

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 16th, 2025 | Day 5**



*Motivational Quote of the Week*

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



# LCCHS Mid-Year Exam Schedule



Tuesday, January 28<sup>th</sup> to Friday, January 31<sup>st</sup>, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	January 27	January 28	January 29	January 30	January 31
AM	<p><b>Mini-Day DAY 5</b></p> <p><b>Regular scheduled Classes except grade 11 students.</b></p> <p>9am-12pm: Français lecture (grade 11)</p>	<p><b>9 - 10 am: Study Block (grade 7 &amp; 8)</b></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><b>12- 1:00: extra time</b></p>	<p><b>9 - 10 am: Study Block (grade 7 &amp; 8)</b></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><b>12- 1:00: extra time</b></p>	<p><b>9 - 10 am: Study Block (grade 7 &amp; 8)</b></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><b>12- 1:00: extra time</b></p>	<p><b>9 - 10 am: Study Block (grade 7 &amp; 8)</b></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><b>12- 1:00: extra time</b></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.

# Gender & Sexuality Alliance

To all 2SLGBTQI+ students & allies, come join our Gender & Sexuality Alliance (GSA) meetings! The GSA is a safe and inclusive space where we can come together to support and celebrate diversity.

Bring your lunch and join us in the library.

**Today at  
Junior Lunch in the  
library**



# Student Spectators

Friday January 17, 2025

JUNIOR & SENIOR LUNCH (FIRST 15 MINS)

SIGN UP FOR

MONDAY JAN 20TH - BANTAM GIRLS - 345PM

MONDAY JAN 20TH - BANTAM BOYS - 5PM

WEDNESDAY JAN 22ND - CADET BOYS - 345PM

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**

# Congrats to the Bantam Girls

Basketball TEAM who  
have won three games in  
three days! Exciting win  
yesterday against Hebrew  
Academy. Shout out to  
ZEE, Avery and Azaylla  
for their hustle and great  
attitude!



# 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.*

# 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](mailto:msicoli03@lbpearson.ca)

WEDNESDAY FEBRUARY 5TH	Liam GB Arseneault, Cyhrrroh Thompson, Saeed Alam, Renato D'Avanzo Jordan
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	FULL
WEDNESDAY MAY 18TH	FULL



# SENIOR ROBOTICS

## TEAM MEETING-

TODAY Thursday January 16th at the beginning of lunch (12:45) in Mr. Panzera's classroom C245.

Please come straight to C245 after period 4 for a short meeting.



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](mailto: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"> <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 style="list-style-type: none"> <li>- Use appropriate forms of writing for different purposes and audiences</li> <li>- Read critically and for comprehension</li> </ul>
LEVEL 3	51 Kellan Giguere	Lalonde	<ul style="list-style-type: none"> <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>
	52 Sarina Turner		
LEVEL 4	52 Veronika Oliinichuk	Lalonde	<ul style="list-style-type: none"> <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	<ul style="list-style-type: none"> <li>- Delegate and share responsibility for decision-making</li> </ul>



## ***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  
23<sup>rd</sup>



- For all levels
- Help from teachers of different subjects
- Complete your assignments (computers available)
- Work alone or with friends



**FAJITAS FRENZY  
MAKING FOR  
JUNIORS**

**TUESDAY & THURSDAY**



Senior Book Club

**Tuesdays & Thursdays at Senior  
Lunch**

In the planning room C229

# BOOK CLUB

**AFTER SCHOOL ACTIVITIES NEWS**

**THURSDAY**



**SENIOR VOLLEYBALL CLUB**

**THURSDAYS AFTER SCHOOL**



**ANY AND ALL SKILL LEVELS WELCOME**  
**SMALL GYM**



LEGO  
ROBOTICS  
TODAY AFTER  
SCHOOL IN THE  
INNOVATION  
ROOM



# ***CORE & BOXING***

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



**Thursdays | C154 Room**

**Gamers Club**

**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*

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*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 shoulder. 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 is a black banner with white text.

**Monday & Wednesday with Mr. Aaron**

**Tuesday & Thursday with Ms. Julia & Mr. Sheldon**