

## **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

MONDAY AT LUNCH

JUNIOR & SENIOR LUNCH (FIRST 15 MINS)
SIGN UP FOR

Tuesday, December 3

Juvenile Boys BBall 3:45PM

Cadet Girls BBall 5:15PM

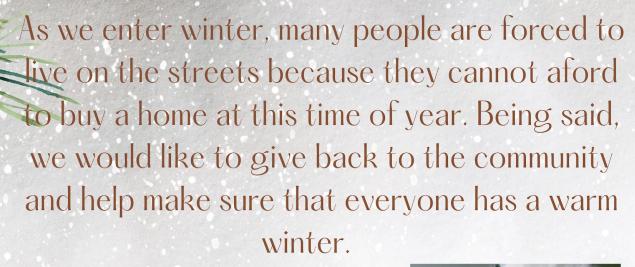
Wednesday, December 4

Juvenile Boys Futsal 3:45PM

Only students who have signed up will be able to attend the game reminder that if you have a detention, you are not permitted to at after school activities or games.

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





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 attemping to participate in the stepping up program









## LCCHS Doughnut Fundraiser

Order forms <u>due</u> by Dec 2nd Return Forms to Miss Lynda



Bake sale to support the Christmas Baskets

Monday December 2nd

Junior & Senior Lunch

Everything \$1 -Bring your loonies!

# LEVEL I QUEBEC CITY TRIP

Any level Level 1 student that needs the information sheets for the Quebec City Trip can stop by the phys.ed. office and pick them up from Mr. Lanctot's desk.

# Boston & New York Senior Trip 2025

Deposit \$150 (cash or check) PAST DUE please see Ms.Aubertin C166 by Friday Dec.6th before 1st period, otherwise the trip will be cancelled!!!!





## Toronto Trip 2025

Who: Grade 8 students

When: May 6 - 9th

Information meeting:

Monday, Dec 2nd, 2024

Junior lunch

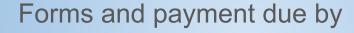
**Auditorium** 



# Winter is coming...

LCCHS WINTER CARNIVAL DAY 2025

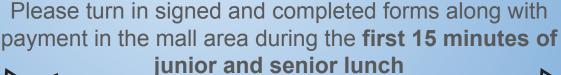
**SKIING AND TUBING** 



























# What is TUBING, you ask?



### **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



Help

**Spread** 

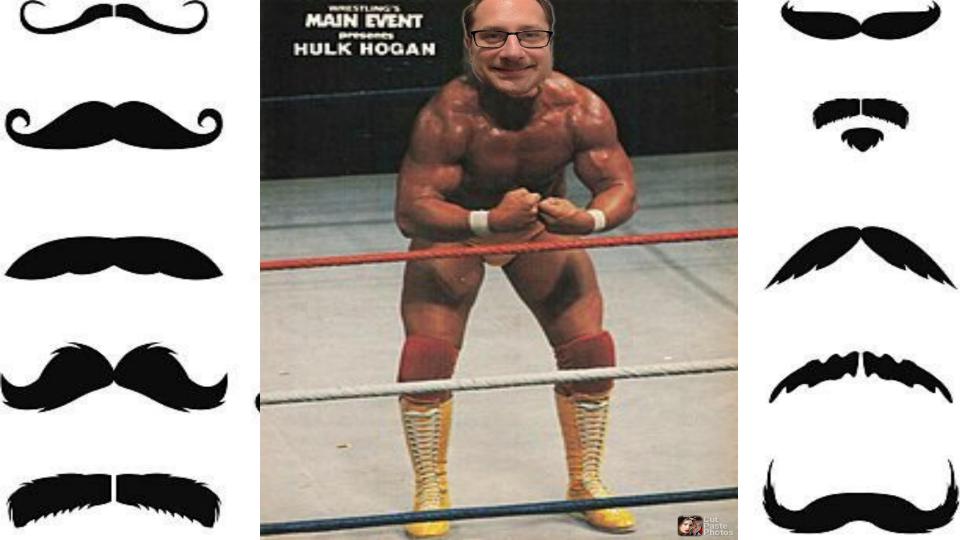
**Awareness** 





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.

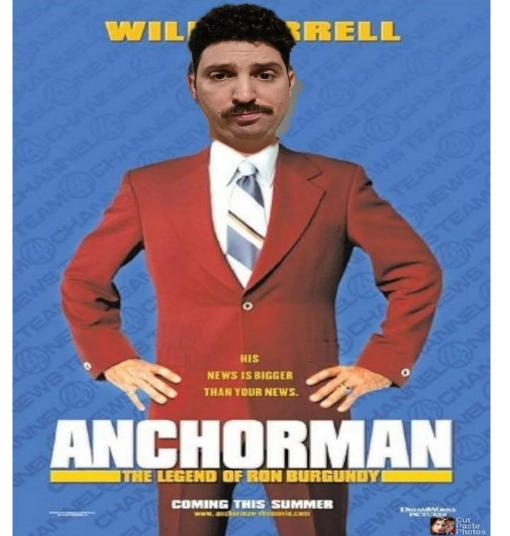














JASON SUDEIKIS

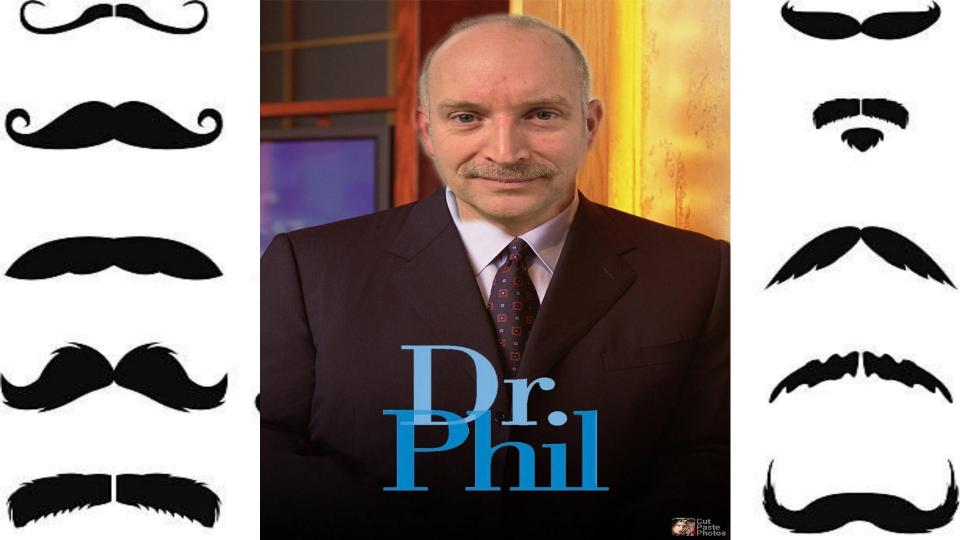
# TED LASSO













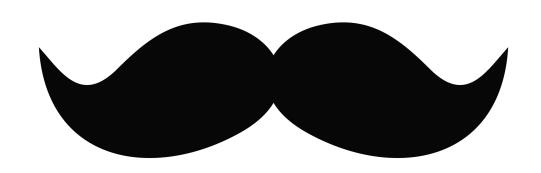


THE TORONTO MAPLE LEAFS
NAME AUSTON MATTHEWS
AS THE FRANCHISE'S
26TH CAPTAIN



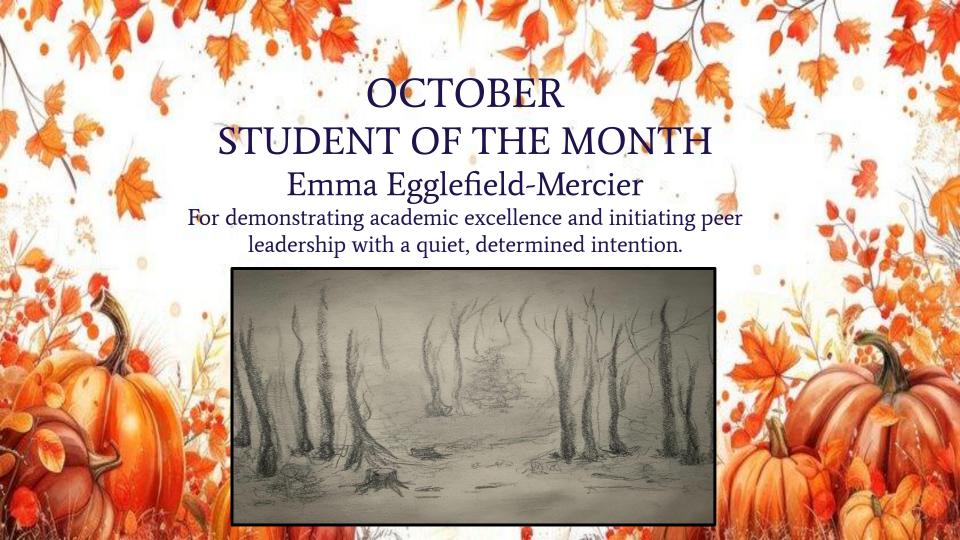
# MOVEMBER

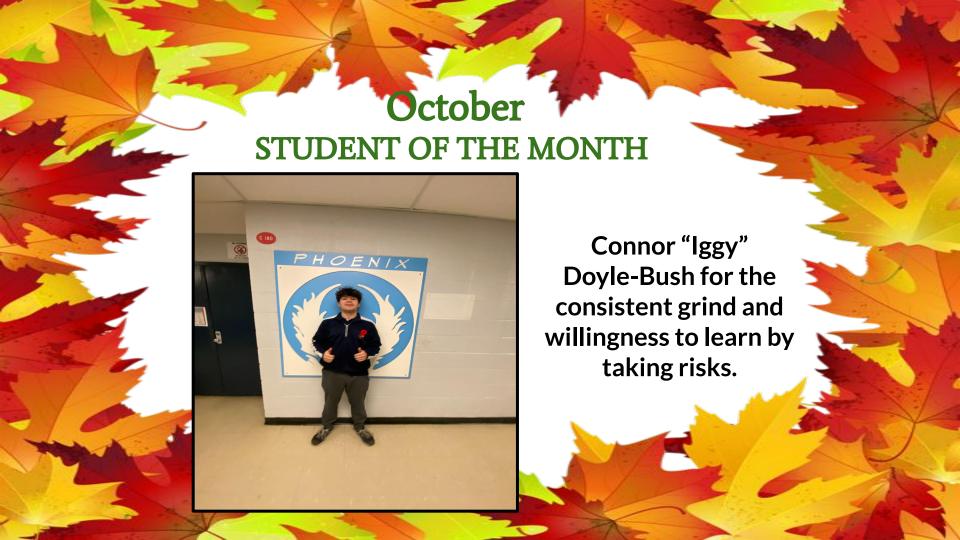
In honor of prostate cancer awareness month, we invite all boys who are willing to grow a moustache (or if you can't grow a moustache, buy a fake one!)



<u>JOIN THE LCCHS</u> MOBROS











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!!!



#### 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:

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



ATLs will be based on:

Grade 7-8
Social-Collaboration
Communication-Interaction

Grade 11 Critical Thinking

### 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!

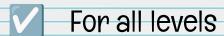
Students who are risk-takers are willing to step outside their comfort zone and try something new in the hopes of gaining new knowledge or additional skills. They are comfortable being challenged and welcome opportunities to explore new ideas.

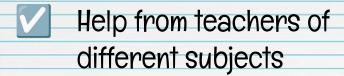
## LCCHS HOMEWORK ZONE

Monday, Tuesday, Wednesday & Thursday 3:40 - 4:40 pm Library

Starting September 23<sup>rd</sup>







Complete your assignments (computers available)



## AFTER SCHOOL ACTIVITIES NEWS

# MINI DAY NO ACTIVITIES