

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 text. 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. The sky is clear and blue.

**LaSalle Community  
Comprehensive High  
School**

**DAILY HOWL**

**October 29th, 2024 | Day 2**

## *Motivational Quote of the Week*

"JUST ONE SMALL POSITIVE  
THOUGHT IN THE MORNING  
CAN CHANGE YOUR WHOLE  
DAY."

DALAI LAMA



Oct 31st, 2024

# HALLOWEEN DAY

Activites going on around  
the school all day long!

LCCHS

Go to your first period class for 5min for attendance.

**DONT FORGET YOUR COSTUMES! (NO MASKS)**

## WHERE TO GO?

### FILMS IN THE AUDITORIUM:

- Films will be playing in the auditorium throughout the day.

### SPORTS IN THE GYM:

- Games like basketball and volleyball will take place in the big gym.

### ACTIVITIES GOING IN THE MALL AREA:

- Haunted house and halloween theme activities.





A vibrant Halloween-themed background with a dark blue night sky. It features a large orange full moon at the top center, surrounded by orange stars and white confetti. On the left and right sides, there are white skulls with purple eye sockets. In the bottom corners, there are orange jack-o'-lanterns with purple faces. Scattered throughout are various Halloween items: orange and purple candy, purple bats, a white spiderweb, and a white dagger. The overall aesthetic is festive and spooky.

*Happy Halloween!!!!!!*

*Thursday October 31st dress up in  
your best halloween costumes!!*

*Masks, Weapons, and offensive  
costumes will not be tolerated.*



# Boston & New York Senior Trip 2025

Meeting Tuesday  
October 29th at the  
beginning of senior  
lunch in the  
auditorium





# CALLING ALL ARTISTS!

All artists who are interested in submitting something, please scan this QR code and join the Google classroom. That is where I will be posting updates. You may only join from your @lbpearson.ca email. If the Qr code does not work, the classroom code is [ddonxmh](#)



SCAN ME



# Start your day with breakfast

There will be free breakfast in the cafeteria on Mondays and Wednesdays starting October 7th from 8:15am to 8:45am.



Week of October 14th: breakfast will be served on Tuesday and Thursday due to the holiday and mini day.



Balanced Day will be passing for recycling  
Tuesday, Oct. 29 Period 1!!  
Please put your bins in the hallway!!!



## Tip of the Day: How to create effective study notes

### 1. Choose the Right Method

**Cornell Method:** Divide your page into three sections: notes, cues, and summary. This helps organize information and makes review easier.

**Mapping Method:** Create visual mind maps connecting ideas, which is great for visual learners.

**Highlight Key Information:** Use Colors: Highlight or underline important terms and concepts to make them stand out

**Summarize After Class:** Write a brief summary of your notes to reinforce what you've learned and regularly review

**Active Listening:** Pay attention and actively listen during lectures to capture the most important points

**Ask Questions:** Don't hesitate to ask questions if something is unclear, and note down the answers.

**Why it helps:** By integrating these note-taking strategies, you can significantly boost your academic performance and develop new skills that will benefit them throughout your educational journey and beyond.



*“Success is the sum of small efforts - repeated day in and day out.”-Robert Collier*



A desk calendar with a black base and white pages. The pages are numbered 0, 2, and 2, representing the year 2022. The calendar is set against a background of blue and red geometric shapes.

# Scorekeepers Needed

If you are interested in scorekeeping basketball games, please see one of the basketball coaches (Mr. TJ, Mr. Gibbs, Mr. Abracen, Ms. Campbell, Mr. Wasacz x2, Mr. Lewis) OR Mr. Myerson

Training will be held soon!

# Juvenile Boys Basketball

Practice this Wednesday Oct  
30th, 8am. Gym time is  
limited. Please be in  
attendance.





**SEPTEMBER**

**STUDENT OF THE MONTH**



Congratulations to  
Utsav Roy for his  
dedication and  
helpfulness to the  
Phoenix class.

**SEPTEMBER**

**STUDENT OF THE MONTH**



Congratulations to  
Sienna Herbert for  
her academic  
excellence and her  
artistic integrity.





***Congratulations to the following IB students who demonstrated an Open Mind throughout the month of September.***

<b>Open-Minded (Language and Literature; September)</b>		
Level 1	51	Henry Sebag
	52	Eva Maria Furgjuele
Level 2	51	Maria Soares de Almeida
	52	Kailyn Hull
Level 3	51	Bishal Ghosh
	52	Sarina Turner
Level 4	51	Malakhi Henry Tim Jr.Swaray
	52	Kenya Dennis
Level 5	51	Iyahsis Thompson
	52	Julia Bonarrigo



## IB learner profile of the month ! (OCTOBER)!!!!

This month we are looking to celebrate the IB learner profile trait of being good **“COMMUNICATOR”**.

*Month of October will be selected by the IB LANGUAGE ACQUISITION TEACHERS at the end of the month!*

*We express ourselves confidently and creatively in more than one language and in many ways. We collaborate effectively, listening carefully to the perspectives of other individuals and groups.*

*Nous nous exprimons avec assurance et créativité dans plus d'une langue et de différentes façons. Nous écoutons également les points de vue d'autres personnes et groupes, ce qui permet une collaboration efficace.*

*Nos expresamos con confianza y creatividad en diversas lenguas, lenguajes y maneras. Colaboramos eficazmente, escuchando atentamente las perspectivas de otras personas y grupos.*





Language Acquisition Teachers will consider the following Approaches to Learning Skills for being a good **“COMMUNICATOR”**.

*Month of October will be selected by the IB LANGUAGE ACQUISITION TEACHERS at the end of the month!*

- **Student(s) use effective speaking techniques for communication (Body language, voice projection, preparedness, proper pronunciation, eye contact, clarity etc. )**
- **Student(s) is/are organized and represents work in a clear and logical manner.**
- **Student(s) communicate effectively in writing and use of media for different purposes (email, homework, posters, assignments etc.)**
- **Student(s) recognizes and respect different communication styles and behaviors based on cultural backgrounds. (Spanish class)**

# LCCHS HOMEWORK ZONE

Monday, Tuesday,  
Wednesday & Thursday  
3:40 - 4:40 pm  
Library

Starting  
September  
23<sup>rd</sup>



- ✓ For all levels
- ✓ Help from teachers of different subjects
- ✓ Complete your assignments (computers available)
- ✓ Work alone or with friends



# JUNIORS

LEARN HOW TO  
MAKE HOMEMADE  
PIZZA

TUESDAY AT  
LUNCH IN THE  
KITCHEN





**PLEASE HAVE A CHANGE OF  
CLOTHES OTHERWISE YOU MAY  
NOT BE LET IN**

**OPEN WEIGHT ROOM  
TUESDAY  
SENIOR LUNCH**

# AFTER SCHOOL ACTIVITIES **NEWS**

**THE FOLLOWING ACTIVITIES HAVE ROOM & ARE  
LOOKING FOR YOU TO JOIN:**

- **SPINNING WITH MS. JOANNE (Tues)**
- **GUITAR WITH MR. BRAULT (Wed)**
- **CHEER SQUAD WITH MS. AMANDA (Wed)**
- **JR. DUNGEONS & DRAGONS WITH MR. HOWDEN (Tues)**

# AFTER SCHOOL ACTIVITIES **NEWS**

**TUESDAY**





# Junior Board Game Club

Tuesdays  
in C211  
With Ms. Hughes





**SPINNING**

**W/ MS. JOANNE | WEIGHT ROOM**

**TUESDAYS**



A promotional image for a basketball training program. It features two men in a locker room. The man on the left is white with a mustache and a green jersey. The man on the right is Black with a goatee and a yellow jersey, smiling and holding a Spalding basketball. The background shows green lockers.

# **BASKETBALL SKILLS & TRAINING**

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

**MONDAY (TILL END OF DEC.) & TUESDAY WITH MR. TJ**



JUNIOR

MUSIC ROOM



DUNGEONS AND DRAGONS

# ***CORE & BOXING***

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





# **Weight & Strength Training**

A photograph of a very muscular man, likely a bodybuilder, wearing a red tank top and red shorts. He is flexing his right arm, showing off his bicep and forearm muscles. He has a friendly smile and is looking towards the camera. The background is a solid, bright blue color. At the bottom of the image, there are two gold dumbbells.

**Monday & Wednesday with Mr. Aaron**

**Tuesday & Thursday with Ms. Julia & Mr. Sheldon**





# *Cooking Club*

*In the Kitchen*

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*Mondays*

*w/ Ms. Lorine & Ms. Mel*

*Tuesdays*

*w/ Ms. Lynda & Ms. Kristen*

*Wednesdays/Thursdays*

*w/ Ms. Cynthia, Ms. Kim & Ms. Lorine*