



**LCCHS**

# **DAILY HOWL**

Tuesday, May 7th 2024

**DAY 6**

## Open-Mic Day

When: May 8, 2024

After the Mini-Day at  
7:15 PM

Where: In the mall  
area

What: You can sing,  
dance, tell jokes, Rap,  
play an instrument  
and read poetry or  
any other musical  
secret talent you have.

Use this link to sign  
up-

[https://docs.google.com/forms/d/e/1FAIpOLsDJKIAne1b\\_BpX9DwRxxroO](https://docs.google.com/forms/d/e/1FAIpOLsDJKIAne1b_BpX9DwRxxroO)



Done with your library books?

Then please bring them back to the library!

There are return boxes both outside the library and on the circulation desk.



**READ IT,  
LOVE IT,  
RETURN IT!**



# Gender & Sexuality Alliance

Today at  
Senior Lunch in Room C211

Get your lunch and join us at the beginning of  
the period.

To all 2SLGBTQI+ students & allies, come join our Gender & Sexuality Alliance (GSA) meetings! The GSA is a safe and inclusive space where we can come together to support and celebrate diversity.



# **GRADE 9 OTTAWA TRIP**

**TUESDAY, MAY 21**

Please hand in your **permission forms** to Ms. Milton (C203) or Ms. Cleveland (C255) as soon as possible.

**Deadline: Tuesday, May 7!**

If you need a new form, see Ms. Milton in room C203.

To all 2023-24 LCCHS GMAA athletes. We will be holding our sports banquet on **May 8th**.

-Pizza lunch at the conclusion of the mini day.

-Awards ceremony in the auditorium, after lunch.

Please RSVP using the link that you received either by email or in your team communication group.

LCCHS Athletics



# NOTICE: COMMUNITY AND SERVICE

THE ST. JOHN BREBEUF CAR WASH HAS BEEN POSTPONED.

TO ALL THOSE WHO REGISTERED PLEASE CHECK YOUR EMAIL FOR MORE INFORMATION REGARDING THE YARD SALE ON JUNE 1ST.

THANK YOU





# Sparkle Room

A clothing rack filled with various dresses, including a white peplum dress, a gold sequined dress, and a red dress.

**Please visit  
the Office  
to schedule  
your visit  
to the**

*Sparkle Room*



**Next Free Lunch**  
**MAY 31ST**

**Asian  
Heritage  
Month**



IB Learners strive to embody these ten traits...



**CONGRATULATIONS TO OUR IB RISK-TAKER DURING THE MONTH OF APRIL!! YOUR IB ARTS TEACHERS PROUDLY SELECTED THE FOLLOWING IB STUDENTS:**

<b>Risk-Takers (Arts; April)</b>		
Level 1	Visual Arts	Adam McLachlan
	Music	Carina Craig Addison Kyle
	Drama	Billie Poupart
Level 2	Visual Arts	Matias Cofre
	Music	Liam Bresnahan-Arsenault
	Drama	Sarina Turner
Level 3	Music	Jeremiah Matandi-White
	Visual Arts	Adam Abre-Givis
	Drama	Ahi Sen
Level 4	Visual Arts	Madison Too
	Music	Cameron Davie
	Drama	Samuel Poupart
Level 5	Visual Arts	James Sollazzo
	Music	Olivia Scully
	Drama	Joseph Chisholm



## *IB learner profile of the month (MAY)!!!*

*This month we are looking to celebrate the IB learner profile trait of being a **CARING***

*The IB learner trait for Caring will be based on the community and service hours completed by students in each level.*

Balanced Day  
will be passing  
Thursday period  
1 for recycling.





# Community and Service.. Spots still available

Track meet on May 26th.

We would love to have some volunteers come forth and help us on this day.

Basic -quick details to start:

- Date: May 26th
- -Location: Keith Ewenson Stadium

8299 Central- Corner Central and Raymond  
(Riverside Park track)

-Arrival Time 7am

-Lunch will be provided

Email Mr. Sicoli if interested



**Phoenix potential candidates!!! Please see Miss O'Neill if you are interested in learning more about the program for the 2024-2025 year. Meeting dates are at senior lunch in room c-180 from now until the end of the year.**

**-Wednesday, May 8th (senior lunch)**

**-Wednesday, May 15th (senior lunch)**

**-Wednesday, May 22nd (senior lunch)**

**-Wednesday, May 29th (senior lunch)**

**You MUST see Miss O'Neill in c-180 to get any further information.**



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

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





**Come play Chess**

**Every day 1 & 4 during jr lunch**

**in C109**







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 MAY 15TH (All spots filled)**

Cyhrroh Thompson, Joudia Lamhamdi, Tyler Deszo, Giada Fabrizio

**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](mailto: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 left is the CLIC SANTÉ logo. To its right are four buttons: 'BOOK AN APPOINTMENT', 'CANCEL APPOINTMENT', 'CREATE MY ACCOUNT', and 'LOGIN'. Below these is a section titled 'BOOK YOUR APPOINTMENT' with a search bar containing the text 'Search for a service...' and a 'Q SEARCH' button. A dark blue horizontal bar below the search bar is labeled '1. SELECT A CATEGORY'. Underneath this bar are seven service categories, each with an icon and text: 'COVID-19' (virus icon), 'Blood Test, Screening and Specimens' (test tube icon), 'Vaccination' (syringe icon), 'Youth clinics and Aire ouverte' (youth icon, circled in red), 'STBBI and Sexual Health' (water drop icon), 'Consultation in a pharmacy' (pharmacy icon), and 'Consultation with a professional' (hand with cross icon). A timestamp '4:17 PM' is visible in the bottom right corner.



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

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

E-mail: [ldavis@lbperson.ca](mailto:ldavis@lbperson.ca)

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

Room **B235**





Senior **Book** Club

Tuesday & Friday this week

In the planning room C229

At senior lunch at 1:00- 1:30

# BOOK CLUB

**JUNIOR. LUNCH - TUESDAY & THURSDAY**  
**LEARN HOW TO MAKE MAC & CHEESE AND GARLIC**  
**BREAD**







**LEARN HOW TO MAKE A HEALTHY BURRITO BOWL DURING SENIOR LUNCH ON THURSDAY IN THE KITCHEN.**

# AFTER SCHOOL ACTIVITIES **NEWS**

**TUESDAY ACTIVITIES**



***IT'S MORE THAN JUST CHEER, IT'S COMMUNITY NOISE !!  
AS A CHEERLEADING SQUAD, YOU WILL LEARN BASIC CHEERS, FUN  
DANCE ROUTINES, WITH THE OPTION TO DO STUNTS.***

# **Cheer Squad**

***WEDNESDAYS WITH MS. AMANDA***

# C.R.E.A.T.E MUSIC GROUP



**AFTER SCHOOL ACTIVITY  
W/ TODD SMITH**

**WEDNESDAYS IN THE AUDITORIUM**

**SENIOR VOLLEYBALL CLUB**  
**TUESDAYS AFTER SCHOOL**



**ANY AND ALL SKILL LEVELS WELCOME**  
**SMALL GYM**





A close-up photograph of a ping pong table. The table is green with a white line. A white ping pong ball is on the table. A wooden paddle with a blue rubber surface is in the foreground, slightly out of focus. The background shows a green mesh net.

**Ping pong w/Mr. Elkin  
Tuesdays**

JUNIOR



B203  
MUSIC ROOM

DUNGEONS AND DRAGONS



# Run For It



Since 2018, there has been a 22% increase in young Canadians experiencing mental health issues. Let's change that together and join the Run for It program! Join Ms. Joanne to train for the Shoppers Love You Run for Women 5k. The program combines mental health education and training for an official 5k walk/run.

- \* When: Tuesday and Thursday after school
- \* Length: 6-8 weeks
- \* Race date: June 9th
- \* Sign up: See Ms. Joanne
- \* Email: [jgraham@lbpsb.qc.ca](mailto:jgraham@lbpsb.qc.ca)



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 photograph of Arnold Schwarzenegger, a bodybuilder, flexing his right arm and leg. He is wearing a red tank top and red shorts. He is smiling and looking towards the camera. The background is a solid blue color. The text "Weight & Strength Training" is overlaid at the top in a large, bold, white font with a black outline. At the bottom, there is a black banner with white text that reads "MONDAY TO FRIDAY WITH MR. AARON, MS. JULIA & MR. CHARLES".

**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