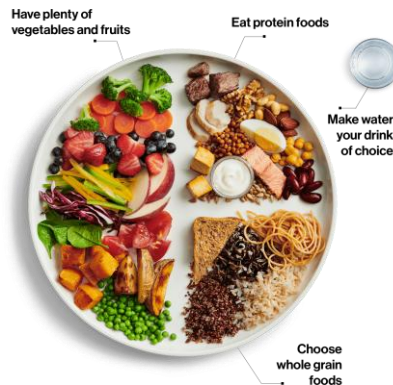




March 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 No School - PD Day	2
3	4	5 Chicken Alfredo and Garlic Buns	6 Lasagna	7 High School Hockey Provincials Subs	8 High School Hockey Provincials	9 High School Hockey Provincials
10 High School Hockey Provincials	11	12 Hot Dogs and Fries	13 Holocaust Symposium - Gr 9 & 10	14 Subs	15	16
17 	18	19 Jump Rope for Heart Mac and Cheese	20 CSL - No School	21 Subs	22 5 - 8 curling wind up	23
24 Spring Break	25 Spring Break	26 Spring Break	27 Spring Break	28 Spring Break	29 Spring Break	30 Spring Break
31	April 1 - Welcome Back!					

Health Canada has come out with new recommended nutrition guidelines. Canada's Food Guide, along with recipes and other helpful nutrition tips can be found at <https://food-guide.canada.ca/en/> .



From March 7 - 10 Cartwright is hosting the 2019 A/AA Milk Provincial High School Hockey Championships. There will be 6 teams competing at the Mac Robinson Community Center over the weekend, including Pembina Tigers Cartwright School students Tanner Harms and James Kinley. Opening ceremonies are at 1:00 on March 7, and the Tigers are scheduled to play at 1:30.

On March 13, Mr. Chandler is taking his Grade 9 & 10 Social Studies class to the Holocaust Symposium in Winnipeg.

Students will be taking pledges for the Heart and Stroke Foundation at the beginning of March. We will have our annual Jump Rope for Heart demonstration in the afternoon on March 19.

March 20 is Communicating Student Learning day. Watch for information coming home on when your child's teacher is available.

March 22 the grade 5 - 8 are ending up their curling season with a wind up bonspiel at the rink. We would like to thank Tom and Betty Mowbray for all their help with this program.

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PLEASE NOTIFY THE SCHOOL IF YOUR CHILD IS GOING TO BE
ABSENT. CALL 204-529-2357 OR EMAIL jleece@prspirit.org OR
cartwright@prspirit.org