

The image shows the exterior of a school building with a modern, geometric facade. A large blue circle is overlaid on the center of the image, containing the school's name and the title of the publication. The building has a brick base and a grey upper section with decorative panels. A Canadian flag is visible on the left side of the building.

**LaSalle Community  
Comprehensive High  
School**

**DAILY HOWL**

**September 17th, 2024 | Day 5**

# LCCHS ICE HOCKEY TRAINING

**WHEN:** Tuesday Sept 17th (4:00-5:00)  
Wednesday Sept 18th (4:00-5:00)

**WHERE:** Jacque Lemaire Arena

**WHO:** "All Grade Levels"

*\* You must have full equipment in-order  
to participate*

*See Mr.Dort for more info (Rm C260)*



# BANTAM GIRLS WHITE TEAM

Our next practice is  
Tuesday, Sept. 17 at 3:45  
pm  
in the Big Gym.

*If you cannot make it to practice, please let  
Ms. G (C132) or Ms. Racine (C204) know.*



# Bantam Girls BLUE Volleyball Practice

Tuesday after school

**Sept. 17th 3:45-5:00**

Friday morning

**Sept.20th 8:00-8:45**

Please email [k.a.stewart006@gmail.com](mailto:k.a.stewart006@gmail.com)  
if you did not get an invitation to join the  
Google Classroom



– circulation

A flip calendar with a black cover and blue spiral binding. The calendar is open to the year 2020. The digit '0' is on a red background, while the digits '2', '2', and '0' are on white backgrounds. The calendar is set against a background of blue and red geometric shapes.

## Scorekeepers Needed

If you are interested in scorekeeping GMAA volleyball and basketball games this year, please go see Mr. Myerson. Use this opportunity for IB hours. It also gets you invited to our end of year sports banquet.

# GMAA Cross Country Run



Any student from any level that wants to participate in the cross country run can sign up outside the phys.ed. office.

Race date: Thursday, October 10th, 2024 (all day).

Balanced Day will be passing for recycling  
Wednesday, Sept. 18, Period 1!!  
Please put your bins in the hallway!!!





**IB learner profile of the month is Back!! (SEPTEMBER)!!!!**

This month we are looking to celebrate the IB learner profile trait of being an **“OPEN MINDED”** IB student.

*Month of September will be selected by the IB English teachers at the end of the month!*

## **Open-minded**

*Students who are open-minded understand and appreciate their own cultures and personal histories, and are open to the perspectives, values and traditions of other individuals and communities. They are accustomed to seeking and evaluating a range of points of view, and are willing to grow from the experience.*





SENIOR BOOK CLUB

Spots available  
with Miss Kathleen  
Room c229

# AFTER SCHOOL ACTIVITIES **NEWS**

Starting next Monday (Sept 23), After School Activities will begin. Reminder there are no activities on a mini day.

Please make sure you bring your permission forms back as soon as possible.

Please note: **Cooking, Weight training, Skin care & Curl Love** is full - there are waiting lists for these activities.

# AFTER SCHOOL ACTIVITIES **NEWS**

**AFTER SCHOOL ACTIVITIES HAS A NEW START DATE:  
SEPTEMBER 23, 2024.**

**SIGN UP AT LUNCH(1ST 15 MINS) THIS WEEK**

# AFTER SCHOOL ACTIVITIES **NEWS**

**SIGN UPS FOR  
WEDNESDAY SEPTEMBER 18TH**

**BOXING  
WIND ENSEMBLE  
JUNIOR BASKETBALL  
SPINNING & CYCLING**

# ***CORE & BOXING***

***THURSDAYS WITH MR. DIIZON***  
***DANCE ROOM***



# 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



A photograph of two basketball players in a locker room. The player on the left is white with a mullet hairstyle, wearing a green jersey. The player on the right is Black, smiling, wearing a yellow jersey. They are both holding a Spalding NBA basketball. The background shows green lockers.

# BASKETBALL SKILLS & TRAINING

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

JUNIORS ON TUESDAY WITH MR. TJ



# SPINNING

W/ MS. JOANNE | WEIGHT ROOM  
TUESDAYS



# AFTER SCHOOL ACTIVITIES **NEWS**

SIGN UPS FOR  
FRIDAY SEPTEMBER 20TH

CHEER CLUB  
PICKLEBALL  
PODCASTING

***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***

# Pickleball

Mondays w/ Mr. Rowe | small gym



# Podcasting 101

- Learn about and plan a podcast
- Booking, interviewing guests
- Building an audience
- Editing, uploading and publishing your podcast



**Wednesdays with Ms. Loreena**  
**Resource Room**