

The image shows the exterior of a school building with a modern, geometric facade. A large blue circular graphic is overlaid in the center, 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**

**November 5th, 2024 | Day 1**

# *Motivational Quote of the Week*

"PROCRASTINATION IS  
OPPORTUNITY'S ASSASSIN."

VICTOR KIAM

A photograph showing several hands holding up white letters to spell out the words "LAST MINUTE". The hands are positioned at the bottom of the frame, and the letters are held up against a light background.

LAST MINUTE

A young elephant stands in a lush green forest. A person's hand is visible on the left, gently touching the elephant's trunk. The elephant's skin is wrinkled and grey. The background is filled with tall trees and dense foliage.

**Dress Down Day  
Friday Nov 8**

**\$2**

**Thanks for supporting the  
Thailand Trip**

**Appropriate clothing for school**

# Start your day with breakfast

Free breakfast in the cafeteria will continue on Mondays and Wednesdays from 8:15am to 8:45am during the month of November.



*class of*  
**2025**

# YEAR BOOK



## COMMITTEE

If you want to join the YearBook Committee  
We have our first meeting **Wednesday**  
**November 13th** in C220  
Let's create the best YearBook EVER

# MEET YOUR 2024-2025 STUDENT COUNCIL!

**President:** Kayla Palamara

**Vice President:** Lucie Julienne Metcheho Poupheulie and Mario Futia.

**Secretary:** Blake Chan

**Public Relations Team:** Brianna Joly, Payton Eaglesham and Kaylee Nwammadu.

**Active Members:** Maya Karmali, Kaylee Nwammadu, Elohor Anita Ofere, Malika Pitimada, Elyssa Samvura-Perrotte, Tatiana Sobers

**Contact us at:** [lcchsstudentcouncil@gmail.com](mailto:lcchsstudentcouncil@gmail.com)





# **Battle of the Books Senior team practice**



**Fri., Nov. 8, at 12:48 in the library**

**Bring your lunch!**



*class of*  
**2025**

# YEAR BOOK



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## Approaches to learning Tip of the Week: Managing stress and Anxiety.

**Skill Focus: Self-Management**

Tip: Practice Mindfulness Meditation

How to Practice:

**Find a Quiet Space:** Choose a quiet and comfortable place where you won't be disturbed.

**Set a Timer:** Start with just 5 minutes and gradually increase the time as you get more comfortable.

**Focus on Your Breathing:** Close your eyes and take deep, slow breaths. Pay attention to the sensation of the air entering and leaving your body.

**Acknowledge Your Thoughts:** If your mind starts to wander, gently bring your focus back to your breathing. It's normal for thoughts to arise; acknowledge them without judgment and let them pass.

**Practice Regularly:** Try to incorporate this practice into your daily routine, perhaps in the morning or before bed.

**Why It Helps:** Mindfulness meditation can help reduce stress and anxiety by promoting relaxation and increasing your awareness of the present moment. Over time, it can improve your ability to manage stress and enhance your overall well-being.



*“Peace is not the absence of conflict, but the ability to cope with it.” – Mahatma Gandhi.*





**CADET BOYS  
BASKETBALL  
PRACTICE**

**Tuesday, November 5  
After school**

**Wanna watch volleyball  
playoffs?**

Come see our Juvenile  
Boys on November 7th  
at 3:30 in the big gym!!

Can't make it? Check out game highlights and results  
on our instagram page @lcchsathletics



# Good luck to the rest of our teams in the playoffs!!



**4**  
**Nov**

Cadet Girls | 3:30PM  
@Laurier Macdonald

**5**  
**Nov**

Juvenile Girls | 3:30PM  
@Lower Canada College

**6**  
**Nov**

Bantam D4 Girls | 3:30PM  
@Laurier Macdonald



Check out game highlights and results on our  
instagram page @lcchsathletics

Balanced Day will be passing for recycling  
Wednesday, Nov. 6 Period 1!!  
Please put your bins in the hallway!!!



We are looking for 15 volunteers from grades 9-11 for our Kicking PancreAS 5K event in Montreal on Saturday November 9, 2024. We are excited to bring this event to Montreal for the first time ever!! Kicking PancreAS is a 5K run/walk that helps to raise awareness about pancreatic cancer and we are looking for volunteers.

Information on the run

Date: Saturday Nov 9, 2024

Time: Run begins at 5:00pm volunteers arrive at 3:30pm

Location: Parc Angrignon

Students who volunteer will acquire up to five (5) volunteer hours.

Email Mme. Baillargeon if interested  
kbaillargeon@lbpearson.ca



Un coup de pied au cancer du pancréas  
5K

UNE COURSE/MARCHE  
AMICALE DE 5 KM  
POUR TOUS LES ÂGES  
ET TOUTES LES  
CAPACITÉS

Craig's Cause  
Pancreatic Cancer Society

**Un coup de pied  
au cancer du pancréas**

**9 NOVEMBRE 2024 • MONTRÉAL, QUÉBEC**



## ***Congratulations to the following IB students who demonstrated good Communication throughout the month of October in their***

### **Communicateur - De mentalidad abierta (Acquisition de langues; Octobre)**

Level 1	51	Vincent Crevier
	52	Avery Devlin
Level 2 - Français	51	Rowan Devlin
	52	Adam McLachlan
Level 2 - Espagnol	51	Sierra Maruca
	52	Alessandra Farinelli-Cerra
Level 3 - Français	51	Amber Stephen
	52	Joudia Lamhamdi
Level 3 - Espagnol	51	Emma Verelli
	52	Nathan Rossi
Level 4	51	Lynx Patten
	52	Kiran Sinha
Level 5	51	Mary Demetra Kanaras
	52	Dave Nowens Jean-Mathe

- ***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)***





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

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

*Month of November will be selected by the IB Physical and Health Education teachers at the end of the month!*

*Students who are risk-takers are willing to step outside their comfort zone and try something new in the hopes of gaining new knowledge or additional skills. They are comfortable being challenged and welcome opportunities to explore new ideas.*

# 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

## Yummy Ramen Bowls - learn how



Tuesday & Thursday - Junior lunch

Kitchen



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

**OPEN WEIGHT ROOM  
TUESDAY  
SENIOR LUNCH**

# AFTER SCHOOL ACTIVITIES NEWS

Changed your mind about the activity you signed up for?

No problem, please let the animator or Ms. Cassandra ([ctrotman03@lbpearson.ca](mailto:ctrotman03@lbpearson.ca)) know you no longer want to participate. It helps us with attendance and emailing your parents when you don't show up to your activity.

# AFTER SCHOOL ACTIVITIES **NEWS**

Until further notice, **Junior DnD and Wind Ensemble** are cancelled

# AFTER SCHOOL ACTIVITIES **NEWS**

**TUESDAY**



# Junior Board Game Club

Tuesdays  
in C211  
With Ms. Hughes







# SPINNING

W/ MS. JOANNE | WEIGHT ROOM  
TUESDAYS

# ***CORE & BOXING***

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



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**



# *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*

# **Weight & Strength Training**

A photograph of Arnold Schwarzenegger, a bodybuilder, flexing his right arm and shoulder. 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. At the bottom of the image, there is a black banner with white text.

**Monday & Wednesday with Mr. Aaron**

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