



LCCHS

DAILY HOWL

Tuesday, March 19th 2024

DAY 5

This Friday!!!!

Free lunch Friday this coming March 22nd

Menu: Pizza, Salad, juice and cookie for all students.

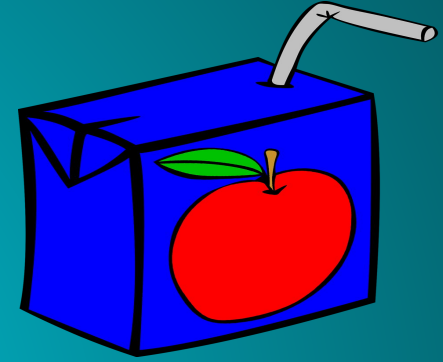
Need 1 hour of Community Service?

Looking for 1 senior students and 1 Junior to help out during free lunch Friday in the cafeteria.

Email Mr. Sicoli if interested!

msicoli03@lbpearson.ca

First 4 students to reach out, will be secure the community and service opportunity.



Cycle 1
Student Council Meeting
Tuesday, March 19th at 11:55am
in the innovation room.
Bring your lunch

Cycle 2
Student Council Meeting
Thursday, March 21st at 12:55pm in
the innovation room.



STAFF BOXING

AFTER SCHOOL TODAY

4PM



KILOMAÎTRES LASALLE



ATHLETISME
TRACK AND FIELD

**SPRINT, HAIES, DEMI-FOND,
LANCERS, SAUTS**

SPRINT, HURDLES, MIDDLE DISTANCE, THROWS, JUMPS

INITIATION	RECREATIF
6-11 ANS	RECREATIONAL
LUN ou MER:	12 ANS +
	LUN + MER:
6-11 YEARS	12 YEARS
MONDAY WEDNESDAY:	MONDAY+WEDNESDAY:

COMPETITIF 12 ANS+ 3-4
FOIS/SEMANINE

COMPETITIVE 12 YEARS+ 3-4 X A WEEK

INFO: 514-442-7403
info@kilomaitreslasalle.com

**INTERESTED IN
FOOTBALL AND/OR
TRACK & FIELD?
THIS FRIDAY AT
LUNCH BOTH
LASALLE WARRIORS
AND KILOMÈTRES
LASALLE WILL BE
HERE WITH
INFORMATION ON
BOTH SPORTS**

SPRING FLAG FOOTBALL 2024

May 7 – June 18 (Sundays 9 am to 1 pm)

Riverside Park in LaSalle

\$120 per player (-\$20 for Warriors Players)

Atom (2015-2016)

Mosquito (2013-2014)

Pee Wee (2011-2012)

<https://www.flagplusfootball.com/en/lasalle-register>

INFO: 514-862-2407



Congratulations to our Battle of the Books team!

They tied for 1st place in the Regional competition and will be advancing to the finals at the Board this week.

Way to go, Wolves!!!

*Congratulations to our
Phoenix students for the
month of February!!*

*We celebrate the following
2 students for the month
of February....*



Studen of The
— Month —

February



Sundeep Bajiwa



For committed presence and
academic excellence

Studen of The
— Month —

February



Rachel Selmi



For finding the path to success
through numerous obstacles

ATTENTION POTENTIAL CANDIDATES FOR PHOENIX 2024-2025!!!!

Are you interested in making a change for your grade 11 year? We invite ANYONE who is in secondary 4 at the moment to attend our Phoenix information session that will take place next Friday, March 22nd during senior lunch in the auditorium. You are to bring lunch and meet in the auditorium right after the bell.

Please contact Ms. O'Neill if you are interested and would like to learn more about the program. oneill@lbpearson.ca or drop in at C-180.



Come play Chess

Every day 1 & 4 during jr lunch

in C109



LCCHS WOLVES ICE HOCKEY TEAM

TRYOUT'S

**2024/2025
(UPCOMING SEASON)
GRADE 6 AND 7'S**



- Tryout: Monday March 25th 4:00 - 5:00
@ Jacque Lemaire Arena
- Light VS Dark
- See Mr.Dort to confirm that you can make it please.



**Washington/Philadelphia/
New York 2024
Senior Trip(Grade 9 & 10)**

Mandatory Meeting March 27th in room
C166 at the beginning of lunch &

Final Payment \$250.00 by March 28th!

Please make your final payment to
Ms.Aubertin in the senior art room C166 !!!

Allion lunch time activity begins
tomorrow Wednesday March 20th,
2024!

Please fill in your availability on the
shared document emailed to you last
week. You must receive approval
before the activity date.

4-5 students maximum per lunch

Please be sure to sign up for 2 dates

Volunteers:

Priya Sieunarine
Brianna Joly
Sarina Turner
Keyrah Lyons-Bryan
Cheyenne Donovan
Daisy-Rodrigue
Juliana Sollazzo
Zoe Lightburn
Isabella Mendolia
Jada Durant
Mckenna Johnson-Proulx
Addison Kyle
Saeed Alam
Letizia Ruscitto
Luca Boisvenue
Tyler Dezso
Jason Roy
Liam Neill
Mason Vaughn
James Kanaras



The following LCCHS have approval to visit Allion tomorrow during 4th period. They will be dismissed at 11 am. Students are responsible for any missed work.

With Ms. Linda

Keyrah Lyons-Bryan
Cheyenne Donovan,

With Mrs. Acton

Brianna Joly
Zoe Lightburn
Mckenna Johnson-Proulx



**Balanced
Day will be
passing
Friday
period 1 to
collect
recycling**





NO CELLS
PHONE
ALLOWED



NO CELLS
PHONE
ALLOWED

Cell Phone, Headset and EarPods

Cell phones must be out of sight at all times. If your phone is seen by any staff member in class and in the the hallways, it will be taken and handed into the office.

Headsets are not allowed to be worn over ears and/or around your neck.

Earpods are not allowed to be worn in your ears, in class and/or in the hallways. If your headset and/or earpods are seen by any staff member, it will be taken and handed in the the office.



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NEW SPOTS FOR TLC CLEANUP ARE NOT AVAILABLE!!



WEDNESDAY APRIL 3RD (FILLED)

**Evan Flores Doyle, Phoebe White, Cyhrroh Thompson,
Anthony Roviezzo**

WEDNESDAY APRIL 17TH (FILLED)

**Evan Flores Doyle, Cyhrroh Thompson, Anthony
Roviezzo, Joudia Lamhamdi**

WEDNESDAY MAY 2ND (FILLED)

**Evan Flores Doyle, Cyhrroh Thompson, Anthony
Roviezzo, Luca Boisvenue**

WEDNESDAY MAY 15TH (FILLED)

**Cyhrroh Thompson, Joudia Lamhamdi, Luca
Boisvenue, Tyler Deszo**

WEDNESDAY MAY 29 (FILLED)

**Timothy Sule, Renato D'Avanzo-Jordan, Matias
Cofré**

**EMAIL MR. SICOLI IF INTERESTED. BE SURE TO
THE EXACT DATE YOU WISH TO REGISTER FOR.**

SCHOOL NURSE At CLSC LaSalle in AM

Emilie Babineau 514-617-3219

emilie.babineau.comtl@ssss.gouv.qc.ca

****If I am not at
school****

****Call /Text me ***

Other option: Nurse at the Youth clinic

Monday-Friday:

YOUTH CLINIC/14-24 years old 514-364-2572

CLSC LaSalle, 8550 Newman Blvd., H8N 1Y5, beside

Scores

Health Services if Nurse absent

Youth Clinics are open 14-24 years old FREE!

CLSC LaSalle or Lachine or Pointe-Claire or Pierrefonds:

[Book Appointment:](#) by phone: 514-697-4110 ext. 1313

OR

Online on
Clicsanté.ca



The screenshot shows the CLIC SANTÉ website interface. At the top, there's a navigation bar with the CLIC SANTÉ logo and buttons for 'BOOK AN APPOINTMENT', 'CANCEL APPOINTMENT', 'CREATE MY ACCOUNT', and 'LOGIN'. Below this is a section titled 'BOOK YOUR APPOINTMENT' with a search bar and a 'Q. SEARCH' button. Underneath is a dark blue bar labeled '1. SELECT A CATEGORY'. Below this bar are seven icons representing different services: COVID-19, Blood Test, Screening and Specimens, Vaccination, Youth clinics and Aire ouverte (circled in red), STBBI and Sexual Health, Consultation in a pharmacy, and Consultation with a professional. The bottom right corner shows the time '4:17 PM'.

Bénévolat: Course de marche populaires de LaSalle

Quand: Dimanche le 24 mars 2024

Lieu: 8310 rue Georges au Pearson Adult and Career Center (PACC)

Heure: 7h15 à 11h30-12h00

Rassemblement: Cafétéria de PACC

Tâches: Vous serez sur le parcours extérieur!

Assurer la sécurité à différentes intersections sur le parcours, encourager les coureurs et les marcheurs.

LCCHS has been involved in many editions of this event and would like to be well represented this year again. We are looking for 30 students. Reserve your place by emailing Mr. Sicoli (msicoli03@lbpearson.ca) as soon as possible.



Names registered so far:

- | | |
|------------------------|-----------------------------|
| Elias Fares | Isaiah Daniel Jean Baptiste |
| Matteo De La O | Nicolas Assousa |
| James Sollazzo | Tyler Dezso |
| Nathan Lowson | Simon Pomerleau |
| Sahn Luc-Napish | Alexia Collin |
| Justin De Marco | Kyla Lecouteur |
| Jack Chicoine | Eloïse Kiar |
| Matthew Monette | Zackary Ben Sabat |
| Armand Christen | Leilan Mcdermott |
| Jeremiah Matandi-White | Alessandro Frino |
| Luca Fiaschetti | Hailey Bertrand |
| Joudia Lamhamdi | Xavier Fournier-Labonville |
| | Jeremy Lipari |
| | Aliyah Williams Roland |
| | Jason Roy |





IB learner profile of the month (balanced)!

This month we are looking to celebrate the IB learner profile trait of being a balanced learner.

IB student for the Month for March will be selected by the IB Phys. Ed teachers at the end of the month!

Balanced

Balanced learners understand the importance of intellectual, physical, and emotional balance to achieve personal well-being for themselves and others. They are able to assess and understand their strengths and limitations in order to support their learning and personal development.

Academic & Vocational Counsellor : **Lisa Davis-Mancini**

Appointments available: **Tues, Wed and Friday**

E-mail: ldavis@lbperson.ca

Tel : 514-595-2050, ext. **20321**

Room **B235**





Senior **Book** Club

Monday & Friday this week

In the planning room C229

At senior lunch at 1:00- 1:30

BOOK CLUB

A close-up photograph of six mini pizzas arranged on a metal wire rack. Each pizza is topped with tomato sauce, melted cheese, sliced red onions, black olives, and dried herbs. The pizzas are slightly irregular in shape, giving them a homemade appearance. The background is a plain, light-colored surface.

**TUESDAY & FRIDAY
YOU CAN ONLY PICK 1 DAY**

**JUNIOR LUNCH
LEARN HOW TO MAKE MINI PIZZA**

**Learn how to make breakfast
for lunch**

**Senior Lunch
Tuesday**





**PLEASE HAVE A CHANGE OF
CLOTHES OTHERWISE YOU MAY
NOT BE LET IN**

**FRIDAY (11:46am)
JUNIOR LUNCH**

**THURSDAY
SENIOR LUNCH AT 1PM
WEIGHT ROOM WILL BE OPEN FOR FIRST 8 STUDENTS**

AFTER SCHOOL ACTIVITIES **NEWS**

**BOXING WILL START BACK THIS FRIDAY,
MARCH 22ND, AFTER SCHOOL.**

**If interested, please see Ms. Cassandra or speak with
Mr. Diizon on Monday at lunch.**

AFTER SCHOOL ACTIVITIES **NEWS**

TUESDAY ACTIVITIES

SENIOR VOLLEYBALL CLUB

TUESDAYS AFTER SCHOOL



ANY AND ALL SKILL LEVELS WELCOME
SMALL GYM



A close-up photograph of a ping pong table. A white ping pong ball sits on the green table surface. In the foreground, a wooden ping pong paddle with a blue rubber surface is blurred. The background shows the green mesh of the ping pong net.

Ping pong w/Mr. Elkin
Tuesdays

JUNIOR

B203
MUSIC ROOM



DUNGEONS AND DRAGONS

Cooking today at
3:40pm!!!

Bring a smile and a
container for your
treats.

Can't wait to see you!

Ms. Cynthia, Ms. Karen
and Ms. Lorine



COOKING!

Weight & Strength Training

A muscular man with dark hair, wearing a red tank top and red shorts, is flexing his right arm and holding a dumbbell in his left hand. He is smiling and looking towards the camera. The background is a solid blue color.

MONDAY TO FRIDAY WITH MR. AARON, MS. JULIA & MR. CHARLES

GET THE HELP YOU NEED!

LCCHS HOMEWORK ZONE

Monday to Thursday

3:40 - 4:40 pm

Library

**Help
available**



- ☒ For all levels
- ☒ Help from teachers of different subjects
- ☒ Complete your assignments (computers available)
- ☒ Work alone/with friends