





#### 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

### 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 - 330PM (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.

**LCCHS** 

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

#### 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)





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 <a href="mailto:practice">practice</a>:

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

FULL



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

TUESDAY JANUARY 14TH

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

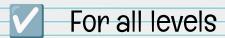
- Knowledgeable
- Principled (Integrity)
- Open-minded (Adaptability/inclusive)
- Risk-takers (Leadership)
- Communicator
- Balanced

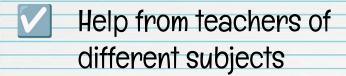
#### LCCHS HOMEWORK ZONE

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

Starting September 23<sup>rd</sup>

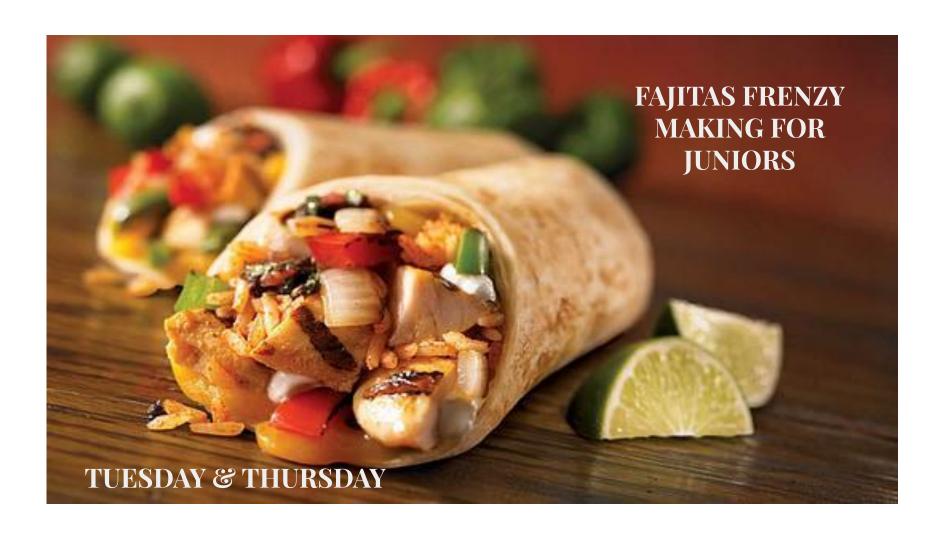






Complete your assignments (computers available)









Senior Book Club

Tuesdays & Thursdays at Senior Lunch

In the planning room C229

# BOOK CLUB



## AFTER SCHOOL ACTIVITIES NEWS

# BASKETBALL & TRAINING IS CANCELLED

# AFTER SCHOOL ACTIVITIES NEWS

# TUESDAY





Tuesdays

in C211

With Ms. Hughes



ROOM (154 JUNIOR 12 6. DUNGEONS AND PRAGONS



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

