in front of the school yard) or on Piccadilly St. or other available side streets. Parking enforcement comes by regularly, please follow parking signage.

#### Bus Information and Procedures:

- If your child rides the bus, please review safety rules:
  - Walk to your seat & Remain seated when the bus is moving
  - No eating on the bus
  - Be respectful to all riders on the bus and in the community
- Kindergarten students will be taken to the bus by an educator at the end of the day.
- For bus information please visit the My Big Yellow Bus website, [mybigyellowbus](http://mybigyellowbus)
- It is essential that you be on time for the bus, and if you have a primary student, you must meet them when they get off the bus.

\*If your student(s) arrives after 9am please use the main entrance of the school and check-in at the office. **The gates in the kindergarten yard are closed and locked at 9am and must remain locked for the safety of the students.**

\*We understand that sometimes situations come up where parents/guardians need to sign out their children early, however, unless necessary we ask that you wait until school is dismissed at 3:30pm. Early sign-outs are very disruptive for the class and interrupts the students learning time. **Please note we will no longer be allowing sign-outs after 3:15pm.**

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

### Save the Date!

- March 2<sup>nd</sup>- Home & School meeting 6-7pm
- March 9<sup>th</sup> – Little Ceasars pizza kit delivery day
- March 11<sup>th</sup> – Coffee Connection
- March 12<sup>th</sup> – Hot Dog Lunch Day
- March 13<sup>th</sup> – Spirit Day – Wear **GREEN** for St. Patty's Day
- March 16<sup>th</sup> - 20<sup>th</sup> – **MARCH BREAK! NO SCHOOL!**



Mar 4, 2026, 12:00 PM

**EQAO Literacy Session for Families: Focus on Reading**

Join EQAO for a free live webinar about how EQAO assesses students' reading skills at key stages of their education. EQAO staff will discuss reading samples and questions from the Primary & Junior Reading Assessments, and the Ontario Secondary School Literacy Test. Participants will hear how these reading passages and questions help assess the skills students are learning in class. Staff will also highlight valuable insights and resources that can help parents and caregivers support their child's learning.

[https://eqao.zoom.us/webinar/register/WN\\_d5doLU\\_HSVad0Jmb\\_V7skQ](https://eqao.zoom.us/webinar/register/WN_d5doLU_HSVad0Jmb_V7skQ)

Mar 25, 2026, 12:00 PM

**EQAO Literacy Session for Families: Focus on Writing**

Join EQAO for a free live webinar about how EQAO assesses students' writing skills at key stages of their education. EQAO staff will discuss writing prompts and questions from the reading component of the primary- and junior-division assessments and from the Ontario Secondary School Literacy Test. Participants will hear how these prompts and questions help assess the skills students are learning in class. Staff will also highlight valuable insights and resources that can help parents and guardians support their child's learning.

[https://eqao.zoom.us/webinar/register/WN\\_F3XF343SQve5ZGR6fEfLoA](https://eqao.zoom.us/webinar/register/WN_F3XF343SQve5ZGR6fEfLoA)

<b>March</b>
<b>Honesty</b>
✓ Telling the truth
✓ Doing what's right, even if it's difficult
✓ Playing by the rules
✓ Being someone that others' can trust

**Monthly Character Trait:**  
This month's character trait is Honesty. How are you going to show honesty 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!**



**THUNDER BOLT WINNERS!**

Kindergarten: Sophie D-H.  
Primary: Camryn L.  
Junior: Sabah A.  
Intermediate: Hafizah MH.

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

# Popcorn Sale!

white cheddar  
cheddar blanc

butter and salt  
beurre et sel

dill pickle  
cornichons et aneth

salt & vinegar  
sel et vinaigre

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

# HOT DOG Lunch Day!

**MARCH 12TH**

**Hot Dogs – \$3 each or 2 for \$5**

**Chips – \$1ea**

**Juice – \$1ea**

Order by March 6th

Order online here: **\$1ea**

[www.zeffy.com/en-CA/ticketing/hotdog-lunch-march-12th](http://www.zeffy.com/en-CA/ticketing/hotdog-lunch-march-12th)

<https://www.zeffy.com/en-CA/ticketing/march-and-april-pizza-lunch>

## March & April Pizza lunch

**Order Now**  
CLICK LINK ABOVE

# THE APPRENTICESHIP PATHWAY AT TVDSB

## Parent Information Evening with Dr. Jon Callegher

**Tuesday, March 10, 2026**  
7:00-8:30 PM

Location: Saunders Secondary School Auditorium  
(941 Viscount Road)

*Dr. Jon Callegher is an author, researcher, and an expert in the Skilled Trades industry. If your child is considering the Apprenticeship Pathway, this is an event not to be missed!*

**OYAP**  
ONTARIO YOUTH APPRENTICESHIP PROGRAM

**Ontario**

**Thames Valley**  
District School Board

**Register Online Here**

• Registration is required for this event



# WELCOME TO Caregiver Coffee Connection

COME AND JOIN US TO LEARN ABOUT:



**Free or affordable  
programs and activities**

**Upcoming Changes**

*School*  
**BOUNDARIES**



**Meet other  
parents**



**Prizes**

**WEDNESDAY, MARCH 11TH, 2026**

**9:00-10:00 AM**

**SCHOOL LIBRARY**



**Columbia**  
Sportswear Company  
EMPLOYEE STORE

# ANNUAL WINTER SALE

## ON NOW

**UP TO 70% OFF  
RETAIL PRICING**

**East Carling Public School**

**EXCLUSIVE INVITE TO SHOP THE EMPLOYEE STORE**

**FEBRUARY 13 - MARCH 8**

**BRING THIS PASS + PROOF OF AFFILIATION + UP TO 4 GUESTS**

TERMS AND CONDITIONS

**London, ON**

1-1425 Max Brose Dr  
MON-FRI: 10A - 5P  
SAT: 9:30A - 6P; SUN: 10A - 5P  
londonemployeestore@columbia.com

Since 1993

# Soccer Day Camps

...more than just a soccer camp!

## Early Deals, Big Savings, Ends March 31, 2026

✓ July & August weeks

✓ Ages 5 to 13

✓ Morning & Full Day sessions

✓ Before & After Care available

**For more information:**

[royalsoccer.com](http://royalsoccer.com)

800-427-0536

For location & registration details visit our website.

**Mornings** Starting from **\$165**/week

**Full Days** Starting from **\$249**/week

\* Limited time, discounts vary, see website  
Additional discounts for week 1 & 6 (4 day weeks)

# COUGAR SPOTLIGHT

**THERE'S MORE AT MONTCALM FEB. 2026**

### JANUARY HIGHLIGHTS:

- CLASH ROYALE TOURNAMENT**  
Dozens of students competed in the arenas of Clash Royale for this student organized tournament
- STAFF VS STUDENTS VOLLEYBALL**  
The winning team of the 5v5 tournament challenged the staff volleyball team
- MOVIE WATCHALONG**  
Health Movie played in the library for all to watch
- FIRST SEMESTER FINAL EXAMS**  
Final Exams and summatives are here for first semester students at Montcalm

- 5V5 VOLLEYBALL GAMES**  
Teams of students faced off in a competitive Volleyball tournament
- ELEMENTARY SCHOOL HOCKEY CONTINUES**  
Montcalm students continued to run fun hockey lessons for our local elementary school students
- TVRAA SWIMMING**  
Our swim team competed against several other TVDSB schools to earn a spot at WOSSAA

**MEET: MICHAEL TJOELKER**  
Grade: 12 From: East Carling Public School

**ABOUT: MONTCALM SR. FOOTBALL PLAYER, LINEMAN, AND FIRST TEAM ALLSTAR**

**How did you get involved with the Montcalm Football?**  
"I transferred to Montcalm at the start of grade 11 and joined the football team. I had already played 2 years of high school football before at Central. I played for Montcalm for 3 years, each year I was a starter. I peaked this year becoming a first team all star and nominated as the lineman for the award. I was nominated by all the coaches in the league. I was also a captain on the team and captained the O-line this year."

**What is your advice for upcoming Gr. 9s?**  
"Show up to school, you'll regret it if you don't. You may think otherwise, but your grades will drop if you don't show up, you'll miss key lessons and catching up online isn't the same as an in person lesson. I'm not saying you have to have perfect attendance and grades, but try to limit your absences. Bad marks early on in your high school career set a much harder pathway for yourself."

**UPCOMING AT MONTCALM:**  
**Feb 4th:** Boys Basketball Playoffs  
**Feb 5th:** Girls Volleyball Playoffs  
**Feb 11th:** WOSSAA Swimming Tournament  
**Feb 13th:** TVRAA Wrestling Tournament  
**Feb 13th:** Valentine's Day Candy Grams  
**Feb 13th:** Library Book Giveaway!  
**Feb 13th:** Author Samantha Joyce Visits  
**Feb 20th:** WOSSAA Wrestling Tournament  
**Feb 20th:** Course Selection Due date  
**Feb 26th:** Black History Month Assembly

montcalm@tvdsb.ca

MONTCALM SECONDARY

1350 Highbury Ave. North

519-452-2730

## Do you want to stay Home Alone?

**Home Alone & Stranger Safety**

"A new way to learn!"  
A fun and interactive course for youth aged 8-11 years of age

<b>London</b>	Friday, March 20th, 2026 9am-3pm	<b>MARCH BREAK</b>
<b>London</b>	Friday, April 24th, 2026 9am-3pm	<b>PA DAY</b>
<b>Strathroy</b>	Saturday, April 25th, 2026 10am-4pm	
<b>Woodstock</b>	Friday, May 29th, 2026 9am-3pm	<b>PA DAY</b>
<b>London</b>	Friday, May 29th, 2026 9am-3pm	<b>PA DAY</b>

**Space is Limited - You must Pre-Register - Choose 1 Date**

**THE ONLY FULL DAY, FULL FUN and EFFECTIVE HOME ALONE COURSE available!**  
Courses are taught by Certified Instructors. Students learn, and will be able to demonstrate:

- Communication** skills to support family safety  
Honesty, limitations, your Home Safe route and Home Alone agreement
- Prevention** techniques to avoid dangerous situations  
Household fires and accidents, injuries, stranger dangers and street smarts
- Safety skills** by interactive training, hands on practice and coaching  
Identify strangers and risks, door, phone and kitchen safety & beginner First Aid
- Responsibility** and building maturity to stay Home Alone  
Home Safe messages, Home Alone productivity, house rules and schedule
- Confidence** to handle unexpected dangers or emergencies  
With strangers and situations, how to call 911, the power of NO and keeping self SAFE!

**Register Online:** [www.varisafe.ca](http://www.varisafe.ca)

Course locations, FAQ and more available online 24/7

Upon registration, you will receive a confirmation email including all course details such as: location & directions and what to bring. **Course cost:** \$75.00 plus HST  
Participants will receive a **Certificate of Completion** and **Guide Book** including **First Aid**. Questions? Email us: [info@varisafe.ca](mailto:info@varisafe.ca)

**+ Babysitters Training**

"A new way to learn!" A SAFE, FUN and EFFECTIVE course for youth aged 10-14

<b>London</b>	Friday, March 20th, 2026 9am-3pm	<b>MARCH BREAK</b>
<b>London</b>	Friday, April 24th, 2026 9am-3pm	<b>PA DAY</b>
<b>Strathroy</b>	Saturday, May 30th, 2026 10am-4pm	
<b>Woodstock</b>	Friday, June 26th, 2026 9am-3pm	<b>PA DAY</b>
<b>London</b>	Friday, July 10th, 2026 9am-3pm	<b>SUMMER BREAK</b>

**Space is Limited - You must Pre-Register - Choose 1 Date**

**Courses are taught by Certified Instructors and teaches:**

- Getting your first job safely** Interview tips, resume and prep skills to impress!
- Keep others SAFE** while in your care and control, understanding babysitter responsibilities and specific care and requirements for children of all ages.
- Advanced First Aid** including airway management, choking/obstruction and rescue breathing in addition to common injuries and illnesses.
- Emergency Readiness** and response to critical situations such as: Fire Safety, Kitchen Safety, poisons, staying calm and proper use of 911/EMS
- Having Fun!** Creative games, ideas and helpful tips to make you a great sitter!
- Instructor Led Training** on feeding, bathing and changing infants etc.

**Enroll in the most TRUSTED, SAFE and EFFECTIVE Babysitters Course today!**

**Register Online:** [www.varisafe.ca](http://www.varisafe.ca)

Course locations, FAQ and more available online 24/7

Upon registration, you will receive a confirmation email including all course details such as: **course location & directions** and what to bring to the course. **Course cost:** \$75.00 plus HST.  
Participants will receive a **Wallet Certification Card** and **Babysitters Training Manual**, with **First Aid**. Questions? [info@varisafe.ca](mailto:info@varisafe.ca)