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Website: <https://coldlakemiddleschool.ca>

Like us on Facebook, www.facebook.com/ColdLakeMiddle

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/UCLBUR0Rh2lfv5FB7GPTKBSg/videos>

Weekly Hornets' Hub

February 3-7, 2020

Decades Day Dance

Sponsored by PAC

Friday February 7, from 6-8

\$5 entry fee can be purchased on

School Cash or in the office

Concession available:

pop/chips/chocolate bars/pizza



Weekly Highlights



Upcoming Events

Feb 5 - Winter Walk day (block 10)

Feb 7 - Decades Dance

Feb 7/8 - CLMS Gr 7/8 tournament (Coach Geddes & Coach Melissa/Dawn)

Feb 12-14 Teacher PD (no school)

Feb 17 - Family Day (no school)

Feb 19 - Gravity Catastrophe presentation

Feb 19 - Gr 7/8 East Ward playoffs - Coach Mike and Coach Hamel/Linzi teams

Feb 22 - Boyle Tournament for Coach Mike & Hamel/Linzi

Feb 27 - Ski and Tubing day for Grade 4/5

Feb 28 - Ski and Tubing day for Grade 6/7/8

Feb 28 - Pink Shirt Day

Feb 29 - Gr 7/8 Basketball Districts in Bonnyville

Valentine's Spirit Day



Tuesday, February 11

Wear pink, red, hearts...anything with a Valentine's theme!!!

Your participation earns your House Team points!



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

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	<p>*CLMS Black (gr 6) girls & boys away vs Voyageur (both at 4:00)</p> <p>*CLMS Yellow (gr 5/6) girls and boys vs St. Dom's boys at 4:00 pm</p> <p>Coach Hamel/Linzi 7/8 girls practice</p>	<p>Coach Mike's 7/8 boys Practice</p> <p>Coach Melissa /Dawn's 7/8 girls practice</p>	<p>Coach Linzi/Hamel 7/8 girls practice</p> <p>Coach Geddes 7/8 boys practice</p>	<p>Coach Mike's 7/8 boys @ NHS (4:00 pm)</p> <p>*Coach Geddes 7/8 boys home vs Assumption (4:00)</p> <p>Coach Melissa/Dawn's 7/8 girls @ Assumption (4:00 pm)</p> <p>Coach Hamel/Linzi's 7/8 girls home vs Art Smith (5:00 pm)</p>	<p>Coach Mike's 7/8 boys practice</p> <p>CLMS Gr 7/8 Invitational Basketball Tournament Feb 7/8, 2020</p> <p>*coach Geddes & Melissa and Dawn</p>
	weekend and Sports Highlights				

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 how to keep their heart healthy through a campaign called **Show Your Heart Some Love**.

Heart disease is a general term meaning the heart is not working properly. Many forms of heart disease can be prevented by living an active, healthy lifestyle.

Ways to reduce your risk of developing heart disease:

- 1) Physical activity
- 2) Eating a healthy diet
- 3) Reducing stress

FLIP GIVE

<https://www.flipgive.com/teams/123794-clms-hornets>

CODE: 7PBSU9

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