

ICCHS ICE HOCKEY TRAINING

WHEN: 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)





Boys Juvenile GMAA Flag Football

Next practice for flag football Wednesday, September 18th at 3:50 pm on the grass field behind the school.

First game: September 23rd.

Bantam Girls BLUE Volleyball Practice

Tuesday after school

Sept. 17th 3:45-5:00

Friday morning

Sept.20th 8:00-8:45

Please email <u>k.a.stewart006@gmail.com</u> if you did not get an invitation to join the Google Classroom





Scorekeeper Training

There is a mandatory training in Mr. Myerson's room (C-185) at lunchtime today. Bring your food and a pencil. If you are a junior, please reach out and we will find an alternative time.



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 Learners strive to embody these ten traits...



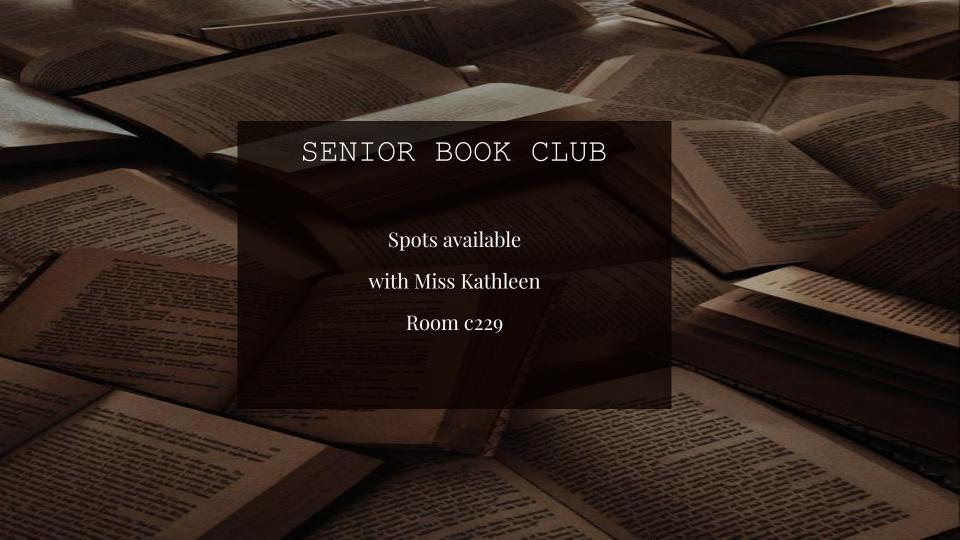
IB learner profile of the month is Back!! (SEPTEMBER)!!!!

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.



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

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

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

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

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

TODAY!!!!

WEDNESDAY SEPTEMBER 18TH

BOXING WIND ENSEMBLE JUNIOR BASKETBALL SPINNING & CYCLING

CORE & BOXING

THURSDAYS WITH MR. DIIZON DANCE ROOM

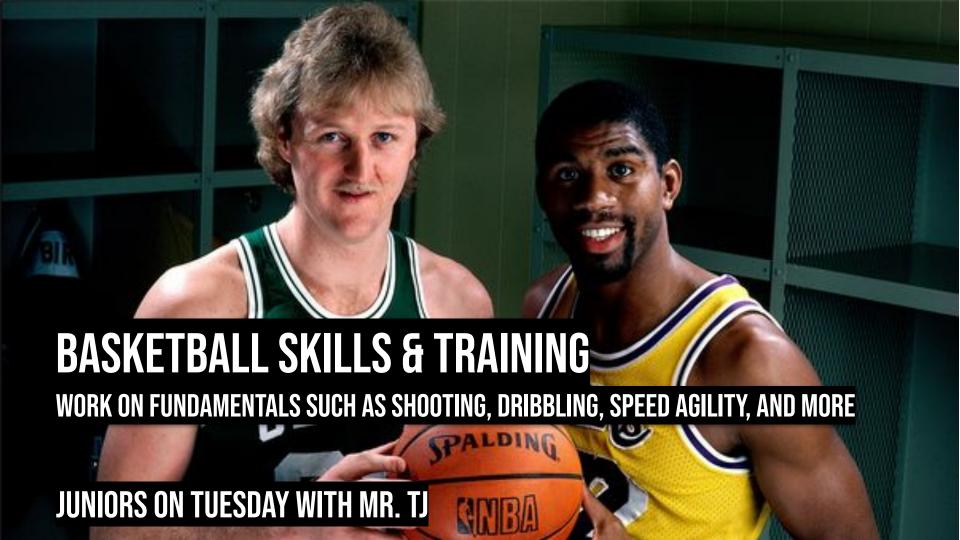


LCCHS Wind Ensemble

Thursdays After School

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

Flute
Clarinet
Saxophone
Trumpet
Trombone
Baritone





SIGN UPS FOR FRIDAY SEPTEMBER 20TH

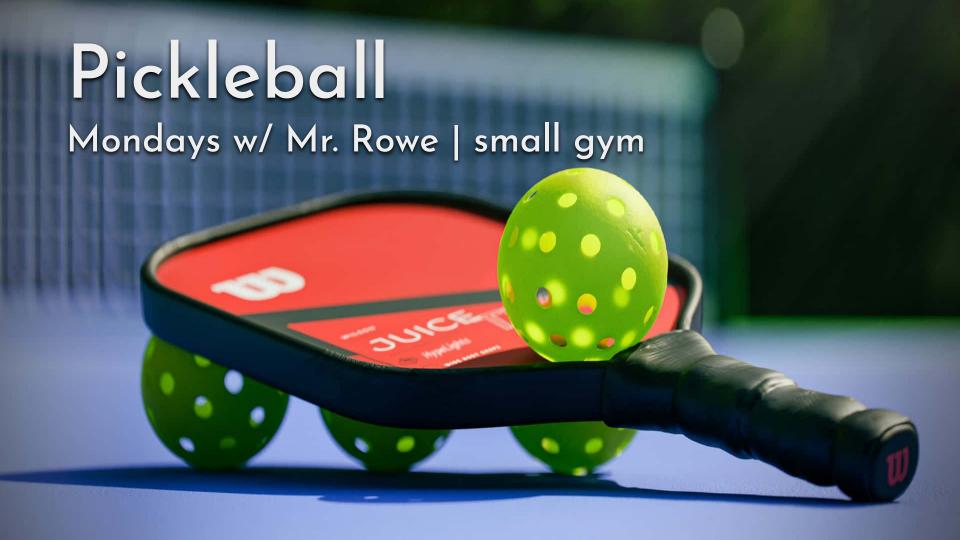
CHEER CLUB PICKLEBALL PODCASTING IT'S MORE THAN JUST CHEER, IT'S COMMUNITY NOISE!!

AS A CHEERLEADING SQUAD, YOU WILL LEARN BASIC CHEERS, FUN

DANCE ROUTINES, WITH THE OPTION TO DO STUNTS.

Gnees Symmy

WEDNESDAYS WITH MS, AMANDA



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