





Thunder Tracks Newsletter

Monday, May 11 Day 6	Tuesday, May 12 Day 7	Wednesday, May 13 Day 8	Thursday, May 14 Day 9	Friday, May 15 Day 10
	<p>Pizza Lunch Click here to order!</p> <p>THIS IS THE LAST Start2Finish MEETING (3:30-5:30pm)</p>	<p>Popcorn for Sale \$2/bag</p> <p>BGC 3:30-5:30pm</p>	<p>Grad photo retakes</p>  <p>Spring Concert </p>	<p>Backwards day! Wear your clothes backwards</p> <p>Reminder: <u>No school Monday, May 18th</u></p>

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

Save the Date!

- May 18th – Victoria Day – No school
- May 25th – Class picture day
- May 29th – PD Day – No School
- June 4th – Our London Family Recognition Day
- June 10th – Welcome to Kindergarten - Open house (4-5pm)
- June 23rd – Grade 8 Graduation (6-10p) & Report cards go home

May

Perseverance

- ✓ Is the drive that helps you get past the hard stuff to get to what you want
- ✓ Sticking with something, even if it's hard
- ✓ Is the ability to do your best toward a goal
- ✓ Is the ability and self control that pushes you to work through challenges

Monthly Character Trait:

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

This month, staff will be looking for a student who shows examples of perseverance 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: Norman R.

Primary: Jaivir G.

Junior: Kingston W.

Intermediate: Mariam E.

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




WELCOME to Kindergarten @ East Carling P.S.

Save the Date

What: Welcome To Kindergarten Open House

When: Wednesday, June 10

Where: East Carling P.S.
Kindergarten rooms & South Yard

Time: 4:00pm to 5:00pm

We would love for all new first year and new second year kindergarten students and their families to join us for a welcome to kindergarten open house! Parking will be available in the school lot after the last bus leaves for the day. You may also park on either Strand St. or Picadilly St. Look for the balloons at the door by the basketball nets to enter the school.

During the kindergarten open house you will:

- *meet the kindergarten educators
- *explore our kindergarten classrooms and south yard
- *receive a kindergarten information package
- *learn about programs and services within our school and community.

We are excited to welcome you to kindergarten at East Carling P.S. and look forward to meeting you at our open house :)

Your Kindergarten Educator Team



SCAN ME

Visit our website to learn more about Kindergarten at East Carling PS.

<https://sites.google.com/go/dsb.ca/eastcarlingkindergarten/home>

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

© 2025 Heart and Stroke Foundation of Canada. 2025 *The heart and / icon and the Heart&Stroke wordmark are trademarks of Heart and Stroke Foundation of Canada.

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:

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!	FIRST ROBOTICS COMPETITION Our robotics team competed in the McMaster University Robotics comp
STOCK MARKET CHALLENGE Our annual Stock Market Challenge where students invest and compete	BOYS BASKETBALL ALL-STAR Ibrahim Ahmed and Malochai White represented Montcalm at the game.
GIRLS VOLLEYBALL ALL-STAR Jessica Earls represented Montcalm at the all-star game.	BADMINTON INTRAMURALS Leadership students ran a badminton doubles tournament at lunch
DFGAA WRESTLING Six of our wrestlers travelled to Peterborough to compete.	COUGAR CARES BAKE SALE Our Cougar Cares club raised money for our upcoming Mental Health week.
SCHOOL PLAY "Too Many Detectives at the Murder Mansion" performed by students.	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, DFGAA 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@tvdsb.ca | MONTCALM SECONDARY | 1350 Highbury Ave. North | 519-452-2730



feeding hungry minds

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

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.
- Loiblav does not receive a tax receipt for customer donations.

H. B. BEAL S. S. PRESENTS

ELEMENTARY SCHOOL

BADMINTON/VOLLEYBALL

CLINIC

FREE GRADES 6, 7, 8

SIGN UP HERE OR USE QR CODE

GOOGLE FORM WILL CLOSE WHEN CLINIC IS FULL

DATES AND TIMES HERE
May 11, 13, 19 & 20th 4:30-6:00pm

H. B. BEAL S.S. SCHOOL GYM
525 Dundas Street, London ON, N6B 1W5

WEAR INDOOR RUNNING SHOES
NO EXPERIENCE NECESSARY
SIGNED PERMISSION FORM REQUIRED TO PARTICIPATE

MORE INFO PLEASE EMAIL B.NORRIDGE@TVDSB.CA