

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 26th, 2024 | Day 3**



*Motivational Quote of the Week*

**“It’s no use  
going back to  
yesterday,  
because you  
were a different  
person then.”**

# Self Improvement

## Tips for Self Improvement:

- stay active
- start journaling
- make sure to have a good mindset
- set goals for yourself
- Eat healthier
- Express yourself even when its hard

*“Do the best you can until you know better. Then when you know better, do better.”*  
- *Maya Angelou*



# 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.



# Student Spectators

Did you sign up for the games? Lucky you, you will be admitted as long as you do not have a detention or do not have permission.

*Admin will inform students who no longer have permission to attend games.*



# PRINGLES



**On sale for \$1  
at lunch on  
Wednesday, November 27th**

**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.





As we enter winter, many people are forced to live on the streets because they cannot afford to buy a home at this time of year. Being said, we would like to give back to the community and help make sure that everyone has a warm winter.

From now all the way up to christmas break, everyone is encouraged to bring in CLEAN AND NEW, NOT USED AND DIRTY SOCKS. We are attempting to participate in the stepping up program







## LCCHS Doughnut Fundraiser

Order forms will be distributed in class by leadership students.

Sell some wonderful treats and help feed the community!



**Bake sale to  
support the  
Christmas Baskets**

**Monday December  
2nd**

**Junior & Senior  
Lunch**

**Everything \$1 -  
Bring your loonies!**

# Boston & New York Senior Trip 2025

Deposit \$150 (cash or  
check) **PAST DUE** please  
see Ms.Aubertin C166 by  
**Wednesday Nov.27th**  
before 1st period,  
otherwise the trip may  
be cancelled!!!!



# Toronto Trip 2025

Who: Grade 8 students

When: May 6 - 9th

**Information meeting:**

Wednesday, Dec 2nd,  
2024

Junior lunch

Auditorium





*Winter is coming...*

*LCCHS WINTER CARNIVAL DAY 2025*  
**SKIING AND TUBING**



Forms and payment due by

 **DECEMBER 6** 

at the latest!!!

Please turn in signed and completed forms along with payment in the mall area during the **first 15 minutes of junior and senior lunch**



*What is TUBING, you ask?*



# **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))



# Breast Cancer Awareness month

## What is it?

Breast cancer is a type of cancer that begins in the cells of the breast. It can affect both men and women, though it's much more common in women



Help

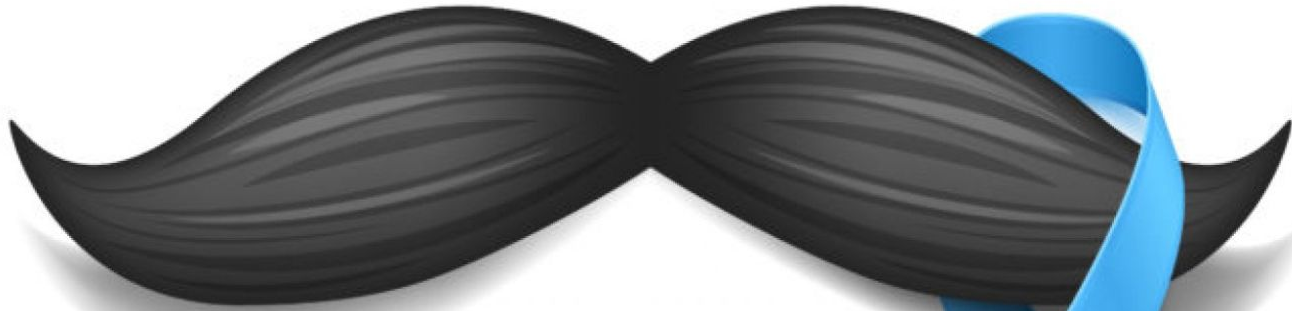
Spread

Awareness

SS

*Just  
Being  
Aware  
Isn't  
Enough*





**MOVEMBER**

**PROSTATE CANCER**

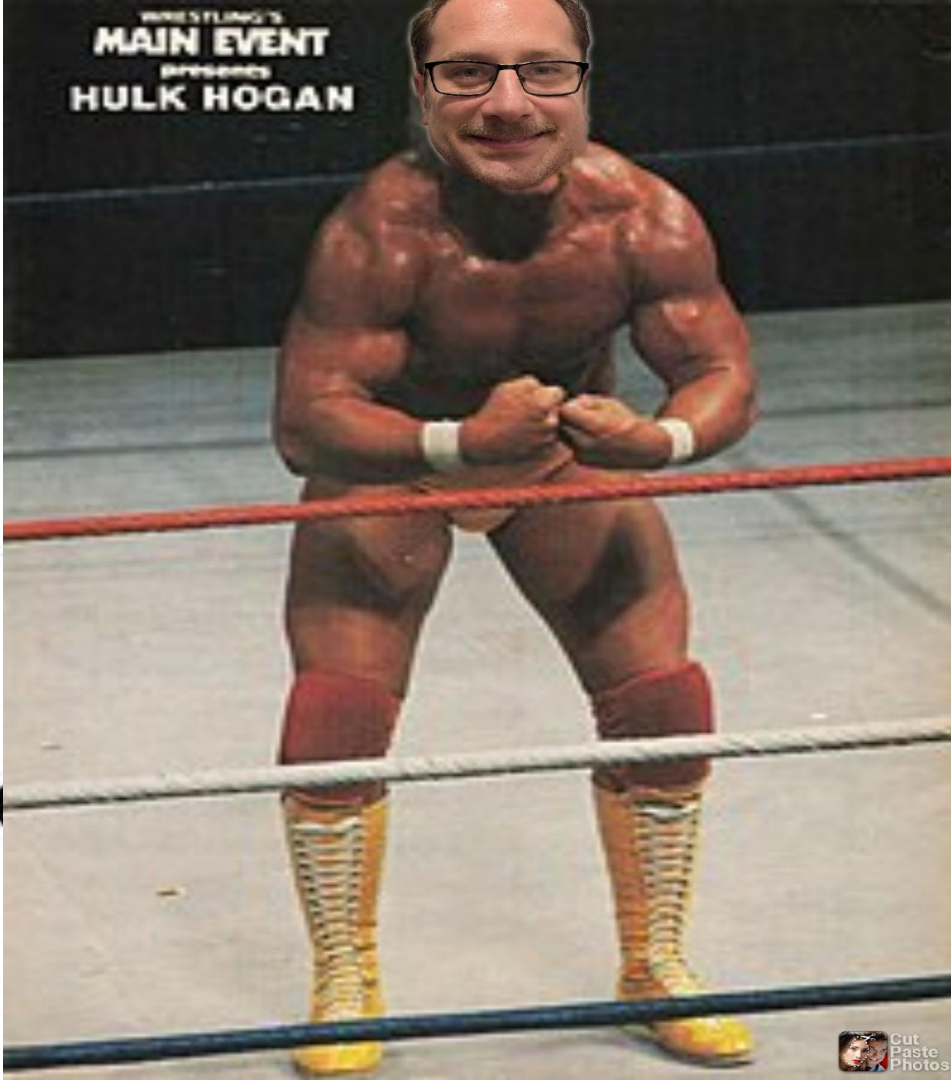
AWARENESS  
MONTH



**We all have partners, fathers, brothers, sons, uncles, and friends that we love. Too many of these men are dying too young, impacting relationships, families, and communities. Donate today and help us build a future with healthier men and healthier communities.**

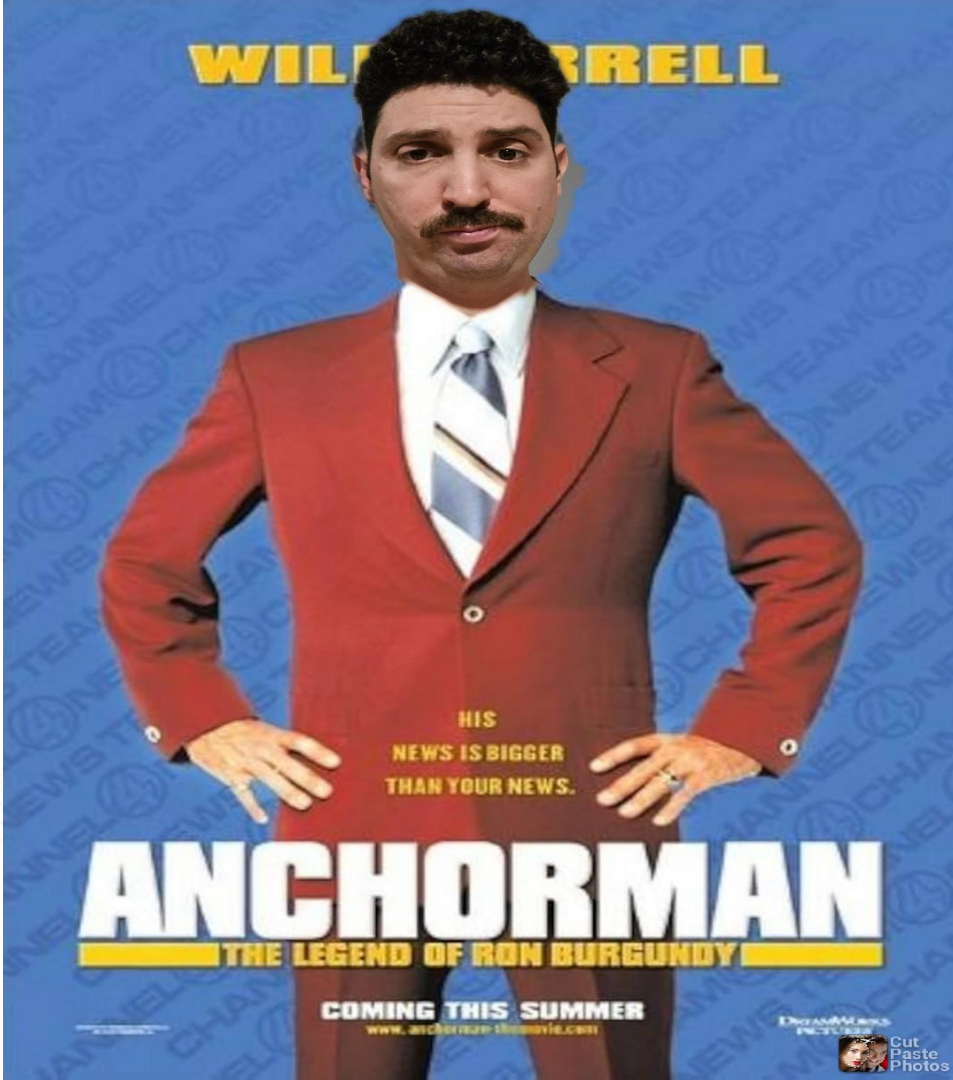


**Meet the  
2024  
LCCHS  
Mo Bros**









JASON SUDEIKIS

# TED LASSO



Apple tv+



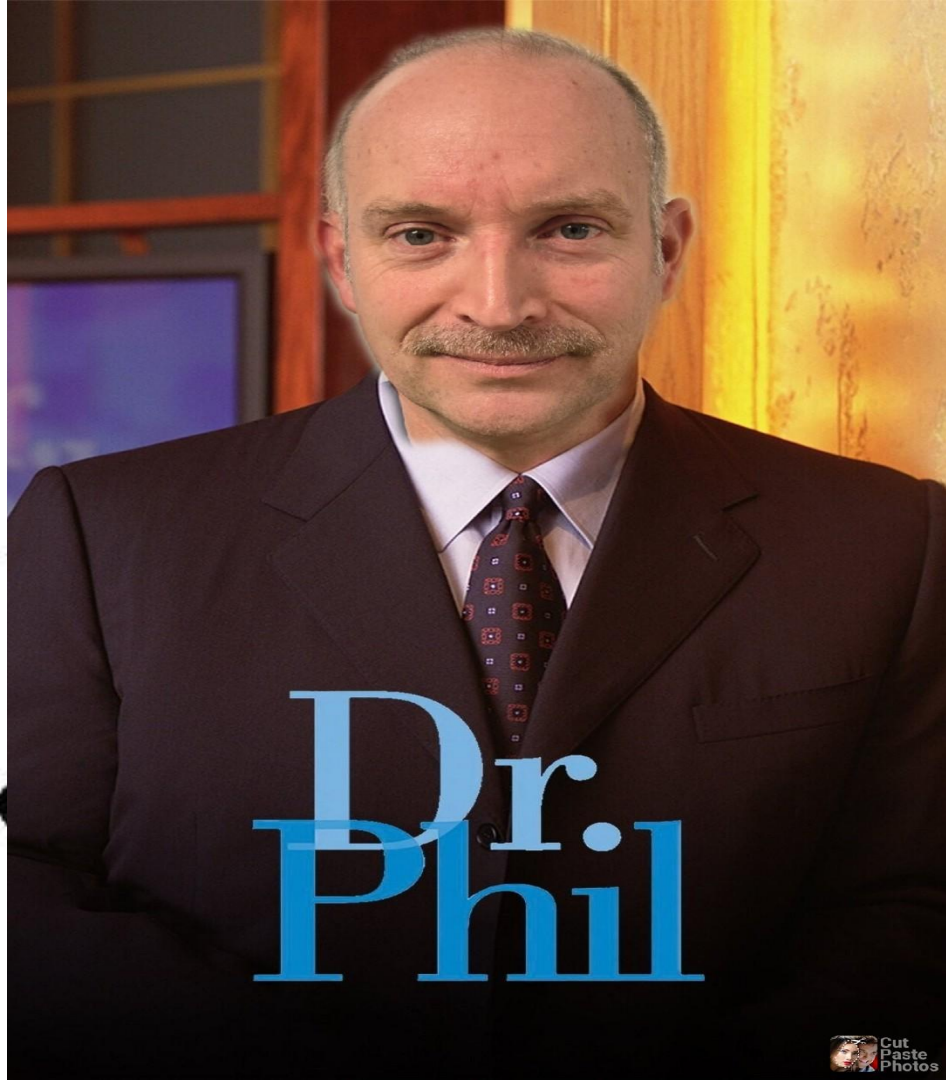
Cut  
Paste  
Photos



PARAMOUNT PICTURES Presents "THE GODFATHER" An ALBERT S. RUDY PRODUCTION Starring MARLON BRANDO and AL PACINO JAMES CAAN RICHARD CASTELLANO  
ROBERT DUVAL STERLING HAYDEN JOHN MARLEY RICHARD COOTE DIANE KEATON Music Score by NINO ROTA Screenplay by MARIO PIZZO and FRANCIS FORD COPPOLA Based on MARIO PIZZO'S Novel "THE GODFATHER"  
Produced by ALBERT S. RUDY Directed by FRANCIS FORD COPPOLA









Join the cause.

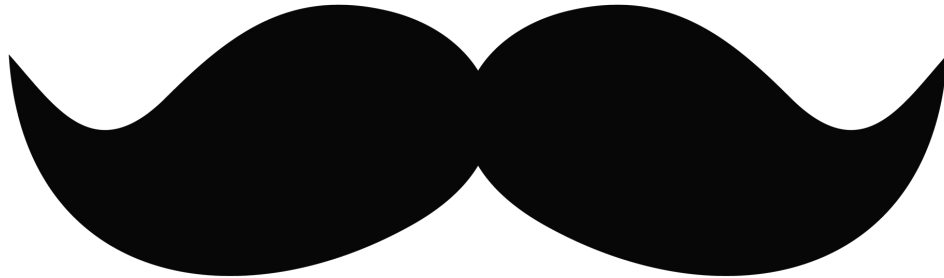
“Great men are not  
born great, they  
grow great . . . - Mario  
Puzo, The Godfather ”

- Gianni Panzera

# 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*



# 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



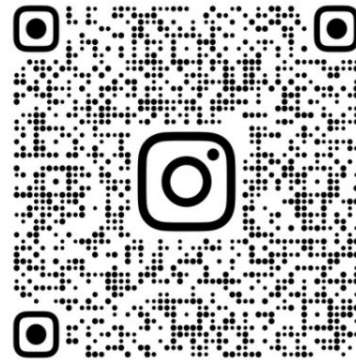
**Connor “Iggy”  
Doyle-Bush for the  
consistent grind and  
willingness to learn by  
taking risks.**

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

Balanced Day will be passing for recycling  
Wednesday, Nov. 27 Period 3!!  
Please put your bins in the hallway!!!



## Approaches to learning Tip of the Week: Math ATLs:

### **Critical Thinking:**

Break down complex problems into smaller, manageable parts and evaluate different strategies to solve them. (*identify, break it down, possible solutions, implement, reflect, practice regularly*)

### **Self-Management:**

Develop resilience and persistence when faced with challenging problems. (*tutorials, positivity, learn from experience, set realistic goals*)

### **Communication:**

Use appropriate mathematical terminology and symbols to express ideas clearly.

### **Collaboration:**

Work effectively with peers to solve problems and share different approaches and solutions. (*listen actively to others, peer study groups*)

### **Creative Thinking:**

- 1) Think outside the box to find unique solutions to problems.
- 2) Use diagrams, graphs, and other visual tools to understand and solve problems.







***IB learner profile of the month ! (OCTOBER)!!!!  
The Language Acquisition Teachers have proudly  
selected the following Communicators:***

<b>Communicateur - De mentalidad abierta (Acquisition de langues; Octobre)</b>		
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



## **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

Have you ever  
made a sandwich  
out of a pita  
bread? Go to the  
kitchen to learn on  
Tuesday during  
Junior Lunch





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

**OPEN WEIGHT ROOM  
TUESDAY  
SENIOR LUNCH**

# AFTER SCHOOL ACTIVITIES **NEWS**

**Skin Care & Make Up is cancelled this week**

# AFTER SCHOOL ACTIVITIES NEWS

TUESDAY



# Junior Board Game Club

Tuesdays  
in C211  
With Ms. Hughes







# SPINNING

W/ MS. JOANNE | WEIGHT ROOM  
TUESDAYS

JUNIOR

ROOM C154



DUNGEONS AND DRAGONS

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, 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**

# ***CORE & BOXING***

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





# *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**