




Thunder Tracks Newsletter

Monday, May 4 Day 1	Tuesday, May 5 Day 2	Wednesday, May 6 Day 3	Thursday, May 7 Day 4	Friday, May 8 Day 5
Star Wars Day  Home & School Meeting (6-7pm)	Pizza Lunch Click here to order! Teacher appreciation day (dress like a teacher) Start2Finish 3:30-5:30pm	Popcorn for Sale \$2/bag BGC 3:30-5:30pm		

Please click [here](#) for important information on our Drop-Off & Pick-Up Procedures, Parking and Bus information and procedures.

Save the Date!

- May 4th – Home & School Association meeting
- May 5th – Dress like a teacher day (teacher appreciation day)
- May 14th – Grad photo retakes
- May 15th – Backwards day! Wear your clothes backwards
- May 18th – Victoria Day – No school
- May 25th – Class picture day
- May 29th – PD Day – No School
- June 4th – One London Family Recognition Day
- June 23rd – Grade 8 Graduation (6-10p) & Report cards go home

WWW.EASTCARLING.TVDSB.CA

April

Positive Attitude

- ✓ Look for the good in people and things
- ✓ Speak in a kind tone
- ✓ Be grateful
- ✓ Choose the mindset that uses the words, "I can" and "It is possible"

Monthly Character Trait:

This month's character trait is showing a **Positive Attitude**. How are you going to show a positive attitude this month?

This month, staff will be looking for a student who shows examples of positive attitude 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: Avlyn T.
 Primary: Anis A.
 Junior: Nylah C.C.
 Intermediate: Ben D.

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



feeding hungry minds

About President's Choice Children's Charity (PCCC)

- PCCC is Canada's largest charitable direct-to-school food program, reaching 20% of school-aged children.
- 100% of customer donations will feed kids at local schools.
- The charity's goal is to feed 1 million children at school each year.
- Their Power Full Kids™ program pairs good food with growing and cooking skills.
- This school year, the charity is feeding more than 997,000 children at nearly 2,200 schools nationwide.
- PCCC is a Canadian registered charity.
- Loblaw does not receive a tax receipt for customer donations.

<https://www.pcchildrenscharity.ca/power-full-kids-at-school/>

DONATE ⚡

GRAD

23 JUNE

THANK YOU!

LOOKING FOR GLOW STICKS

Please support our Grade 8s by making any monetary donations towards **pizza, drinks, cake, and other graduation expenses.** Please drop off in the office.

Presenting Partner

East Carling Public School

is joining the fight to beat heart disease and stroke.

Our school is proud to be participating in Heart & Stroke's Jump Rope for Heart program!

Why it matters:

- Students get active and have fun at school on their Event Day.
- Students learn life-long healthy habits.
- Together, we raise funds to support lifesaving heart and brain research.

Jump in and make a difference!
To learn more about promotions, healthy habits and your impact visit jumpropeforheart.ca

Scan to register

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Home & School Association:

May & June: <https://www.zeffy.com/en-CA/ticketing/may-and-june-pizza-lunch>

May & June

Pizza lunch

Order Now

CLICK LINK ABOVE

Community News:



SAVE THE DATE!

ignite
SCIENCE
RENDEZVOUS

MAY 9th 2026 | THOMPSON ARENA

Western University is hosting **Science Rendezvous 2026**, a free, family-friendly science festival designed to inspire curiosity and a love for learning among children and youth.

The event features hands-on activities, interactive demonstrations, and engaging exhibits for all ages. This year's theme, "**Ignite**," encourages participants to explore the energy, creativity, and discovery that drive science and innovation.

Event details:

- Date: May 9, 2026
- Time: 12:00 PM – 6:00 PM
- Location: Thompson Recreation and Athletic Centre, Western University

🔗 Learn more: <https://www.sciencerendezvous-western.ca/>



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!

Time: 8:30am - 4:30pm
Cost: \$75.00

London Dates: Fri May 29 (PA Day), or Fri June 26 (PA Day)
St. Thomas Dates: Fri April 24 (PA Day), Fri May 29 (PA Day), or Fri June 26 (PA Day)
Woodstock Dates: Fri May 29 (PA Day), or Fri June 26 (PA Day)

VIRTUAL options also available - Sat May 9, Sun May 31, Sat June 6, or Sun June 14 (must have working microphone and camera)



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!

Time: 9:00am - 4:00pm
Cost: \$70

London Dates: Fri June 26 (PA Day)
St. Thomas Dates: Sat April 25
Woodstock Dates: Summer dates to come!

To register call 519-432-1352 or visit sja.ca

Seats fill quickly - register today!
Courses added monthly.

St. John Ambulance



COUGAR SPOTLIGHT

THERE'S MORE AT MONTCALM
APRIL 2026

MARCH HIGHLIGHTS:

- SOFTBALL TEAM FORMED**
Montcalm's first girls Softball team is formed and season begins!
- STOCK MARKET CHALLENGE**
Our annual Stock Market Challenge where students invest and compete
- GIRLS VOLLEYBALL ALL-STAR**
Jessica Earls represented Montcalm at the all-star game.
- DFSAA WRESTLING**
Six of our wrestlers travelled to Peterborough to compete.
- SCHOOL PLAY**
"Too Many Detectives at the Murder Mansion" performed by students.
- FIRST ROBOTICS COMPETITION**
Our robotics team competed in the McMaster University Robotics comp
- BOYS BASKETBALL ALL-STAR**
Ibrahim Ahmed and Malochai Whites represented Montcalm at the game.
- BADMINTON INTRAMURALS**
Leadership students ran a badminton doubles tournament at lunch
- COUGAR CARES BAKE SALE**
Our Cougar Cares club raised money for our upcoming Mental Health week.
- CAHANGE MAKER CONFERENCE**
montcalm students travelled to Kings University to participate in the conference.

UPCOMING AT MONTCALM:

- April 9: Board games night in the cafeteria
- April 10: Boys Soccer tournament at Western Uni
- April 10: Debate club officially forms
- April 14: Girls Soccer Season Opener
- April 15: Boys Soccer Season Opener
- April 16: Badminton TVRAA
- April 17: "Midday" Movies in the small gym
- April 21-23: Dodgeball Tournament
- April 23: Culture Day Black Party
- April 25-27: Ping Pong Tournament

MEET: GHADA SMOQI
Grade: 11 From: Northree Public School
ABOUT: CROSS COUNTRY RUNNER, DFSAA WRESTLING BRONZE MEDALIST AND GIRLS SOCCER PLAYER

How did you get involved with the Montcalm Wrestling?

"I got involved in Montcalm Wrestling because I wanted to try something new and challenge myself. I was also interested in being part of a team and meeting new people. Over time, I really started to enjoy it and became more confident in my abilities."

What is your advice for future Gr. 9s?

"The advice I would give to future grade 9s is to get involved in school activities and try new things, even if they seem a little intimidating at first. It's a great way to make friends and feel more comfortable in high school. Also, don't be afraid to ask for help when you need it."

montcalm@fvdsb.ca MONTCALM SECONDARY 1350 Highbury Ave. North 519-452-2730