

Molivational 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		9 - 10 am: Study Block (grade 7 & 8)	9 - 10 am: Study Block (grade 7 & 8)	9 - 10 am: Study Block (grade 7 & 8)	9 - 10 am: Study Block (grade 7 & 8)
	Mini-Day DAY 5 Regular scheduled Classes except grade 11 students. 9am-12pm: Français lecture (grade 11)	10am - 12pm: Math Exam (grade 7)	10am - 12pm: French Exam (grade 7)	10am - 12pm: Social Studies Exam (grade 7)	10am - 12pm: Science Exam (grade 7)
		10am - 12pm: French Exam (grade 8)	10am - 12pm: Math Exam (grade 8)	10am-12pm: Social Studies Exam (grade 8)	10am-12pm: Science Exar (grade 8)
		9am – 12pm: Social Studies Exam (grade 9)	9am – 12pm: Math Exam (grade 9)	9am – 12pm: French Exam (grade 9)	9am – 12pm: Science Exam (grade 9)
		9am – 12pm: Social Studies Exam (grade 10)	9am – 12pm: Math Exam (grade 10)	9am – 12pm: French Exam (grade 10)	9am – 12pm: Science Exam (grade 10)
		9am – 12pm: English (grade 11)	9am-12pm: Math Exam (grade 11)	9am-12pm: French Exam (grade 11)	9am – 12pm: Chemistry (grade 11)
		3			9am-12pm: Biology (grade 11)
		12- 1:00: extra time	12- 1:00: extra time	12- 1:00: extra time	12- 1:00: extra time
РМ		Scheduled tutorials	Scheduled tutorials	Scheduled tutorials	20.7
		1pm - 3pm: Spanish Exam (grade 9)	1pm - 3pm; Spanish Exam (grade 8)	1pm – 3pm: Physics (grade 11)	Sessions to catch up on work (by request of teacher

CEGEP OPEN HOUSES

John Abbott College January 29th, 6PM to 8:30PM

O'Sullivan College January 29th, 5PM to 8:30PM

LaSalle College February 1st, 10AM to 3PM

Vanier College February 4th, 5:30PM to 8:30PM

Dawson College February 5th, 4PM to 8PM

Marianopolis College February 5th, 6PM to 8:30PM

Champlain College (St. Lambert) February 6th, 6:30PM to 8:30PM

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.

Girls Indoor Track & Field

Any girl that is interested in participating in Indoor Track & Field please show up to <u>practice</u>:

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

Small Gymnasium

Cadet Girls Basketball Games

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



STUDENT OF THE MONTH



Edward Kreutzer

For tireless efforts in the classroom and a fantastic sense of humour.



Student of the Month

KYLA CAMPBELL

For showing resilience and determination in all that you do.

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 1 SPOT AVAILABLE WEDNESDAY FEBRUARY 5TH FULL

WEDNESDAY FEBRUARY 19TH FULL

TUESDAY MARCH 18TH FULL

WEDNESDAY MARCH 26TH FULL

WEDNESDAY APRIL 2ND 1 SPOT AVAILABLE WEDNSDAY APRIL 16 TH 1 SPOT AVAILABLE

WEDNSDAY APRIL 30 TH 3 SPOTS AVAILABLE

WEDNESDAY MAY 14TH 3 SPOTS AVAILABLE WEDNESDAY MAY 18TH 3 SPOTS AVAILABLE

The LaSalle Popular Run and Walk is back, it will take place this year on Sunday March 30, 2025

In 2024, about thirty LCCHS students came as volunteers. Together with students from other schools in the area, they greatly helped to make the 43rd edition of the race a great success.

We very much hope, once again this year, to be able to count on the presence of LCCHS students.

Please email Mr. Sicoli if interested! msicoli03@lbpearson.ca





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	 Use appropriate forms of writing for different purposes and audiences Read critically and for comprehension
LEVEL 2	51 Jude Richer	Lalonde	 Use appropriate forms of writing for different purposes and audiences Read critically and for comprehension
LEVEL 3	51 Kellan Giguere52 Sarina Turner	Lalonde	 Use memory techniques to develop long-term memory Focus on the process of creating by imitating the work of others
LEVEL 4	52 Veronika Oliinichuk	Lalonde	 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	- 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)

- Inquirer (Curiosity)
- Reflective (Perseverance)
- Thinker (Creativity)

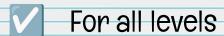
- Knowledgeable
- Principled (Integrity)
- Open-minded (Adaptability/inclusive)
- Risk-takers (Leadership)
- Communicator
- Balanced

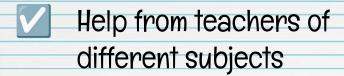
LCCHS HOMEWORK ZONE

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

Starting September 23rd

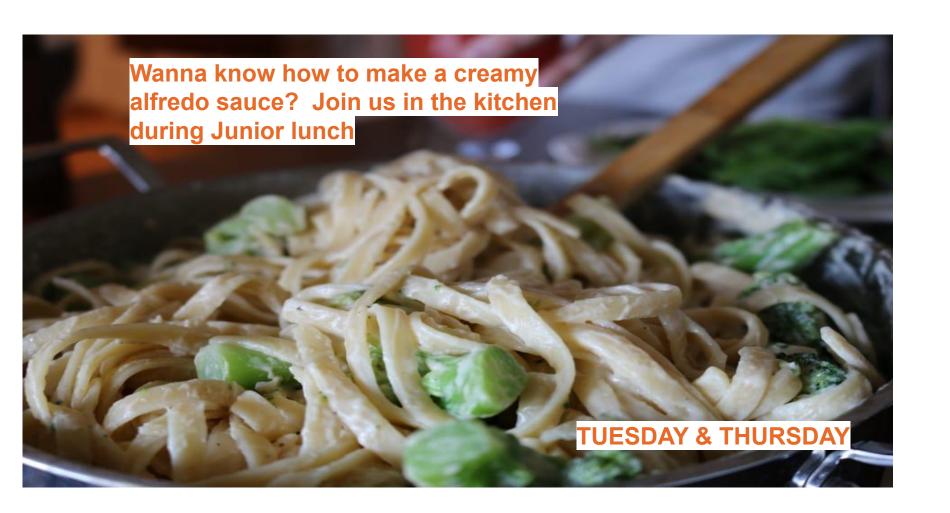






Complete your assignments (computers available)









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!



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.

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

AFTER SCHOOL ACTIVITIES NEWS

THURSDAY

LEGO ROBOTICS **TODAY AFTER** SCHOOL IN THE **INNOVATION** ROOM



SENIOR VOLLEYBALL CLUB THURSDAYS AFTER SCHOOL



ANY AND ALL SKILL LEVELS WELCOME SMALL GYM



CORE & BOXING

TUESDAYS & THURSDAYS WITH MR. DIIZON DANCE ROOM



Thursdays | C154 Room



Games include Super Smash Brothers Ultimate and Melee, Tekken 8, Street Fighter 6,
Guilty Gear Strive and more

w/ Mr. Corey & Mr. Franc

Craft Club w/ Ms. Victoria

- Crochet / Knitting
- Bracelet Making
- Drawing and more!!!!

Thursdays | Rm C225



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

