



Thunder Tracks Newsletter

Monday, May 18 Victoria Day Holiday	Tuesday, May 19 Day 1	Wednesday, May 20 Day 2	Thursday, May 21 Day 3	Friday, May 22 Day 4
No School! 	Pizza Lunch Click here to order! Regional Track & Field Meet	Popcorn for Sale \$2.00/Bag BGC 3:30-5:30pm		 Spring Dance!



***No bikes, scooters or roller blades are allowed on the schoolyard.** If your child is riding to school they must remove their roller blades or lock up their bike or scooter before entering.

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

Coming
Up!

EAST CARLING

SPRING DANCE

THERE WILL BE GRADE
7/8 HELPERS AT THE
SNACK TABLE WITH
SEPERATE LINES FOR
ONLINE AND CASH
ORDERS

\$5 SNACK PACKS (CASH)
\$5.15 SNACK PACKS (ONLINE)
\$2 PER ITEM (CASH)
\$2.15 PER ITEM (ONLINE)



22 | MAY | 2026

PRIMARY 10-10:50 | KINDER 12-12:40
JUNIOR 12:40-1:30 | INTERMEDIATE 2:10-3

**THUNDER
BOLT
WINNERS!**

Kindergarten: Fateh B. & Isla G.
Primary: Francis BG. & Hami H.
Junior: Rowan W. & Hadley M.
Intermediate: Hiyabel T. & Channing D.

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

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!

Save the Date!

May 25th – Class/Group Photo Day
May 29th – PA Day – No School
June 4th – Our London Family Recognition Day
June 10th – Welcome to Kindergarten - Open House (4-5pm)
June 23rd – Grade 8 Grad (6-10pm) & Report Cards go home

GROUP PHOTO DAY IS APPROACHING

May 25, 2026

Showcase Your Best Smile

- Students will be photographed at school.
- A flyer including a complimentary high-resolution digital group photo download code will be provided once your group photos have been processed.
- Our digital groups promote environmental sustainability and provide enhanced security for all students
- Love your group photo? Your group image is available to purchase online with ease!



DON'T FORGET

School photos are a Canadian tradition to capture the school year and preserve your continued growth.

GET REMINDERS

Sign up for notifications at edgeimaging.ca/photoday to get real-time updates about your photo day and stay in the know with Edge. Each group photo style is at the discretion of individual schools and dependent upon public health regulations.

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.



1 (866) 707-3343

edgeimaging.ca

[edgeimaging](https://edgeimaging.ca)



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



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



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

<https://sites.google.com/go4ydeb.ca/eastcarlingkindergarten/home>

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!



children's
charity™

feeding hungry minds

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



children's
charity

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



H. B. BEAL S. S. PRESENTS

ELEMENTARY SCHOOL
BADMINTON/VOLLEYBALL
CLINIC



SIGN UP HERE
OR USE QR CODE



FREE
GRADES 6, 7, 8

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

COUGAR
SPOTLIGHT

THERE'S MORE
AT MONTCALM
MAY 2026



APRIL HIGHLIGHTS:



BOARD GAME NIGHT
Students enjoyed a variety of board games after school with friends.



LIBRARY RENOVATION BEGINS
Modern, vibrant library space inspiring creativity, learning, and collaboration.



DEBATE CLUB FORMED
Formed by students to promote respectful discussions and competition.



PING PONG TOURNAMENT
Fun, competitive lunch ping pong tournament bringing students together.



BADMINTON TVRAA
Our JR. and SR. teams competed with the best in their region.



JILL OF ALL TRADES CONFERENCE
Select students attended a female tech showcase at Fanshawe College.



BADMINTON WSSAA
Our athletes competed against the best to earn a spot at OPSAA.



KIWANG MUSIC FESTIVAL
Montcalm hosted the Kiwang Music Festival in our state of the art auditorium.



CULTURE DAY BLOCK PARTY
We celebrated our cultural diversity with food, music and fashion.



HEALTH & WELLNESS SHSM FIELD TRIP
Students travelled to Fanshawe Conservation for GPS tracking activity.

MEET: PRAJAN RAI

Grade: 10 From: Northshore Public School

ABOUT: JR. VOLLEYBALL CAPTAIN, JR BASKETBALL CAPTAIN, VARSITY SOCCER PLAYER AND TVRAA BADMINTON GOLD MEDALIST

How do you balance both badminton and soccer at the same time?

"Balancing both badminton and boys soccer at the same time can be pretty challenging as a Grade 10 student athlete. My schedule gets really busy with practices, games, and school, but I've learned how to manage my time better. Winning gold at TVRAA and silver at WSSAA in badminton made all the hard work feel worth it. I also make sure to communicate with both coaches so they understand my schedule and know I'm committed to both teams. It's not always easy, but staying organized helps me keep up with everything. Overall, it's a lot to handle, but it's a really rewarding experience."

What is your advice for future Gr. 9s?

"I would tell future Grade 9 students to stay organized and not be afraid to challenge themselves by trying multiple sports. Make sure you communicate with your coaches early so they understand your commitments and can support you. Most importantly, stay dedicated and enjoy the experience, because the hard work really pays off."

UPCOMING AT MONTCALM:

May 4-8: Mental Health week

May 7: Flag Football Tournament for gr. 8&7's

May 8: Glow in the Dark Volleyball tournament

May 12: Boys Soccer Playoffs

May 14: Grad Picnic

May 14: Coffee House

May 15: "Anime Night" and Cosplay competition

May 15-16: Montcalm Plant Sale

May 28: Montcalm "Style Wars" Fashion Show

May 28: Prom



montcalm@tvdsb.ca



MONTCALM SECONDARY



1350 Highbury Ave. North



519-452-2730



CANADIAN
RED CROSS
TRAINING
PARTNER

Babysitting Course!

WHEN: PA Day, Friday, May 29, 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



Canadian
Red Cross
Training Partner

Learn how to take care of yourself and others -
register now for the Red Cross Babysitting Course!