



LCCHS

DAILY HOWL

Thursday, May 9th 2024

DAY 2

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



**All library books are due
back by June 7, 2024**



**Please bring our friends back soon.
We miss them!**





Book return countdown

30

DAYS

Time until Friday, June 7, 2024 (Montréal time)

Book an appointment with the new Guidance Counsellor, Ms. Rachelle



- Questions about CEGEP/Trade school/Adult Education
- Career Exploration
- Personal counselling

*Office located at the **back of the library**, on the left*



<https://calendly.com/lcchs>

**SIGN-UP
SENIOR LUNCH
THURSDAY,
FRIDAY**

LIMITED SPACE



3 POINT CONTEST

**FOR GRADES
10 AND 11**

**CONTEST
MONDAY 13th
TUESDAY 14th
AT LUNCH**

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.

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:

Risk-Takers (Arts; April)		
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.

Well the Girls Flag Football team won their 3rd game yesterday 33-0. Ella G-R got the scoring started with 2 TD runs and Seanna McF-S continued the party with 2 running TD's of her own. Cass V. joined in with another long TD run and kicked 2 single points as well. Finally, Assia caught a 1 point convert along with an interception or two. Too many highlights to remember. Great job ladies!!



Well the Girls Track & Field Team finished their season Tuesday and while all 8 girls who qualified for the GMAA Outdoor Championships performed very well, 2 of our girls really stood out. Ella G-R won silver in the 100m and the Long Jump. Seanna McF-S solidified her place as one of the greatest Track & Field athletes LCCHS has ever seen with 4 gold (200 m, Long Jump, Triple Jump and Hurdles) along with a silver in the 100 m. That ladies and gentlemen is how you finish off a high school career.



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

**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 'SEARCH' button. A dark blue bar below the search bar is labeled '1. SELECT A CATEGORY'. Underneath, there are seven category icons: 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. A timestamp '4:17 PM' is visible in the bottom right corner.



Senior **B**ook 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

**A REMINDER!!!!
IF YOU HAVE A DETENTION, PLEASE GO!!**

**MS. CASSANDRA WILL BE GOING AROUND TO
ACTIVITIES AND REMOVING THOSE WHO ARE
SUPPOSED TO BE IN DETENTIONS.**

**IF YOU SERVE A DETENTION YOU ARE NOT PERMITTED
INTO YOUR ACTIVITY RIGHT AFTER.**

AFTER SCHOOL ACTIVITIES **NEWS**

SENIOR D&D WILL NOW BE ON FRIDAY

AFTER SCHOOL ACTIVITIES **NEWS**

THURSDAY ACTIVITIES



**LEARN ABOUT SKINCARE & MAKEUP WITH MS. NESRINE
THURSDAYS
But will start TODAY
Monday March 11, 2024
ROOM 220**

See Ms. Cassandra to sign up

A photograph of two basketball players in a locker room. The player on the left is white with a mustache and a green jersey. The player on the right is Black with a goatee and a yellow jersey, holding a basketball. The background shows green lockers.

BASKETBALL SKILLS & TRAINING

WORK ON FUNDAMENTALS SUCH AS SHOOTING, DRIBBLING, SPEED AGILITY, AND MORE

CYCLE 1 ON MONDAY & THURSDAY WITH MR. TJ

CYCLE 2 ON WEDNESDAY WITH MR. ROGER

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

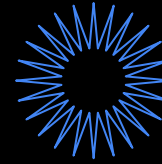
LCCHS Wind Ensemble

Thursdays After School

Open for all students who have some experience (in music class pre-covid or in elementary school) playing any of the following instruments:

Flute
Clarinet
Saxophone
Trumpet
Trombone
Baritone





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: jraham@lbpsb.qc.ca



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