

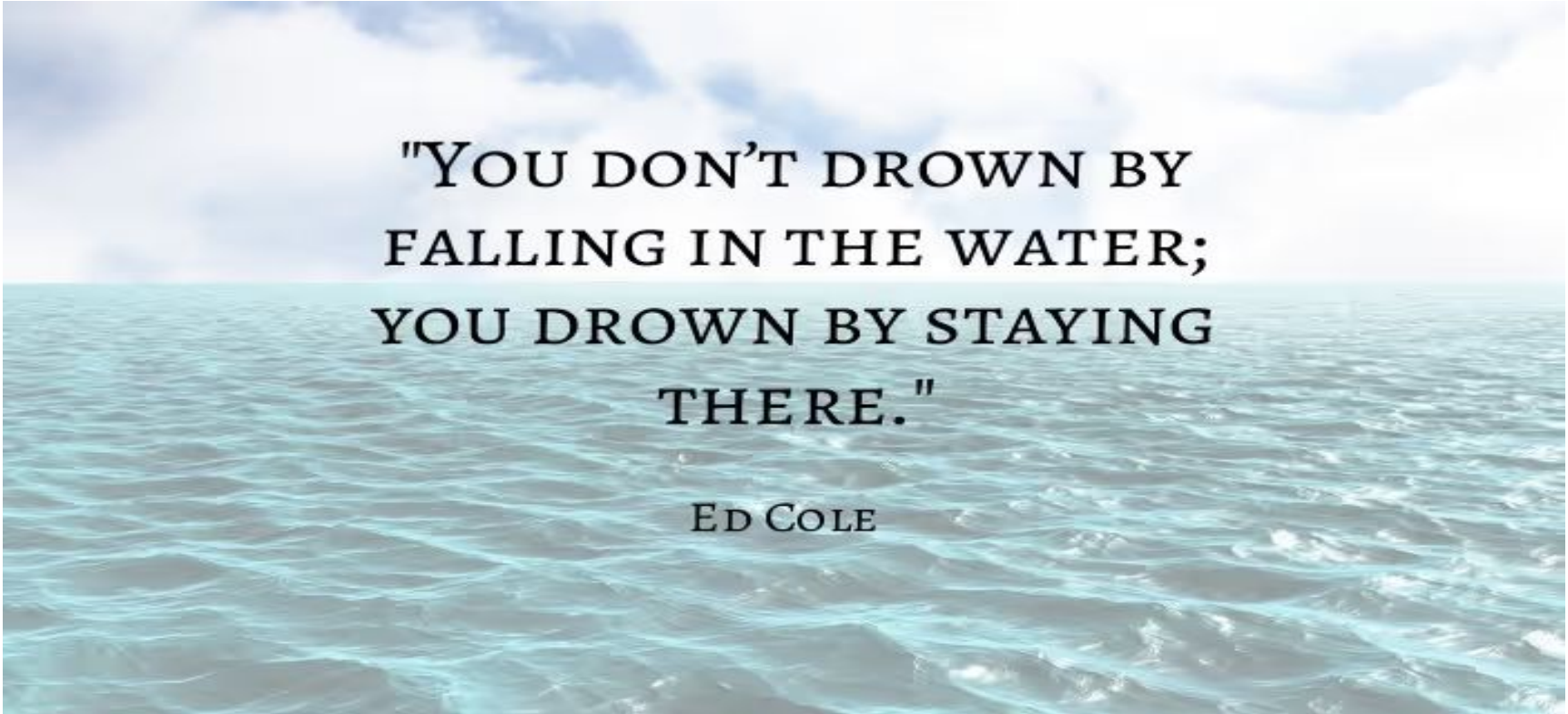
The image shows the exterior of a school building with a modern, geometric facade. A large blue circle is overlaid on the center of the image, containing text. The building has a brick base and a grey upper section with decorative panels. A Canadian flag is visible on the left side of the building. The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

**LaSalle Community  
Comprehensive High  
School**

**DAILY HOWL**

**November 20th, 2024 | Day 5**

# Motivational Quote of the Week



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

ED COLE

TREVOR WILLIAMS FOUNDATION PRESENTS

# ***OPEN GYM! INTERACTIVE BASKETBALL WORKSHOP***

Date: Nov 20th

Time: Junior and Senior lunch

Location: Big Gym

ALL ARE WELCOME AND ENCOURAGED TO ATTEND

NO BASKETBALL EXPERIENCE NECESSARY



**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

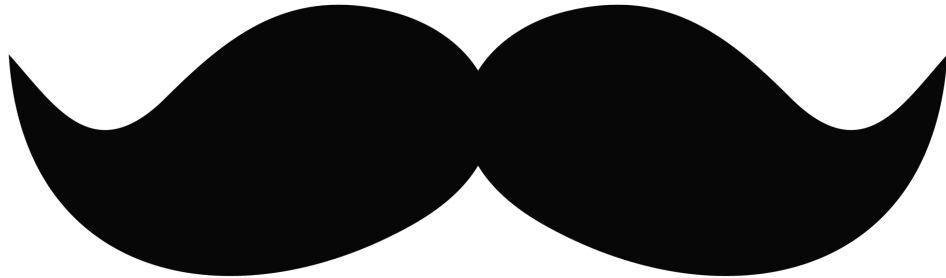
Friday (november 22nd)

**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!**

# Gender & Sexuality Alliance

To all 2SLGBTQI+ students & allies, come join our Gender & Sexuality Alliance (GSA) meetings! The GSA is a safe and inclusive space where we can come together to support and celebrate diversity.

Bring your lunch and join us in the library.

**Today at  
Junior Lunch in the  
library**



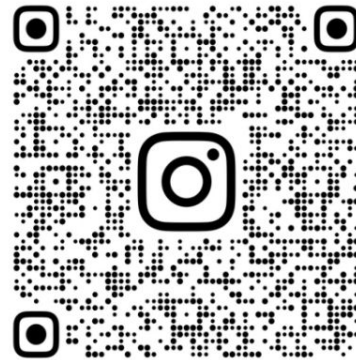


ALL LCCHS SECONDARY 5 GIRLS, BE SURE TO  
SCAN AND FOLLOW OUR PROM DRESS 2025  
INSTAGRAM ACCOUNT, TO BE SURE THAT NO  
ONE IS STUCK WITH THE SAME PROM DRESS.

## 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 **BLACK** Sweaters  
For 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) this 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](mailto:dcampbell06@lbpearson.ca))  
or Mr. Abracen ([iabracen@lbpearson.ca](mailto: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  
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**



# 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**

**WEDNESDAY**

SENIOR

C269



DUNGEONS AND DRAGONS



# Guitar Club

With Mr. Brault

Wednesday's at 3:45-4:45

Music Room



***IT'S MORE THAN JUST CHEER, IT'S COMMUNITY NOISE !!  
AS A CHEERLEADING SQUAD, YOU WILL LEARN BASIC CHEERS, FUN  
DANCE ROUTINES, WITH THE OPTION TO DO STUNTS.***

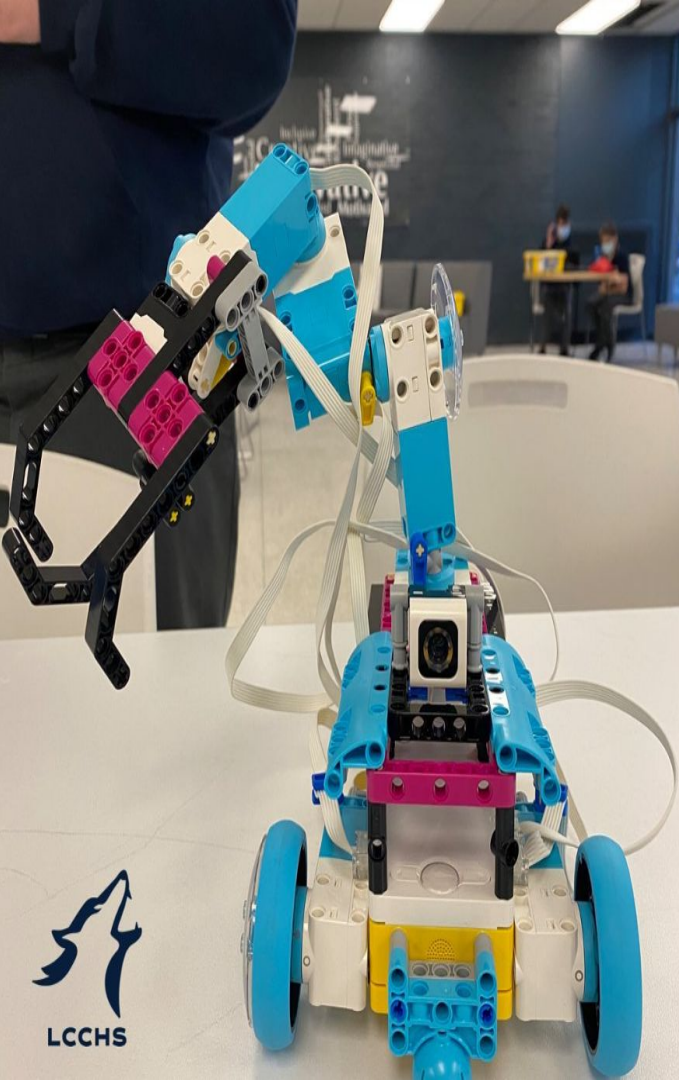
# **Cheer Squad**

***WEDNESDAYS WITH MS. AMANDA  
DRAMA ROOM***



**LEARN ABOUT SKINCARE & MAKEUP WITH  
MS. NESRINE  
WEDNESDAYS  
ROOM C220**





Lego Robotics  
Wednesday's after  
school innovation room



# C.R.E.A.T.E MUSIC GROUP



**AFTER SCHOOL ACTIVITY  
W/ TODD SMITH**

**WEDNESDAYS IN THE AUDITORIUM**

# Badminton w/ Mr. Rind Wednesdays





# *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**