

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 14th, 2025 | Day 3



Motivational Quote of the Week

**“The secret of
getting ahead is
getting started”**



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>	<p>Sessions to catch up on work (by request of teacher)</p>

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

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

Student Spectators

Missed sign ups - see Ms. Cassandra on
your break

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

TUESDAY JAN 14TH - BANTAM GIRLS - 3:30PM (end of
game)

TUESDAY JAN 14TH - JUVY BOYS - 4:00PM

TUESDAY JAN 14TH - CADET BOYS - 5:15pm

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

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)



**Bake Sale - Popcorn Sale
Jan 17 Both Lunches. \$1
Thanks for supporting the
humanitarian trip**



Popcorn



LCCCHS

**Dress Down Day
For all Students**

Friday Jan 17 - all day

Suggested donation \$2

**All proceeds are going
to Prom**

**Appropriate school
clothing**

Europe Trip 2025 Meeting

Tuesday, January 14, 2025 @ 1:10pm in
the auditorium.

If you are in school you **MUST** be present
at the meeting.

Girls Track & Field

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

Tuesday, Jan. 14th at 8:00 a.m.
and
Thursday, Jan. 16th at 8:00 a.m.

Small Gymnasium

PHOENIX STUDENT OF THE MONTH



Edward Kreutzer

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



Phoenix Student of the Month

KYLA CAMPBELL

*For showing
resilience and
determination in
all that you do.*

Balanced Day will be passing for recycling
Wednesday, Jan. 15 Period 3!!
Please put your bins in the hallway!!!



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	FULL
WEDNESDAY FEBRUARY 5TH	FULL
WEDNESDAY FEBRUARY 19TH	FULL
TUESDAY MARCH 18TH	FULL
WEDNESDAY MARCH 26TH	FULL
WEDNESDAY APRIL 2ND	FULL
WEDNESDAY APRIL 16 TH	FULL
WEDNESDAY APRIL 30 TH	FULL
WEDNESDAY MAY 14TH	1 SPOT AVAILABLE
WEDNESDAY MAY 18TH	1 SPOT 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	<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

A close-up photograph of two burritos on a wooden surface. The burritos are filled with a variety of meats, including chicken and beef, along with onions, peppers, and melted cheese. Three lime wedges are placed to the right of the burritos. The background is a dark, blurred wooden surface.

**FAJITAS FRENZY
MAKING FOR
JUNIORS**

TUESDAY & THURSDAY



Senior Book Club

**Tuesdays & Thursdays at Senior
Lunch**

In the planning room C229

BOOK CLUB



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

**OPEN WEIGHT ROOM
TUESDAY
SENIOR LUNCH**

AFTER SCHOOL ACTIVITIES **NEWS**

**BASKETBALL & TRAINING IS
CANCELLED**

AFTER SCHOOL ACTIVITIES NEWS

TUESDAY



Junior Board Game Club

Tuesdays
in C211
With Ms. Hughes



JUNIOR

ROOM C154



DUNGEONS AND DRAGONS

C.R.E.A.T.E MUSIC GROUP



**AFTER SCHOOL ACTIVITY
W/ TODD SMITH**

WEDNESDAYS IN THE AUDITORIUM

CORE & BOXING

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





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, there are two gold dumbbells.

Monday & Wednesday with Mr. Aaron

Tuesday & Thursday with Ms. Julia & Mr. Sheldon