

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. The sky is clear and blue.

**LaSalle Community
Comprehensive High
School**

DAILY HOWL

November 7th, 2024 | Day 3

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. The word "LAST" is on the left and "MINUTE" is on the right, with a small gap between them.

LAST MINUTE

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.



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



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

Boston & New York Senior Trip 2025



Mandatory Meeting:
Permission forms
distributed Wednesday
November 13th at the
beginning of senior
lunch in the auditorium



Battle of the Books Senior team practice



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

Bring your lunch!

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

**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



OCTOBER STUDENT OF THE MONTH

Emma Egglefield-Mercier

For demonstrating academic excellence and initiating peer leadership with a quiet, determined intention.



October STUDENT OF THE MONTH



**Connor "Iggy"
Doyle-Bush for the
consistent grind and
willingness to learn by
taking risks.**

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

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.





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
23rd



- 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

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) 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.

SENIOR VOLLEYBALL CLUB



**SENIOR VOLLEYBALL CLUB IS CANCELLED
TODAY.**

**COME CHEER ON THE JUVENILE BOYS
VOLLEYBALL TEAM IN THE BIG GYM!**



AFTER SCHOOL ACTIVITIES **NEWS**

Wind Ensemble is cancelled
Today!!!!

AFTER SCHOOL ACTIVITIES NEWS

THURSDAY

CORE & BOXING

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



Thursdays | C154 Room

Gamers Club

**Games include Super Smash Brothers Ultimate and Melee, Tekken 8, Street Fighter 6,
Guilty Gear Strive and more
w/ Mr. Corey & Mr. Franc**

Craft Club w/ Ms. Victoria

- Crochet / Knitting
- Bracelet Making
- Drawing and more!!!!

Thursdays | Rm C211





Cooking Club

In the Kitchen

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 leg. 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.

Monday & Wednesday with Mr. Aaron

Tuesday & Thursday with Ms. Julia & Mr. Sheldon