



Phone: 780-594-5623; Fax: 780-594-7554; email clms@nlsd.ab.ca

Website: <https://coldlakemiddleschool.ca>

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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/UCLBUR0Rh2lfv5FB7GPTKBSg/videos>

Weekly Hornets' Hub

January 13-17, 2020

What's new....

Blast off to Family Literacy Night!



Join us for a space themed literacy night for the whole family.

There will be fun literacy activities, snacks and prizes.

Tuesday January 28 from 6:30-8:00pm!



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

Fun time in Art Class!



Upcoming Events

Jan 13 - First gr 5/6 basketball games

Jan 16 - Decades Day Dance

Jan 17 - Family Friday

Jan 21 - Coach Hamel/Mike's teams in St. Paul

Jan 22 - CLMS Discount card selling night (5:30-7:30) for basketball clothing, Calgary Zoo and band

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

Jan 28 - Family Literacy Night



April 22, 2020

Mark your calendar!

High School Musical Jr. production

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		GO HORNETS		
	Monday	Tuesday	Wednesday	Thursday	Friday
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 Mike & Hamel/Linzi's Gr 7/8 Girls & Boys 5/6 Games CLMS Black (gr 6) girls and boys at Voyageur CLMS Yellow (gr 5/6) girls and boys at Holy Cross	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	7/8 Games: Boys: 1 @ NHS NHS #2 @ 2 Girls: 1 @ NHS 2 @ Voyageur	Coach Mike Gr 7/8 Boys
	weekend and Sports Highlights	Great job to all 4 Junior High teams who played their first league games last week!			

APPLE SCHOOL NEWSSTORE

CLMS partners with APPLE Schools to create a sustainable healthy school community. APPLE Schools is an innovative school-focused health promotion initiative proven to make a difference in schools. It impacts the lives of more than 20,000 students annually in schools across Western Canada by improving their healthy eating, physical activity, and mental health habits.

Visit appleschools.ca to learn more.

PARENT ADVISORY COMMITTEE (PAC)

APPLE SCHOOL NEWS: Health and Wellness

Kids are worth it. We offer a **free healthy breakfast** and fresh fruit snacks everyday. Every **Monday** we provide **salad** at no cost to the students. On the first **Thursday of each month**, we serve **fruit smoothies** at no cost to students.

This month, students are learning the importance of drinking water through a monthly campaign called "**Eat, Move and Play Through the Holidays**".

Quick tips to promote a healthy holiday season for your family:

- 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.**
- 2) encourage your child to fill their plate once and to enjoy this food before deciding whether to take seconds.**

FLIP GIVE

<https://www.flipgive.com/>

When you shop, you earn money for CLMS!!!
THANK YOU TO OUR P.A.C.
FOR CONTINUING TO SUPPORT OUR SCHOOL!!!