

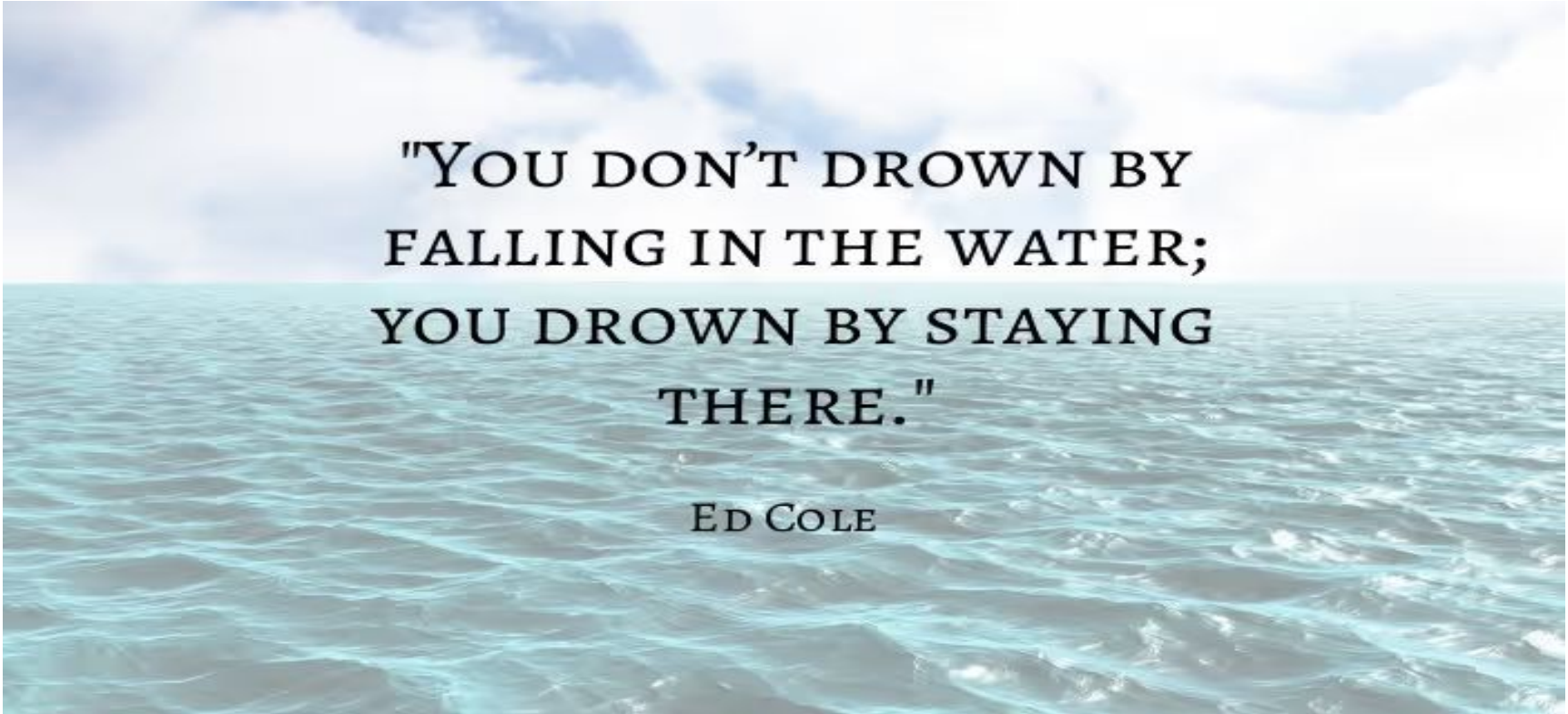
The image shows the exterior of a school building with a modern, geometric facade. A large blue circle is overlaid on the center of the image, containing the school's name and the title of the publication. The building has a brick base and a grey upper section with decorative panels. A Canadian flag is visible on the left side of the building. The sky is clear and blue.

**LaSalle Community
Comprehensive High
School**

DAILY HOWL

November 19th, 2024 | Day 4

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.





Cancer Awareness DAY

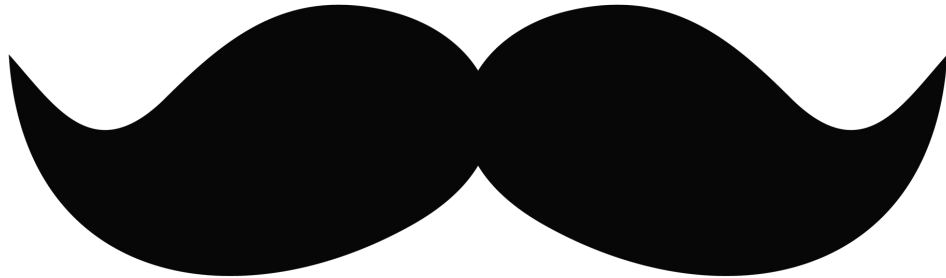
Friday (november 22nd)

Be pink or be stashed!

<https://breastcancerprogress.ca/donate/>

MOVEMBER

In honor of prostate cancer awareness month, we invite all boys who are willing to grow a moustache (or if you can't grow a moustache, buy a fake one!)



JOIN THE LCCHS
MOBROS





Popcorn

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

\$1

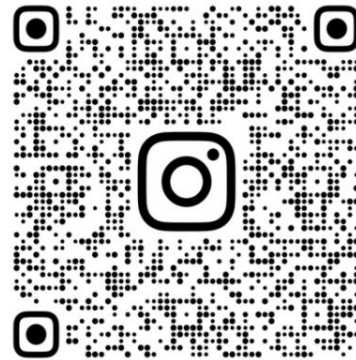
**Thanks for
supporting the
Thailand
Humanitarian Trip!**

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.

Quebec City Trip
Meeting
Friday, November 22nd

**BEGINNING OF JUNIOR LUNCH IN THE
AUDITORIUM**

Boston & New York Senior Trip 2025

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



Cadet Girls Basketball Practice

Tuesday, Nov 26th @ 8:00 a.m.

Game: Nov 27th @ 3:45 (@ LCCHS)

If you can't make it to practice, please email Ms. Campbell (dcampbell06@lbpearson.ca)
or Mr. Abracen (iabracen@lbpearson.ca)





**CADET BOYS
BASKETBALL
PRACTICE**

Wednesday November 20

After school

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

Forms are available at
C-213
Office
Phys. Ed Office

Please return signed and
completed forms along with your
payment in the mall area during
the **first 15 minutes of lunch**



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

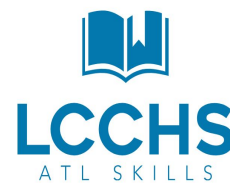


**Connor "Iggy"
Doyle-Bush for the
consistent grind and
willingness to learn by
taking risks.**

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
23rd



- ✓ 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**

BOXING IS CANCELLED THIS WEEK

**WIND ENSEMBLE IS CANCELLED UNTIL
FURTHER NOTICE**

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 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

JUNIOR

ROOM C154



DUNGEONS AND DRAGONS



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 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