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Website: <https://coldlakemiddleschool.ca>

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Download NLS2Go--you will get news and bus route cancellation information and much more.

Please go to <https://nlsd.schoolcashonline.com> to pay for various school activity fees, to order hot lunch, or to purchase concession cards.

**CLMS Hornets TV** Subscribe for our daily announcements, go to the following site and bookmark to your favorites: <https://www.youtube.com/channel/UCLBUR0Rh2Ifv5FB7GPTKBSg/videos>

## Weekly Hornets' Hub

January 6-10, 2020

### 10 New Year's Resolutions to Make with Your Family

- 1) Get outside more
- 2) Practice gratitude as a family
- 3) Go on more adventures
- 4) Read together
- 5) Start a family game night
- 6) Be silly together
- 7) Eat & make healthier food together
- 8) Get unplugged
- 9) Exercise together
- 10) Volunteer in your community



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### Decades Day Dance

Sponsored by PAC

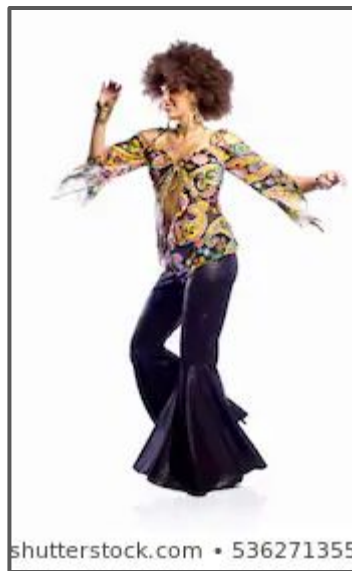
Thursday January 16 from 6-8

\$5 entry fee can be purchased on

School Cash or in the office

Concession available:

pop/chips/chocolate bars/pizza



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### Upcoming Events

**Jan 6** - First school day of 2020

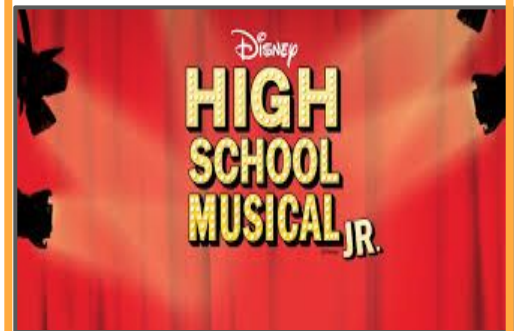
**Jan 9** - First gr 7/8 basketball games

**Jan 13** - First gr 5/6 basketball games

**Jan 16** - Decades Day Dance

**Jan 17** - Family Friday

**Jan 25** - Coach Geddes and Melissa's teams in Meadow Lake



April 22, 2020

Mark your calendar!

*High School Musical  
Jr. production*

# 2020

Our **Vision**: To achieve educational excellence in a student-centred environment.

Our **Mission**: To inspire our learners to realize their individual potential.

Our **Values**: are Respect, Safety, Trust, Pride, Ethics, Quality and Accountability



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SPORTS CORNER HORNETS		Practices and Games				GO
	Monday January 6	Tuesday January 7	Wednesday January 8	Thursday January 9	Friday January 10	
7:30-8:30 am		Coach Chris Gr 5/6 Boys		Coach Claude Gr 6 Boys		
12:10-12:40pm	Coach Jenn Gr 6 Girls	Coach McClelland Gr 5 Girls	Coach Jenn Gr 6 Girls	Coach McClelland Gr 5 Girls		
3:30-5:00 pm	Coach Hamel Gr 7/8 Girls	Coach Mike Gr 7/8 Boys Coach Melissa/Dawn Gr 7/8 Girls	Coach Linzi/Hamel Gr 7/8 Girls Coach Geddes Gr 7/8 Boys	<b>7/8 Games:</b> <b>Boys:</b> 1 @ home 2 @ Voyageur <b>Girls:</b> 1@Voyageur 2 @ Art Smith	Coach Mike Gr 7/8 Boys	
	weekend and Sports Highlights					

APPLE SCHOOL NEWSSTORE	PARENT ADVISORY COMMITTEE (PAC)
<p><b>APPLE SCHOOL NEWS: Health and Wellness</b> Kids are worth it. We offer a <b>free healthy breakfast</b> and fresh fruit snacks everyday. Every <b>Monday</b> we provide <b>salad</b> at no cost to the students. On the first <b>Thursday of each month</b>, we serve <b>fruit smoothies</b> at no cost to students.</p> <p>This month, students are learning the importance of drinking water through a monthly campaign called "<b>Eat, Move and Play Through the Holidays</b>".</p> <p>Quick tips to promote a healthy holiday season for your family:</p> <ol style="list-style-type: none"> <li><b>1) store treats until snack or meal time - if left out in an accessible area, your family is more likely to nibble throughout the day.</b></li> <li><b>2) plan fun winter activities - build a snowman, go to the ski hill or go tobogganing as a family.</b></li> </ol>	<p><b>FLIP GIVE</b> <a href="https://www.flipgive.com/">https://www.flipgive.com/</a> When you shop, you earn money for CLMS!!!</p> <p>THANK YOU TO OUR P.A.C. FOR CONTINUING TO SUPPORT OUR SCHOOL!!!</p>