




Thunder Tracks Newsletter

Monday, March 23 Day 4	Tuesday, March 24 Day 5	Wednesday, March 25 Day 6	Thursday, March 26 Day 7	Friday, March 27 Day 8
<p>Welcome back! We hope you had a fantastic March Break!</p>  <p>Rock your socks day was March 21st. Let's rock our socks today to show our support!</p>	<p>Pizza Lunch Click here to order!</p> <p>Start2Finish 3:30-5:30pm</p>	<p>Popcorn for Sale \$2/bag</p> <p>BGC 3:30-5:30pm</p>		

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
- 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!

April 3rd – No school (Good Friday)

April 6th – No school (Easter Monday)

April 8th – Grad Photos

April 13th – School Council (5-6p) Home & School (6-7p)



Way to go East Carling!
Our PJ day helped raise



Happy Eid to all of our
celebrating families over March Break!



Upcoming EQAO Family Sessions:



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

Thames Valley District School Board

Connecting and Learning Together: An Evening for Parents and Caregivers of Children with Autism Spectrum Disorder

Parents and caregivers of children with Autism Spectrum Disorder (ASD) are invited to attend an informative and welcoming evening focused on learning and connection.

During this event, parents and caregiver will:

- Learn about TVDSB programs, resources, and supports for students with ASD
- Hear from community partners who provide services for children with ASD and their families
- Ask questions and connect with other parents and caregivers

Event Details

Date: Thursday, April 9, 2026
Time: 5:30 – 8:00 p.m.
Location: TVDSB Education Centre, Thames Room
1250 Dundas Street, London
A light snack and refreshment will be provided

tvccit AccessOAP

Registration is required. Space is limited. To allow as many families as possible to attend, we kindly ask that no more than two adults per household register. Please note that childcare is not available for this event. For more information and to register, please scan the QR code.

March

Honesty

- ✓ 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: Gursa K & Luella H
Primary: Jakob DR & Nimrat K
Junior: Aurora HP & Kamari F
Intermediate: Zach R & Shannia SF

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

Popcorn Sale!

WHITE CHEDDAR
BUTTER AND SALT
DILL PICKLE
SALT & VINEGAR

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

Since 1993

Soccer Day Camps 2026

...more than just a soccer camp!

Early Deals, Big Savings, Ends March 31, 2026

- July & August weeks
- Morning & Full Day sessions
- Ages 5 to 13
- Before & After Care available

For more information:
royalsoccer.com
 800-427-0536

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)

For location & registration details visit our website.

Here are a few links to fun March Break Activities in London

White Oaks Mall:

<https://www.whiteoaksmall.ca/event/march-break-mall-con/>

Covent Garden Market:

<https://coventmarket.com/daylight-savings-march-break/>

London Children's Museum:

<https://www.londonchildrensmuseum.ca/event/march-break-presented-spin-master>

The Royal Canadian Regiment Museum:

<https://www.eventbrite.ca/e/march-break-at-rcrm-tickets-1982360217775>

London Public Library:

<https://www.lpl.ca/marchbreak>

March & April
Pizza lunch

Order Now
CLICK LINK ABOVE

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

KRISPY KREME FUNDRAISER!

**PICKUP: APRIL 7TH
3-4:30PM**

\$15/DOZEN

AVAILABLE TO ORDER NOW ON ZEFFY!

WHEN PLACING A ZEFFY ORDER YOU DO NOT NEED TO MAKE A DONATION. SIMPLY CLICK THE OTHER AMOUNT AND PUT A '0'

**LAST DAY TO ORDER:
MARCH 30TH @ MIDNIGHT**

<https://www.zeffy.com/en-CA/ticketing/krispy-kreme-doughnuts-7>

COUGAR SPOTLIGHT

THERE'S MORE
AT MONTCALM
MARCH 2026



TVRAA Wrestling
Boys Division Champions



Book Giveaway Day
Feeder school Visits



FEBRUARY HIGHLIGHTS:



SEMESTER 2 BEGINS

Semester 2 begins with new classes and new opportunities



WOSSAA WRESTLING

Western Ontario high school wrestling championship in London.



BOOK GIVEAWAY DAY

In Celebration of International Book Giving Day our Library gave away hundreds of free books



FEEDER SCHOOL BOOK GIVEAWAY

Our Leadership students delivered books to our feeder schools



VALENTINES DAY CANDY GRAMS

Sweet treats sent anonymously to celebrate Valentine's Day



AUTHOR SAMANTHA JOYCE VISIT

Canadian Author visited our Library to conference with our students



TVRAA WRESTLING

Our Wrestling team took home the Boys Division Championship



BLACK HISTORY MONTH ASSEMBLY

Montcalm's Black Student Association organized an engaging assembly celebrating Black History and achievement



WILD LIFE GUEST SPEAKER

Health and Wellness SHSM: guest speaker from Salthoven to speak to the students about Wildlife



HAIRSTYLING COMPETITION

Two students competed in a TVDSB hairstyling competition at Fanshawe

UPCOMING AT MONTCALM:

March 2: Badminton Season Begins!

March 2-5: OFSAA Wrestling in Peterborough

March 4: Girls Volleyball All-Star Game

March 10-13: School Play "Too Many Detectives at the Murder Mansion"

March 23: Girls Slow Pitch Softball Begins

March 23-26: Boys Soccer Team Tryouts

March 25: Boys Basketball All-Star Game

March 25-27: Leadership Badminton Doubles Tournament

MEET: RACHELLE DAVIS CATHCART

Grade: 10

From: East Carling Public School

ABOUT: MEMBER OF JR. GIRLS VOLLEYBALL TEAM, BADMINTON TEAM AND SR BOYS FOOTBALL TEAM MANAGER

How did you get involved with Montcalm Volleyball?

"I first got involved in volleyball in elementary school, where I quickly discovered how much I enjoyed the energy and teamwork of the sport. That early passion motivated me to continue playing and challenge myself at a higher level. When I entered high school, I was eager to join the Montcalm Girls Volleyball team so I could further develop my skills and compete more seriously. My positive experiences in elementary school inspired me to stay committed to the sport and become an active member of the volleyball community at Montcalm."

What is your advice for upcoming Gr. 9s?

"Advice I would give grade 9s is find your people and try out for every sports team possible. High school is a lot more fun when you get involved!"



montcalm@tvdsb.ca



MONTCALM SECONDARY



1350 Highbury Ave. North



519-452-2730

Do you want to stay Home Alone?



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

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

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



Babysitters Training

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

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

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

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

March Family and Caregiver Bullying Prevention and Awareness:

Building Positive Relationships:

The By My Side resources support families and caregivers in modelling positive relationships and healthy conflict management. By demonstrating empathy, communication, and problem-solving, adults help children build strong social-emotional skills. These tools offer simple strategies to guide children in navigating challenges and fostering meaningful, respectful connections.

Restorative Practices at Home:

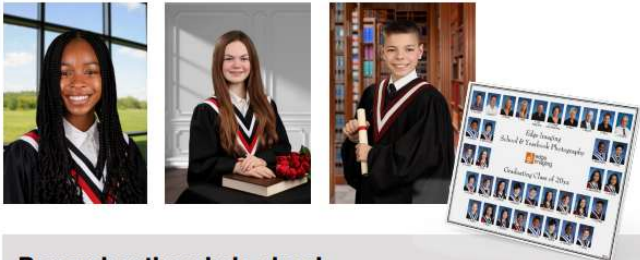
Using restorative practices at home can help everyone get along better. These ideas can make relationships stronger with family and friends. Asking kind questions helps us understand how someone feels and what they think. It also helps people fix problems in a fair way. When we use these questions at school and at home, our community becomes stronger. Using feeling words helps us say what we feel and what we need. Naming our feelings gives us more words to use and helps us act calmly. It also helps us see how our actions affect others.

MILESTONE PHOTOS

April 8, 2026

Take the next step of your school journey in style.

- A white collared shirt with an optional necktie creates a classic look, but we recommend wearing whatever makes you feel great and reflects your unique style! We will provide gowns and props on photo day to complete your look.
- Your photographer will capture 4 photos, and a selection of over 200 backgrounds will be available to you once proofs arrive.
- Your proof should arrive approximately two weeks after your shoot.
- For more photo days tips, go to: edgeimaging.ca/en/photo-day-tips



Remember the whole class!

Make sure to purchase your Class Composite today! This perfect keepsake will arrive by the end of the school year, preserving your class memories for years to come.

TRACK & FIELD TRY IT DAY

SATURDAY, MARCH 28TH
10AM-11:30AM
WESTERN UNIVERSITY

Join us for a fun morning of running, jumping, and throwing, led by the London Western Track & Field Club & Western University Track & Field Team.



Location:
Indoor Track,
Thompson Arena @
Western University
10AM-11:30AM
Bring running shoes
and a water bottle!

FREE EVENT
Open to students in
Grades 4-8.
Please register
prior to Thursday,
March 26th
[Registration Link](#)

Is your child up-to-date with their immunizations?

- It is the parent or legal guardian's responsibility to submit immunization records for all children and students attending licensed child care or school in Ontario.
- To upload your immunization records directly to the Middlesex-London Health Unit, please scan this code and follow the instructions.
- Please ensure the entire record is captured in your picture, including the child's full name and birthdate. You can upload a record that has more than one page.
- Records can also be mailed, faxed to 519-663-0416 or dropped off at the CitiPlaza office location in London. Please choose just one method to submit records
- To speak to a public health nurse, please call 519-663-5317

