

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

January 6th, 2024 | Day 3

Happy New Year!

2025

A person in a blue athletic outfit is running on a red track. The background shows a stadium with red seats and some trees. The text is overlaid on the image.

Motivational Quote of the Week

**“PERSEVERANCE IS NOT A
LONG RACE; IT IS MANY
SHORT RACES ONE AFTER
THE OTHER.”**

WALTER ELLIOT

Student Spectators

WEDNESDAY JAN 8TH AT LUNCH

JUNIOR & SENIOR LUNCH (FIRST 15 MINS)

SIGN UP FOR

FRIDAY, JAN. 10TH- BATAM GIRLS - 3:45pm

FRIDAY, JAN. 10TH - CADET GIRLS - 5:00pm

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

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



LCCHS

Cadet Girls Basketball Practice

Wednesday, January 8th @ 3:45 p.m.

Game: Jan 9th (4:00 away) & Jan 10th (5:00 @ home)



Balanced Day will be passing for recycling
Tuesday, Jan. 7 Period 3!!
Please put your bins in the hallway!!!



Congratulations to the Secondary 3 and 4 IB students for their outstanding work in Mr. Francom's Individuals and Societies/Ethics course.

Secondary 4: Creative Project : Values/Learner Profile (Who do you respect and admire as a person?) Personal and Cultural Expression

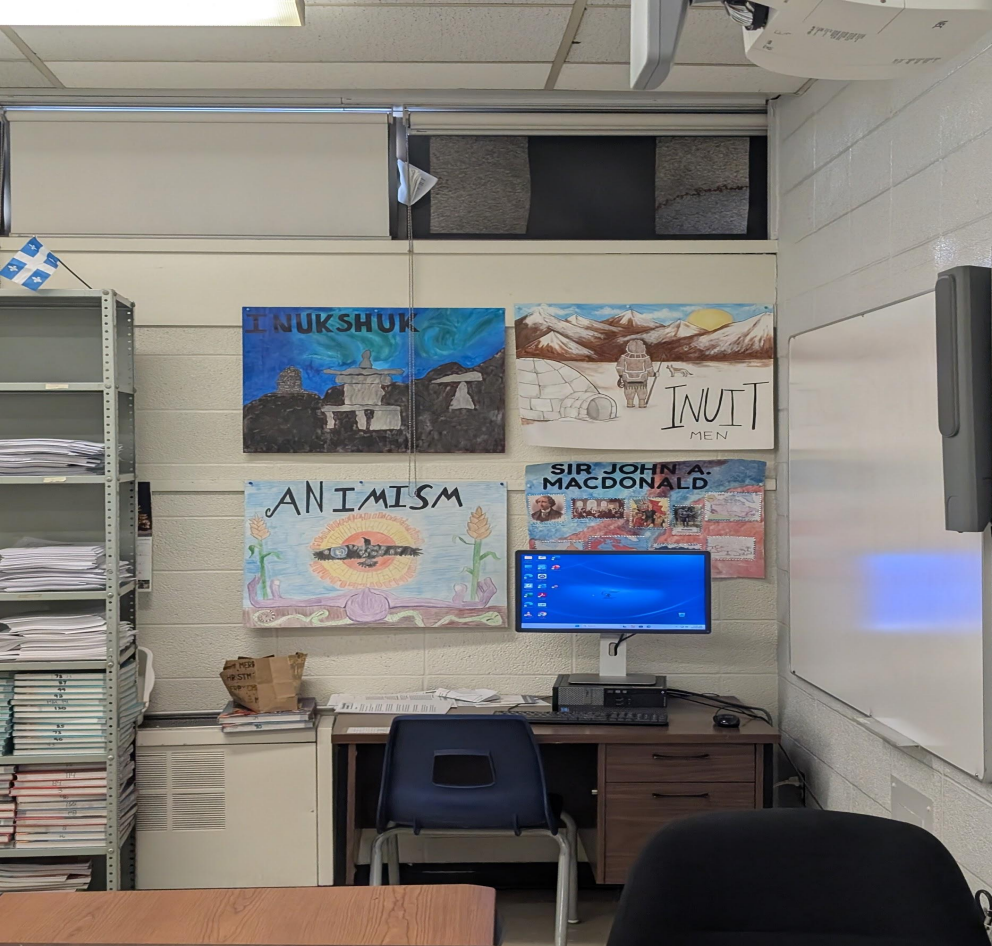
Sec 3: Indigenous Project

Learner Profile: Reflective

ATL:Creative Thinking skills: Create original works and ideas; use existing works and ideas in new ways



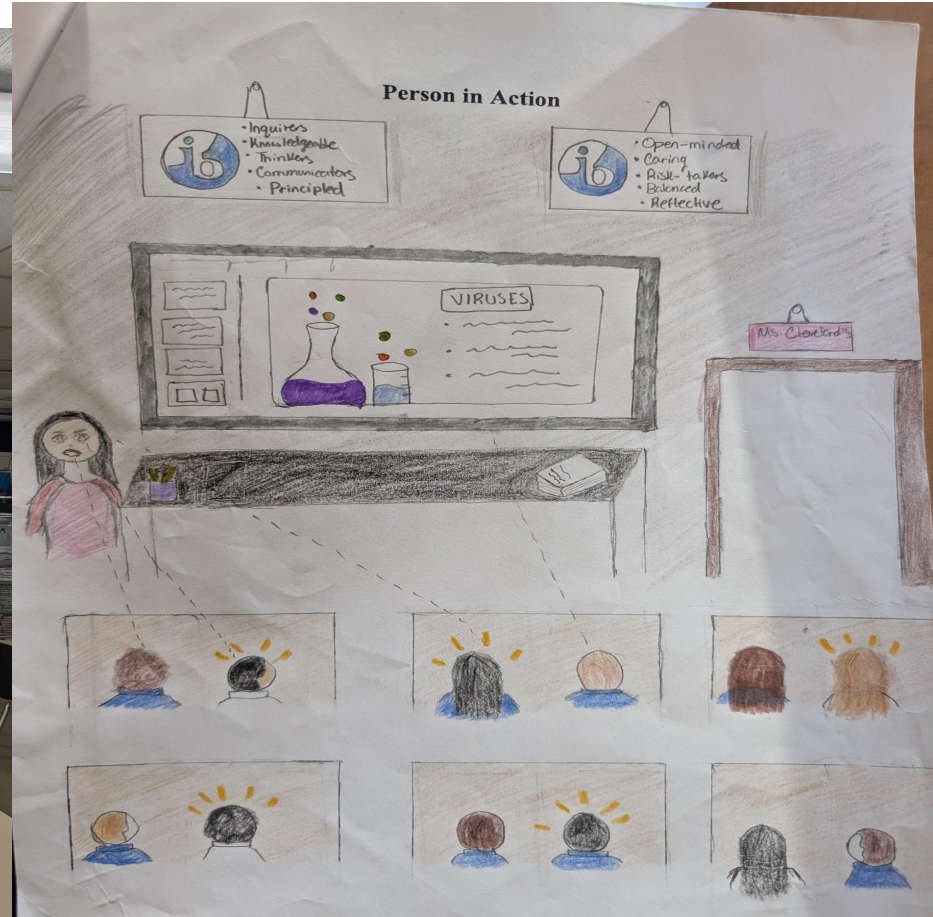
More from Mr. Francom's class



More from Mr. Francom's class



More from Mr. Francom's class

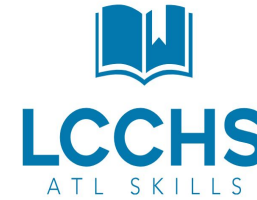


Approaches to learning Tip of the Week: Managing time and tasks effectively

Set goals that are challenging and realistic and plan strategies and take action to achieve personal and academic goals

Preparing for exams can be stressful, but with the right strategies, you can manage it effectively. Here are some tips to help you prepare for exams:

1. Create a Study Schedule:
 - Plan your study time well in advance and stick to a consistent schedule.
 - Break down your study material into manageable chunks and allocate specific times for each subject or topic.
 - Include regular breaks to avoid burnout and keep your mind fresh.
2. Use Active Study Techniques:
 - Engage with the material actively by summarizing information in your own words, creating flashcards, or teaching the concepts to someone else.
 - Practice past exam papers and sample questions to familiarize yourself with the exam format and identify areas where you need more practice. (Math help services, review packages, ALLOPROF website)
 - Use mnemonic devices or visual aids like mind maps to help remember key concepts.
3. Take Care of Your Well-being:
 - Ensure you get enough sleep, especially the night before the exam, as rest is crucial for memory and concentration.
 - Eat nutritious meals and stay hydrated to keep your energy levels up.
 - Incorporate relaxation techniques such as deep breathing, meditation, or light exercise to manage stress and anxiety.



“Procrastination makes easy things hard and hard things harder.” — Mason Cooley;





Psst..Teachers! Do you have evidence of LCCHS students demonstrating the following traits throughout the year? please share with Mr. Sicoli and Mr. Swiderski! (Photos, videos etc)

- ***Caring (Empathy)***
- ***Reflective (Perseverance)***
- ***Knowledgeable***
- ***Principled (Integrity)***
- ***Open-minded (Adaptability/inclusive)***
- ***Risk-takers (Leadership)***
- ***Communicator***
- ***Balanced***
- ***Inquirer (Curiosity)***
- ***Thinker (Creativity)***


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



Wanna know how to make a creamy alfredo sauce? Join us in the kitchen during Junior lunch

TUESDAY & THURSDAY



Senior Book Club

Tuesdays & Thursdays at Senior Lunch

In the planning room C229

With Ms. Kathleen

BOOK CLUB



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

**OPEN WEIGHT ROOM
TUESDAY
SENIOR LUNCH**

Dance the line with Ms. Lynda Learn 2 line dances at lunch!



**Friday - Senior Lunch
1 - 130pm Mall Area**

AFTER SCHOOL ACTIVITIES **NEWS**

Welcome back, everyone!

Reminders:

- **Have a detention?** You won't be able to participate in any activities until it's completed.
- **Not sure if you have a detention?** Check with Ms. Cassandra to confirm.
- **Important:** Everyone must leave the building by **5 PM.**

AFTER SCHOOL ACTIVITIES **NEWS**

We will have new sign-ups for the following activities, at the beginning of both JR and SR lunch for 15 minutes on selected days:

If the activity you are currently participating in is not listed, it means you do not need to sign up again and can continue as usual.

THURSDAY

- **PICKLE BALL ON MONDAYS (only 10 participants)**
- **BADMINTON ON WEDNESDAYS (only 12 participants)**
- **WEIGHT STRENGTH & TRAINING ON MONDAYS TO THURSDAYS**
 - **BOXING TUESDAYS & THURSDAYS**

FRIDAY

- **COOKING ON MONDAYS TO THURSDAYS**
 - **VIDEO GAMES ON THURSDAYS**
 - **JR VOLLEYBALL ON FRIDAYS**

AFTER SCHOOL ACTIVITIES NEWS

MONDAY



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 leg. 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**

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. They are both holding a Spalding NBA basketball. The background shows green lockers.

BASKETBALL SKILLS & TRAINING

WORK ON FUNDAMENTALS SUCH AS SHOOTING, DRIBBLING, SPEED AGILITY, AND MORE

LAST MONDAY & TUESDAY WITH MR. TJ