

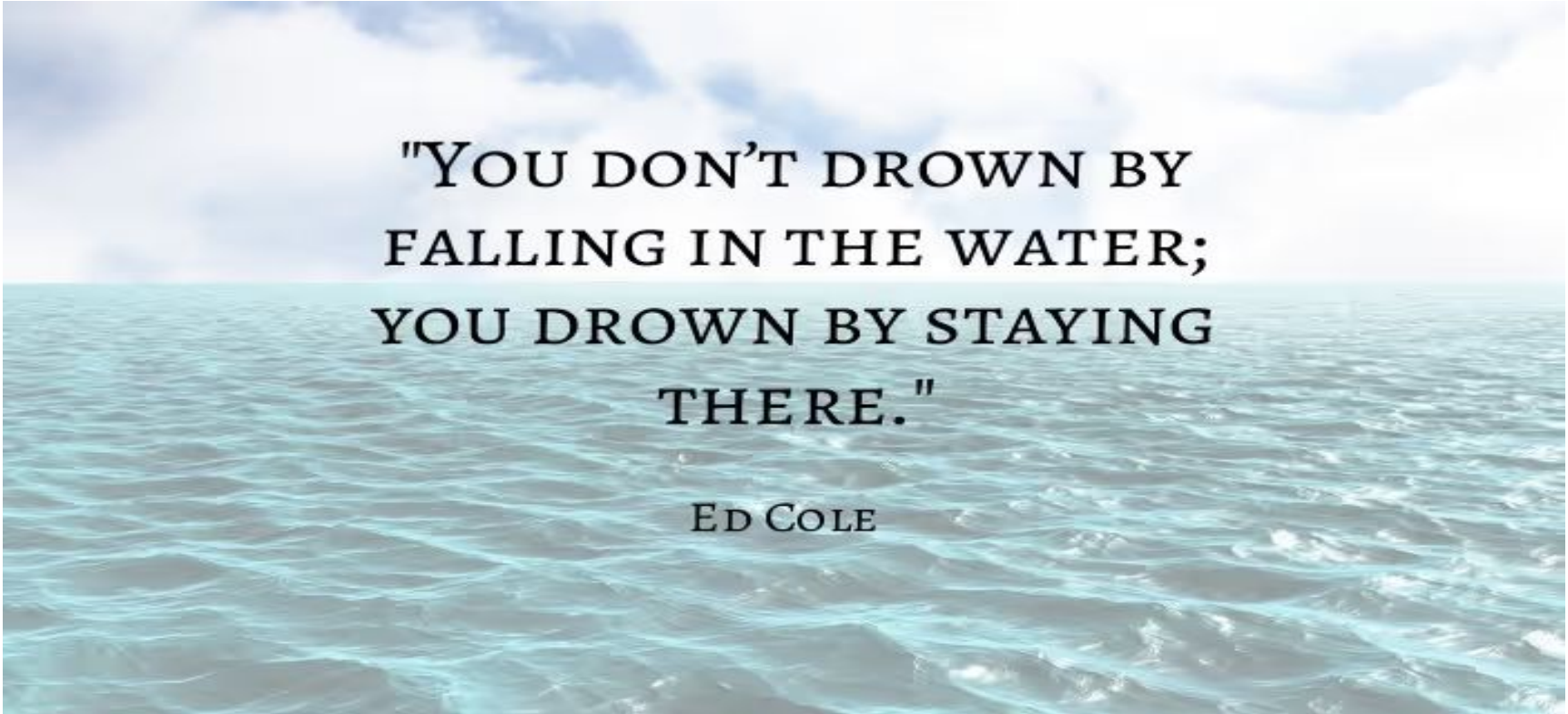
The image shows the exterior of LaSalle Community Comprehensive High School. The building has a modern design with a grey, textured facade and large windows. A Canadian flag is visible on the left side of the building. In the foreground, there are concrete steps leading up to the entrance, flanked by metal railings. A large blue circular overlay is centered on the image, containing the school's name and the title of the publication.

**LaSalle Community  
Comprehensive High  
School**

**DAILY HOWL**

**November 18th, 2024 | Day 3**

# Motivational Quote of the Week



"YOU DON'T DROWN BY  
FALLING IN THE WATER;  
YOU DROWN BY STAYING  
THERE."

ED COLE

**STAY TUNED  
OUR SCHOOL SURVEY  
WILL BE DONE DURING YOUR  
ENGLISH PERIOD DURING THE  
WEEKS OF NOV. 18TH AND 25TH**

The OurSCHOOL survey gives the school information on how to make things better for students. Based on what information you give in the survey, we can make changes to help improve student experiences at school and help everyone do better.





Popcorn

**Popcorn sale  
Friday, Nov. 22  
during both  
lunches.**

**\$1**

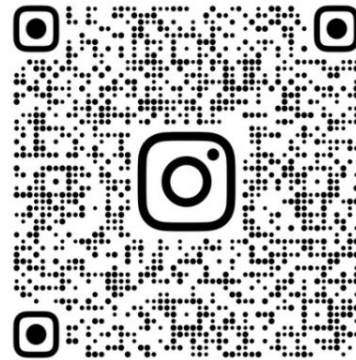
**Thanks for  
supporting the  
Thailand  
Humanitarian Trip!**

ALL LCCHS SECONDARY 5 GIRLS, BE SURE TO  
SCAN AND FOLLOW OUR PROM DRESS 2025  
INSTAGRAM ACCOUNT, TO BE SURE THAT NO  
ONE IS STUCK WITH THE SAME PROM DRESS.

## ALL POSTS WILL MADE ANONYMOUS

Once you have your dress be  
sure to dm the account a  
picture of it, for then it will  
be posted.

CANNOT WAIT TO SEE  
YOUR PROM DRESSES!!!



LCCHS.PROM.DRESSES2025



## LCCHS Doughnut Fundraiser

Order forms will be distributed in class by leadership students.

Sell some wonderful treats and help feed the community!

# 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.





Grad Grey Sweaters  
Sale \$50 cash only  
Find us in the mall at  
lunch until  
Nov 22



# LEVEL 1 QUEBEC CITY TRIP

- The trip will take place February 17-19th (3 days/2 nights).
- Coach bus there and back.
- 4 students per hotel room.
- The trip cost approximately \$500.
- Maximum 50 students total.



There will be an information meeting next week at Junior Lunch.  
Stay tuned.

# Boston & New York Senior Trip 2025

Deposit \$150 (cash or  
check) due next Friday  
November 22nd to  
Ms.Aubertin C166  
morning or at  
lunchtime



# Basketball Uniforms

If you still have a basketball uniform from last year or earlier, please bring it to Miss Lynda at the main office by Friday, November 22. Your name with the uniform number is on a scoresheet and if it is not returned, you will be charged for it.



*Winter is coming...*



*LCCHS WINTER CARNIVAL DAY  
February 27, 2025*

**SKIING AND TUBING**



Scan the code or check your  
email for more information

**TWO BUSES  
ALREADY FULL!!!**

MEETING **today** at the start of  
Junior & Senior lunches in the  
Auditorium



What is *TUBING*, you ask?



# 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.**

Balanced Day will be passing for recycling  
Tuesday, Nov. 19 Period 3!!  
Please put your bins in the hallway!!!





## Approaches to learning Tip of the Week: Critical Thinking



### 1. Ask Questions

- Always ask "why" and "how" to deepen your understanding of a topic.
- Don't take information at face value; question the underlying assumptions.

### 2. Analyze Information

- Consider the credibility and reliability of your information sources.
- Support your arguments with solid evidence and data.

### 3. Think Open-Mindedly

- Look at issues from different angles and consider alternative viewpoints.
- Be aware of your own biases and strive to minimize them.

### 4. Reflect and Evaluate

- Regularly reflect on your own thinking process and decisions.
- Evaluate the results of your decisions and learn from any mistakes.

### 5. Communicate Clearly

- Practice expressing your ideas clearly and logically.
- Participate in debates and discussions to refine your thinking and learn from others.

By incorporating these tips into your daily routine, you can strengthen your critical thinking abilities and make more informed decisions.

"Learning without thought is labor lost; thought without learning is perilous."-Confucius





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

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

ATLs will be based on:

Grade 7-8  
Social-Collaboration  
Communication-Interaction

Grade 11  
Critical Thinking

*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

**Learn how to make a grilled cheese sandwich at Junior lunch  
Tuesday & Thursday 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**

## REMINDER:

It is getting cold outside. Check a weather app and dress warm as you will be asked to stay outside after 4pm if you are hanging out in the mall or bistro area and are not in an activity.

Same goes if you are in an activity. You will be asked between 4:45pm and 5pm to leave the building whether rain, snow or freezing outside.

# AFTER SCHOOL ACTIVITIES **NEWS**

**JR. D&D WILL START BACK ON TUESDAY  
IN ROOM C154**

**BOXING IS CANCELLED THIS WEEK**

**WIND ENSEMBLE IS CANCELLED UNTIL  
FURTHER NOTICE**

# AFTER SCHOOL ACTIVITIES **NEWS**

**MONDAY**





# *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 are two gold dumbbells.

**Monday & Wednesday with Mr. Aaron**

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



# CURL LOVE

**LEARN ALL ABOUT TAKING CARE  
AND STYLING OF YOUR HAIR. ALL  
HAIR TYPES ARE WELCOME.**

**MONDAYS  
3:45PM - 4:45PM  
WITH MS. RENEE  
INNOVATION ROOM**



Senior **B**ook Club

Monday

In the planning room C229

With Ms. Kathleen

# BOOK CLUB

A promotional image for a basketball training program. It features two men in a locker room. The man on the left has a large, feathered hairstyle and is wearing a green jersey. The man on the right is smiling and wearing a yellow jersey, 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**