

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 29th, 2025 | Exam Week**

*Motivational Quote of the Week*

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**BEFORE ANYTHING ELSE,  
PREPARATION IS THE KEY TO  
SUCCESS.**

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**ALEXANDER GRAHAM BELL**



# 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.

JANUARY MID TERM EXAMS

# Reminders

**You are responsible for knowing when your exams are.**

**Locations of the exams will be posted on windows of the Innovation Room the morning of your exam.**

**If you are more than 30 minutes late, you may not be allowed to write the exam. Please be ON TIME!**

**If there is an emergency, call the school.**

**Special accommodations:**

**Do not go to the exam room.**

**If using a computer or Google Read and Write, please check the location of your exam on the paper posted beside the cafeteria or in front of the library.**

**Please bring wired headphones.**



# JANUARY MID TERM EXAMS

## **MORE REMINDERS**

- Students are asked to leave all personal belongings including phones and earbuds in their lockers.
- Please go to the washroom before your exam starts. You will only be allowed to leave the classroom with an adult supervisor.
- You must be in SCHOOL UNIFORM.
- Neither exam invigilators nor the office will have supplies to lend you. Please bring your own supplies! Borrowing will NOT be permitted.
- Cell phones, smart watches, earbuds are NOT to be used for any reason (not even as calculators or as a watch). Should be left in your locker or at home.
- Students caught with a cell phone/smartwatch during exams will be given a ZERO.

### Leaving the exams:

- Leave in SILENCE.
- Go straight to the mall area or cafeteria.
- Lunch services will not be offered during exams.
- Breakfast will be provided every morning in the cafeteria from 8:30a.m. to 8:50a.m.
- Cycle 1 buses will leave at 12:43p.m.



**YOU GOT THIS!**



# Exam Reminders

- **Be ON TIME**
- **Belongings stay in your locker.**
- **No phones/smart watches/ earbuds allowed.**
- **Exam rooms posted in front of Innovation room each morning.**
- **Go to the bathroom BEFORE your exam.**

**YOU GOT THIS!  
BEST OF LUCK!**



# MIDTERM EXAMS



JUNIORS (GRADES 7 & 8) WITH A GREEN TICKET SHOULD GO OUTSIDE THE CAFETERIA TO FIND THEIR ASSIGNED CLASS.

SENIORS (GRADES 9, 10, & 11) WITH A BLUE TICKET SHOULD PROCEED TO THE LIBRARY.



# Exam Reminder

**If you have accommodations for you exams (Blue or Green tickets)**

**PLEASE BRING IN YOUR OWN HEADPHONES!!! (wired headphones only!!)**

**\*We do not have enough headphones for all students\***



# 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

# Student Spectators

**NEXT Monday February 3rd, 2025**

JUNIOR & SENIOR LUNCH (FIRST 15 MINS)

SIGN UP FOR

TUESDAY FEB 4TH - CADET GIRLS - 345PM

TUESDAY FEB 4TH - CADET BOYS - 5PM

WEDNESDAY FEB 5TH - CADET BOYS - 345PM

THURSDAY FEB 6TH - CADET GIRLS - 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**

# 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)



# PHOENIX STUDENT OF THE MONTH



## Edward Kreutzer

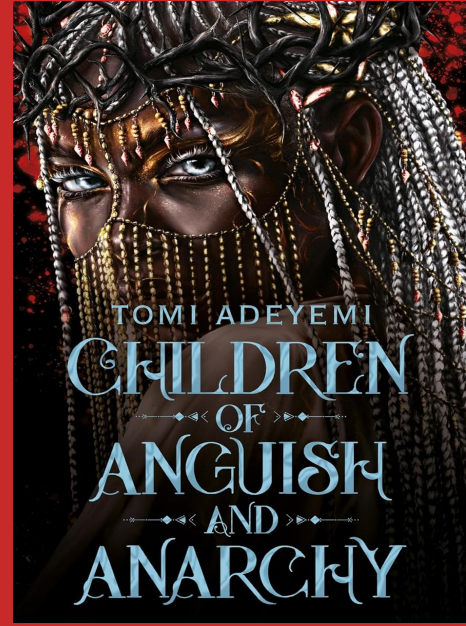
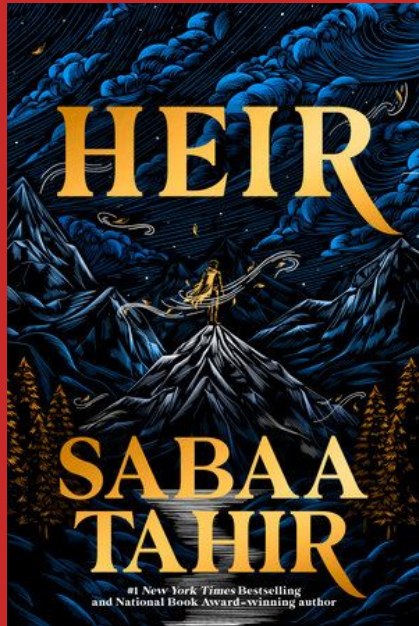
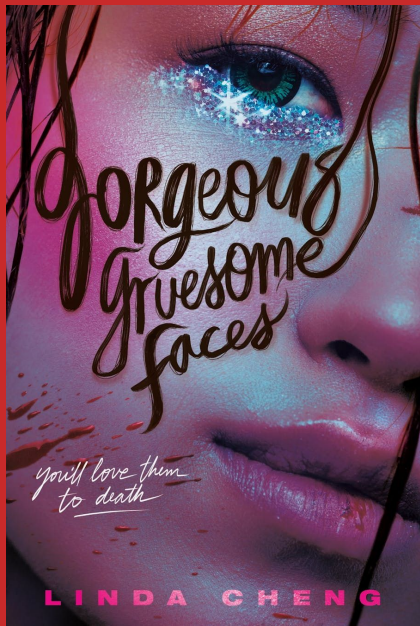
**For tireless efforts  
in the classroom  
and a fantastic  
sense of humour.**



# Phoenix Student of the Month

KYLA CAMPBELL

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



New books in the library - come check them out!

# 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



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

# AFTER SCHOOL ACTIVITIES **NEWS**

**NO ACTIVITIES THIS WEEK**  
**DUE TO THE MINI DAY AND EXAMS**