

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 8th, 2025 | Day 5

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



LCCHS Mid-Year Exam Schedule



Tuesday, January 28th to Friday, January 31st, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	January 27	January 28	January 29	January 30	January 31
AM	<p>Mini-Day DAY 5</p> <p>Regular scheduled Classes except grade 11 students.</p> <p>9am-12pm: Français lecture (grade 11)</p>	<p>9 - 10 am: Study Block (grade 7 & 8)</p> <p>10am - 12pm: Math Exam (grade 7)</p> <p>10am - 12pm: French Exam (grade 8)</p> <p>9am - 12pm: Social Studies Exam (grade 9)</p> <p>9am - 12pm: Social Studies Exam (grade 10)</p> <p>9am - 12pm: English (grade 11)</p> <p>12- 1:00: extra time</p>	<p>9 - 10 am: Study Block (grade 7 & 8)</p> <p>10am - 12pm: French Exam (grade 7)</p> <p>10am - 12pm: Math Exam (grade 8)</p> <p>9am - 12pm: Math Exam (grade 9)</p> <p>9am - 12pm: Math Exam (grade 10)</p> <p>9am-12pm: Math Exam (grade 11)</p> <p>12- 1:00: extra time</p>	<p>9 - 10 am: Study Block (grade 7 & 8)</p> <p>10am - 12pm: Social Studies Exam (grade 7)</p> <p>10am-12pm: Social Studies Exam (grade 8)</p> <p>9am - 12pm: French Exam (grade 9)</p> <p>9am - 12pm: French Exam (grade 10)</p> <p>9am-12pm: French Exam (grade 11)</p> <p>12- 1:00: extra time</p>	<p>9 - 10 am: Study Block (grade 7 & 8)</p> <p>10am - 12pm: Science Exam (grade 7)</p> <p>10am-12pm: Science Exam (grade 8)</p> <p>9am - 12pm: Science Exam (grade 9)</p> <p>9am - 12pm: Science Exam (grade 10)</p> <p>9am - 12pm: Chemistry (grade 11)</p> <p>9am-12pm: Biology (grade 11)</p> <p>12- 1:00: extra time</p>
PM			<p>Scheduled tutorials</p> <p>1pm - 3pm: Spanish Exam (grade 9)</p>	<p>Scheduled tutorials</p> <p>1pm - 3pm: Spanish Exam (grade 8)</p>	<p>Scheduled tutorials</p> <p>1pm - 3pm: Physics (grade 11)</p>

Please note that our school cafeteria will be closed on these days.

Cycle 1 bus departure will be at 12:43pm.

Start your day with breakfast



Free breakfast in the cafeteria

from 8:15am to 8:45am

Please note the dates due to mini days

January 13th- 16th (M-Th)

January 20th -22nd (M-W)

Breakfast served during the exam week

(January 28th, 29th, 30th, 31st)



Sec 2 Toronto Trip 2025

First Payment (suggested 200\$) due Monday January 13th 2025

Please Bring Cash or Cheque to Mall area (see Mr. Dort/Rowe)

8:00am - 8:45 am.

Student Spectators

TODAY 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

Girls Indoor Track & Field

Any **girl** that is interested in participating in Indoor Track & Field please show up to practice:

Friday, Jan. 10th at 8:00 a.m.

Small Gymnasium

Cadet Girls Basketball Practice

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

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



TLC PRE-SCHOOL COMMUNITY AND SERVICE CLEANUP 2025 SCHEDULE

NEW TLC VOLUNTEER CLEANUP DATES NOW AVAILABLE BEGINNING NEXT TUESDAY JANUARY 14TH FROM 4-6PM

EMAIL MR. SICOLI IF INTERESTED WITH THE EXACT DATES YOU ARE INTERESTED IN. ONLY 4 STUDENTS PER DATE

msicoli03@lbpearson.ca



TUESDAY JANUARY 14TH	2 SPOTS AVAILABLE
WEDNESDAY FEBRUARY 5TH	3 Spots AVAILABLE
WEDNESDAY FEBRUARY 19TH	3 SPOTS AVAILABLE
TUESDAY MARCH 18TH	3 SPOTS AVAILABLE
WEDNESDAY MARCH 26TH	3 SPOTS AVAILABLE
WEDNESDAY APRIL 2ND	3 SPOTS AVAILABLE
WEDNSDAY APRIL 16 TH	3 SPOTS AVAILABLE
WEDNSDAY APRIL 30 TH	3 SPOTS AVAILABLE
WEDNESDAY MAY 14TH	3 SPOTS AVAILABLE
WEDNESDAY MAY 18TH	3 SPOTS AVAILABLE



IB learner profile of the month (December)!!!

The IB Drama Teacher has proudly selected the following Balanced IB students for December!

Balanced (Drama; December)			Teachers	ATLs explicitly taught
LEVEL 1	51	Neveah Reid-Grandison	Lalonde	<ul style="list-style-type: none"> - Use appropriate forms of writing for different purposes and audiences - Read critically and for comprehension
LEVEL 2	51	Jude Richer	Lalonde	<ul style="list-style-type: none"> - Use appropriate forms of writing for different purposes and audiences - Read critically and for comprehension
LEVEL 3	51	Kellan Giguere	Lalonde	<ul style="list-style-type: none"> - Use memory techniques to develop long-term memory - Focus on the process of creating by imitating the work of others
	52	Sarina Turner		
LEVEL 4	52	Veronika Oliinichuk	Lalonde	<ul style="list-style-type: none"> - Use memory techniques to develop long-term memory - Focus on the process of creating by imitating the work of others
LEVEL 5	51	Samuel Poupart	Lalonde	<ul style="list-style-type: none"> - Delegate and share responsibility for decision-making



IB learner profile of the month (January)!!!

The IB Design teachers will select the most principled student in Design at the end of the Month

“We act with integrity and honesty, with a strong sense of fairness and justice, and with respect for the dignity and rights of people everywhere. We take responsibility for our actions and their consequences.”

ATL skills focus:

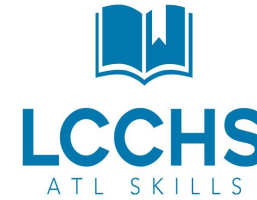
- Primary vs Secondary Source Analysis: Analyze documents about technological innovations and artifacts. (Criterion A)
- Project Documentation/Citation skills: Teach students to document their design process accurately.
- Plagiarism Awareness: Discuss the importance of original work and how to avoid plagiarism.
- Read critically and a variety of sources for information (Criterion A of Design Cycle)
- Structure information in summaries using a design template
- Design improvements to existing machines and technologies.
- Use brainstorming and visual diagrams to generate new ideas and inquiries

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

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

Wednesday

LEGO
ROBOTICS
TODAY AFTER
SCHOOL IN THE
INNOVATION
ROOM



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**



Badminton w/ Mr. Roger Wednesdays





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 a very muscular man, likely a bodybuilder, wearing a red tank top and red shorts. He is flexing his right arm, showing off his bicep and forearm muscles. 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