

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

February 4th, 2025 | Day 1

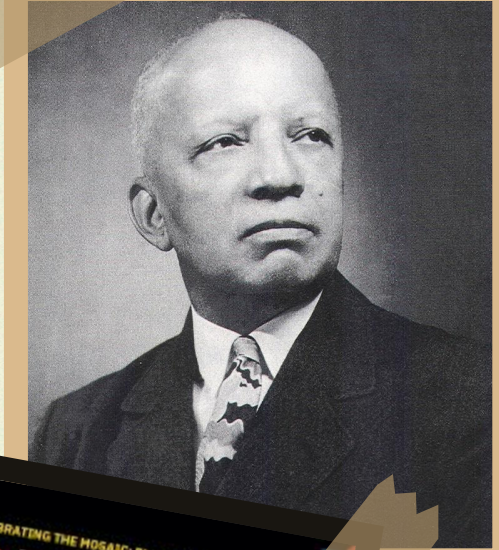
Motivational Quote of the Week

**“We are the ones
we’ve been
waiting for.
We are the change
that we seek.”**

BARACK OBAMA

**BLACK HISTORY MONTH
HISTORICAL FIGURES:**

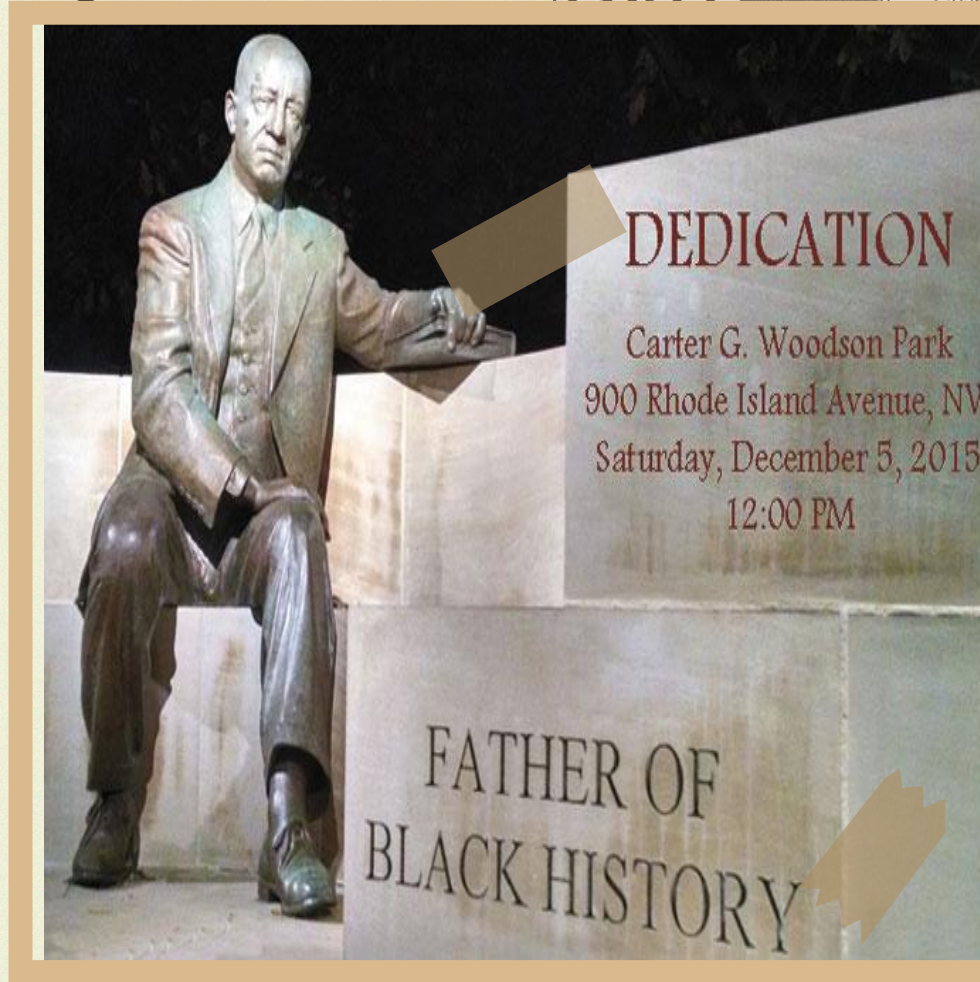
*Dr. Carter G.
Woodson*



Carter G. Woodson

1875 - 1950

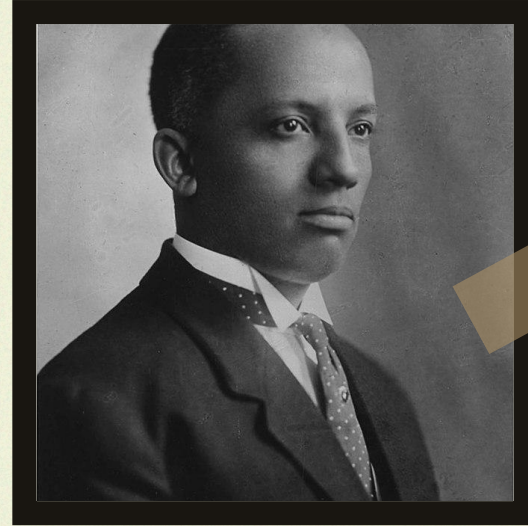
- Known as the “Father of Black History”
- We owe the celebration of Black History month and the study of Black History to Dr. Woodson



Carter G. Woodson

1875 - 1950

- Born to parents who were former slaves, he spent his childhood working in coal mines
- He enrolled in high school at age twenty
- He graduated within two years and later went on to earn a Ph. D from Harvard



Carter G. Woodson

1875 - 1950



- Troubled to find that history books largely ignored the Black population, he decided to take on the challenge of writing Black people into the history books
- Woodson chose February for Black History Month because it marks the birthdays of two men who greatly influenced the Black population: **Frederick Douglass** and **Abraham Lincoln**

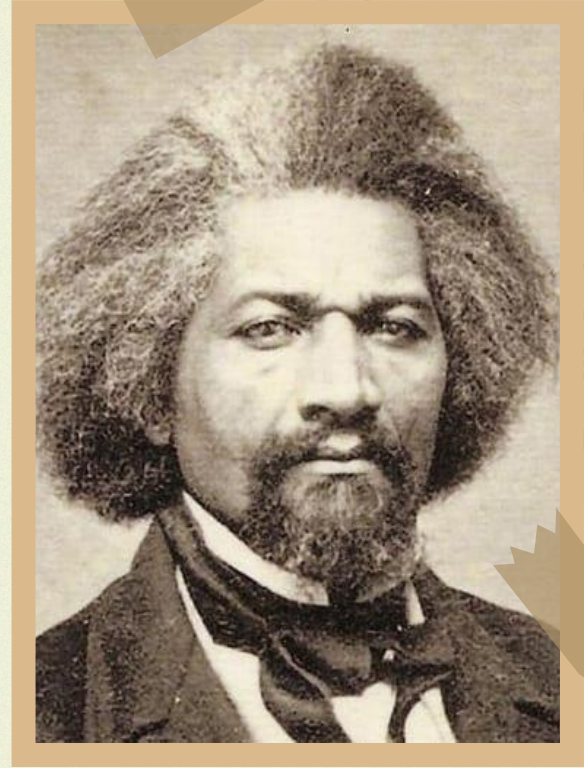
Frederick Douglass

Anti Slavery

Activist

1875 - 1950

He worked to end slavery

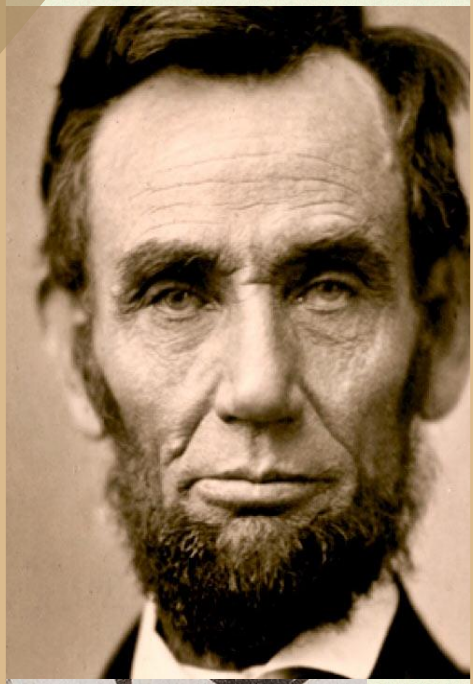


Abraham Lincoln

*Anti Slavery
Activist*

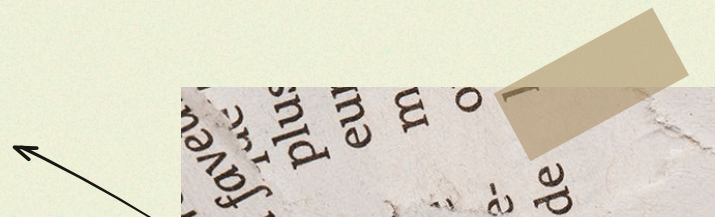
1809 - 1865

16th President of the
United States



Black Heritage Month

- Woodson's idea began as a week long celebration
- In 1976, the month long celebration known as Black Heritage Month began
- In 1995 (30 years ago), Canada's government officially recognized February as Black History Month



We have a wonderful history behind us...It reads like the history of a people in a heroic age...We are going back to that beautiful history and it is going to inspire us to greater achievements.

– Carter G. Woodson

NH

Start your day with breakfast



Free breakfast in the cafeteria

from 8:15am to 8:45am

Please note the dates

February 3rd-5th (M-W)

February 10th-12th (M-W)

February 19th -24th-26th (W-M-W)

Please note that sandwich bar will not be available until February 10th



On Wednesday, February 12th, SPC cards will be on sale for \$10 during senior lunch only. You must be 14+ to purchase.

Tim Hortons has been added to the list.



Get SPC for only 10 bucks

from our high school

Save on your favourite brands all year



& many more



*Card is valid for
1 year!
Lots of savings!*

PRINGLES



**On sale for \$1
at lunch on
Wednesday, February 5th**

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

There are some changes to this
and next week's basketball
games.

Please see next slide
Sign ups will be today and next
Monday.



LCCHS

Student Spectators

TODAY, February 4th, 2025

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

TUESDAY FEB 4TH - JUVY BOYS - 3PM

WEDNESDAY FEB 5TH - CADET BOYS - 5PM

MONDAY FEB 10TH - JUVY BOYS - 345PM

MONDAY FEB 10TH - CADET BOYS - 5PM

TUESDAY FEB 11TH - CADET GIRLS - 245PM

TUESDAY FEB 11TH - BANTAM GIRLS - 415PM

TUESDAY FEB 11TH - JUVENILE BOYS - 545PM

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.



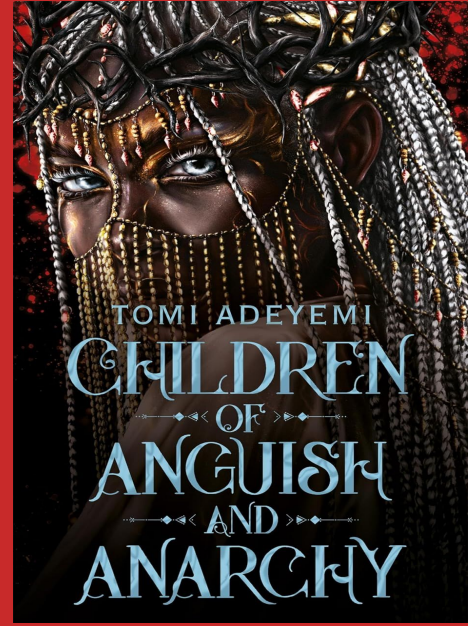
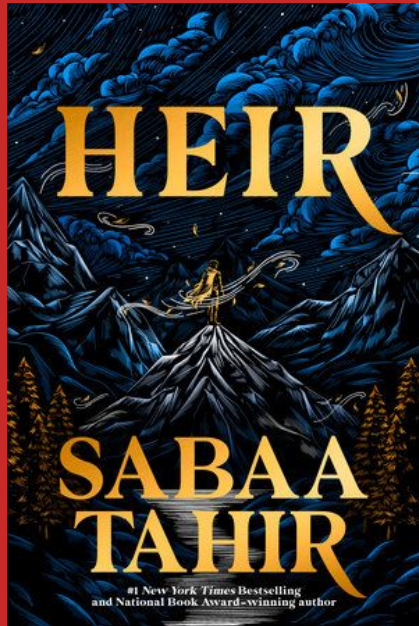
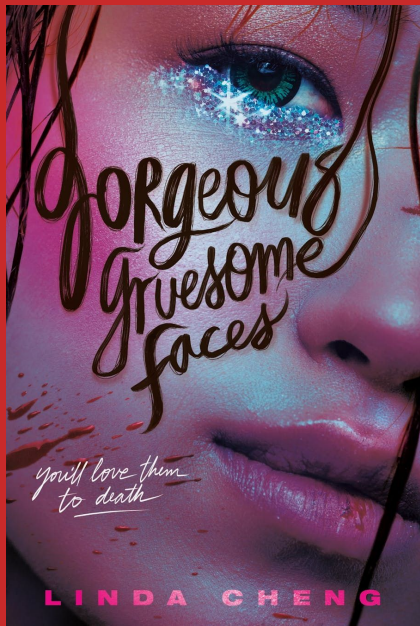
LCCHS

Cadet Girls - Mandatory Basketball Practice

Wednesday, February 5th @ 8:00 a.m.

Games: Feb 10th (4:30 away) & Feb 11th (2:45 @ home)





New books in the library - come check them out!

PHOENIX STUDENT OF THE MONTH

Jomara Ferdinand

*For your complete
commitment to the Phoenix
program through
punctuality, commitment to
academic excellence and
artistic classroom culture.*



PHOENIX STUDENT OF THE MONTH

Atlas Romberg

*For rising from the
ashes and soaring
through your term 2
examinations, and for
making kindness and
empathy great again.*



Balanced Day will be passing for recycling
Tuesday, Feb. 4, Period 2!!
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

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



Approaches to learning Tip of the Week:

MYP Approaches to Learning Tip of the Day: Critical Thinking

Challenge Assumptions: When faced with a problem or new information, take a moment to identify and question the assumptions behind it. Ask yourself, “What am I assuming here?” and “Are these assumptions valid?” This practice helps you uncover hidden biases and leads to more thorough and objective analysis.

By regularly challenging assumptions, you’ll sharpen your critical thinking skills and make more reasoned and balanced decisions. Keep questioning and exploring



“The important thing is not to stop questioning. Curiosity has its own reason for existing.” -Albert Einstein:



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!

Congratulations to the following IB students for their principled trait in the design course and demonstration of ATL skills.

Primary vs Secondary Source Analysis: Analyze documents about technological innovations and artifacts. (Criterion A)

Read critically and avery a variety of sources for information

Organize and depict information logically

Structure information in summaries, essays, and reports Using a design template

Design improvements to existing machines, media and technologies

Use brainstorming and visual diagrams to generate new ideas and inquiries

Read critically and a variety of sources for information (Criterion A of Design Cycle)

Organize and depict information logically (all criteria)

Structure information in summaries, essays, and reports Using a design template

Design improvements to existing machines, media and technologies

Use brainstorming and visual diagrams to generate new ideas and inquiries

Principled (Design; January)			Teachers
Level 1	51	Maya Sinha and Avery Devlin	Sicoli
	52	Simon Lemay	Cleveland
Level 2	51	Michelle Gayle	Sicoli
	52	Carina Craig & Adam McLachlan	Cleveland
Level 3	51	Megan Too	Panzera
	52	Giada Fabrizio	
Level 4	51		
	52		



IB learner profile of the month (February)!!!

The IB Science teachers will choose the student who has shown the most curiosity and inquiry in Science at the end of the month."

"We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life"

ATL skills focus:

1. **Research Skills:** Essential for conducting experiments, gathering data, and analyzing results. This includes information literacy, media literacy, and ethical use of information.
2. **Thinking Skills:** Critical for problem-solving, analyzing data, and developing hypotheses. This includes critical-thinking, creative-thinking, and transfer skills.
3. **Communication Skills:** Important for presenting findings, writing lab reports, and collaborating with peers. This includes effective interaction, reading, writing, and using language to communicate information.
4. **Self-Management Skills:** Necessary for planning and executing experiments, managing time, and maintaining focus. This includes organization, affective skills, and reflection.
5. **Collaboration Skills:** Vital for working in teams, sharing responsibilities, and supporting peers during group projects. This includes working effectively with others and practicing empathy



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

Jr. lunch
Kitchen
First 10



TUESDAY

Dance the line with Ms. Lynda Learn 2 line dances at lunch!



**Tuesday - Senior Lunch
1 - 130pm Mall Area**



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

**OPEN WEIGHT ROOM
TUESDAY
SENIOR LUNCH**



Senior Book Club

Tuesday at Senior Lunch

In the planning room C229

With Ms. Kathleen

BOOK CLUB

AFTER SCHOOL ACTIVITIES NEWS

TUESDAY



Junior Board Game Club

Tuesdays
in C211
With Ms. Hughes



A promotional image for a basketball training program. It features two men in a locker room. The man on the left has a large, feathered hairstyle and is wearing a green jersey. The man on the right is smiling and wearing a yellow jersey, holding a Spalding basketball. The background shows green lockers.

BASKETBALL SKILLS & TRAINING

WORK ON FUNDAMENTALS SUCH AS SHOOTING, DRIBBLING, SPEED AGILITY, AND MORE

MONDAY (TILL END OF DEC.) & TUESDAY WITH MR. TJ

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 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