



LCCHS

DAILY HOWL

Thursday, March 21st 2024

DAY 1

This Friday!!!!

Free lunch Friday this coming March 22nd

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

Need 1 hour of Community Service?

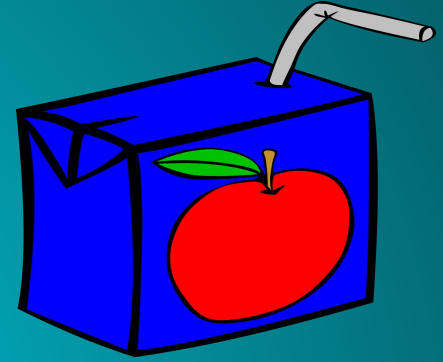
Looking for 1 more senior student to help out during free lunch in the cafeteria.

Email Mr. Sicoli if interested!

msicoli03@lbpearson.ca

Registered: Senior: Nicolas Assousa

Junior: Jason Roy, Liam Bresnahan



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 next week during 4th period. They will be dismissed at 11 am. Students are responsible for any missed work.

Next Tuesday March 26th

Cheyenne Donovan/Keyrah Lyons-Bryan
Priya Sieunarine/Sarina Turner

Wednesday March 27th

Cheyenne Donovan/Keyrah Lyons-Bryan
Saeed



**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.



shutterstock.com - 428014567



**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

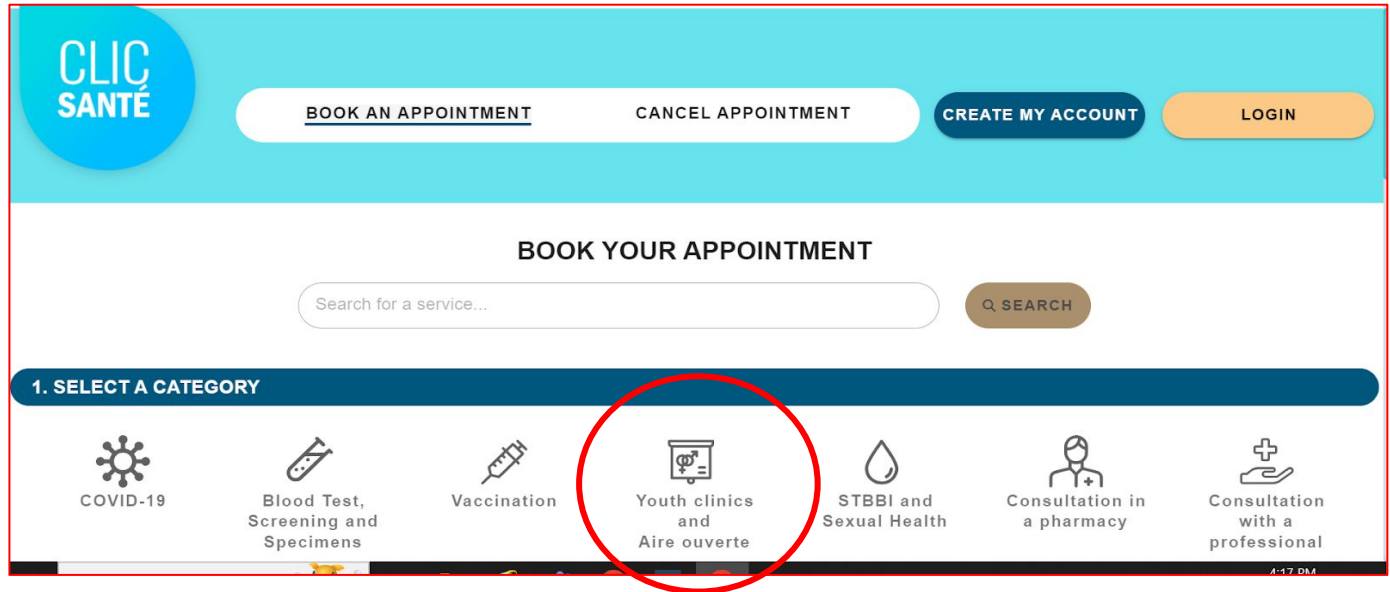
Youth Clinics are open 14-24 years old FREE!

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 is 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, there is a section titled '1. SELECT A CATEGORY' with several icons and labels: COVID-19, Blood Test, Screening and Specimens, Vaccination, Youth clinics and Aire ouverte (highlighted with a red circle), STBBI and Sexual Health, Consultation in a pharmacy, and Consultation with a professional. The bottom right corner of the page shows the time '4:17 PM'.

Bénévolat: Course de marche populaires de LaSalle

REGISTRATION FOR THIS EVENT IS NOW CLOSED.

FOR THOSE REGISTERED, PLEASE CHECK YOUR EMAIL FOR INFORMATION REGARDING SUNDAY'S EVENT.

SEE MR.SICOLI IF YOU HAVE ANY QUESTIONS

**COURSE ET MARCHÉ
POPULAIRES
DE LASALLE
VOLET MARCHÉ**

**DIMANCHE LE 24 MARS
SUNDAY, MARCH 24TH**

**1KM - 2KM - 5KM - 5M - 10KM
MARCHÉ**

Course et marche populaire de Lasalle
24 mars 2024
WWW.CIRCUITENDURANCE.CA



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 a red tomato sauce, melted white cheese, sliced red onions, black olives, and dried herbs. The pizzas are slightly irregular in shape and appear to be made with a thin crust. The background is a plain, light-colored surface.

THURSDAY

JUNIOR LUNCH

LEARN HOW TO MAKE MINI PIZZA



**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.**



BASKETBALL SKILLS & TRAINING

CANCELLED

AFTER SCHOOL ACTIVITIES **NEWS**

THURSDAY ACTIVITIES



**LEARN ABOUT SKINCARE & MAKEUP WITH MS. NESRINE
THURSDAYS
ROOM 220**



See Ms. Cassandra to sign up

In this beginner cooking class, you'll learn all the essentials to embark on your culinary journey. From basic knife skills to simple recipes, you'll gain the confidence to whip up tasty meals in no time.



Cooking 101

*Bake!
Chop!
Sauté!*

THURSDAYS & FRIDAYS

With Ms. Lynda & Ms. Kristen

Weight & Strength Training

A muscular man with dark hair, wearing a red tank top and red shorts, is posing against a solid blue background. He is holding a dumbbell in his right hand, which is raised and bent at the elbow. He is smiling and looking towards the camera. The lighting is bright, highlighting his muscles.

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