

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 10th, 2025 | Day 4**

## *Motivational Quote of the Week*

“We must open the doors and we must see to it they remain open, so that others can pass through.”

-- Rosemary Brown



# Black History Month

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*Michaëlle Jean*

# Michaëlle Jean

- Michaëlle Jean was born in Port-au-Prince, Haiti.
- She immigrated to Canada with her family in 1968, fleeing the dictatorial regime of the time
- She was the first black Governor-General of Canada
- Ms. Jean worked for eight years with Quebec shelters for battered women, while actively contributing to the establishment of a network of emergency shelters throughout Quebec and elsewhere in Canada.
- She was a highly regarded journalist and anchor of information programs at Radio-Canada television and CBC Newsworld



# 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!*

## LCCHS Grade 8 Toronto Trip

Second Payment (suggested 200\$)  
due TUESDAY FEBRUARY 11th

Please see Mr. Rowe & Mr. Dort in  
the mall area between 8am-8:50am



The background of the entire image is a light pink color with a pattern of small, darker pink hearts and dots scattered across it. A large, semi-transparent pink rectangle with a white border is centered on the page, containing the text.

# Valentines Day cards

During jr and sr lunch in the mall area starting  
the 10th -12th of february



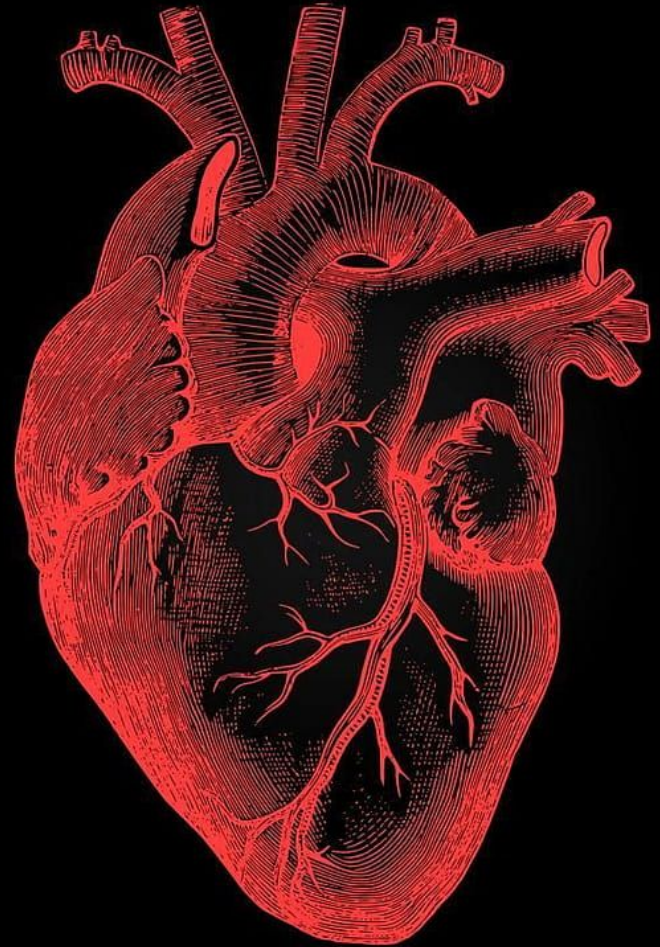
# February is worlds international heart month

On February 14th we will have a Valentines dress down day.  
(Red, Pink and white colours)  
All the money will go to the  
Fondation En Coeur

“ 1 in 100 children are born with a heart disease or defect that will require medical care” “we have a mission of helping children with congenital heart disease and their families by offering them information and support services.” fondation en coeur

[Your donation, your way to make a difference](#)  
[- Site web](#)

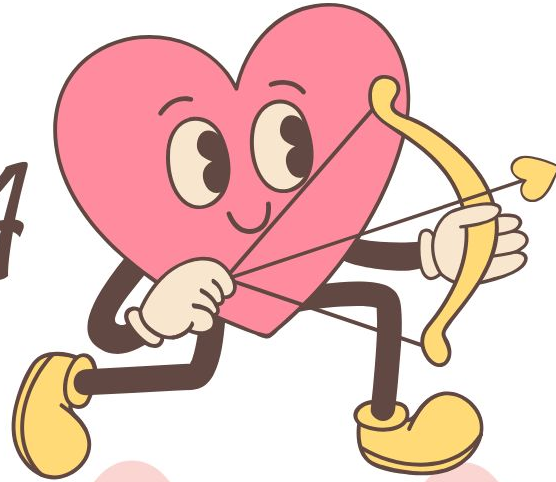
With your help this fondation can help many  
people



# Valentine's Day Dress down day February 14



All students must bring a donation of 1 or 2 dollars. All money collected will go to the foundation En Coeur. You are encouraged to wear the colours pink and/or red



# *Pink Shirt Day!*

*Pink shirt day is a day dedicated of raising awareness about harmful effects and bullying and promoting and spreading kindness across all communities. It encourages people to take a stand against bullying and support those who will be affected.*

On the 26th of February all student are allowed to come to school wearing a pink shirt to raise awareness of bullying.

**School bottoms are mandatory.**



lift each other up



# Be Part of the 2025 St. Patrick's Parade carrying a banner

Sunday, March 16 - 11:00 am Downtown  
Come join the fun!

IB Community Service hours offered  
Limited spots available

Interested? Find me in C220 - B236 or  
email me: [tgesto@lbpearson.ca](mailto:tgesto@lbpearson.ca)



# Student Spectators

**TODAY, February 10th, 2025**

JUNIOR & SENIOR LUNCH (FIRST 15 MINS)

SIGN UP FOR

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.

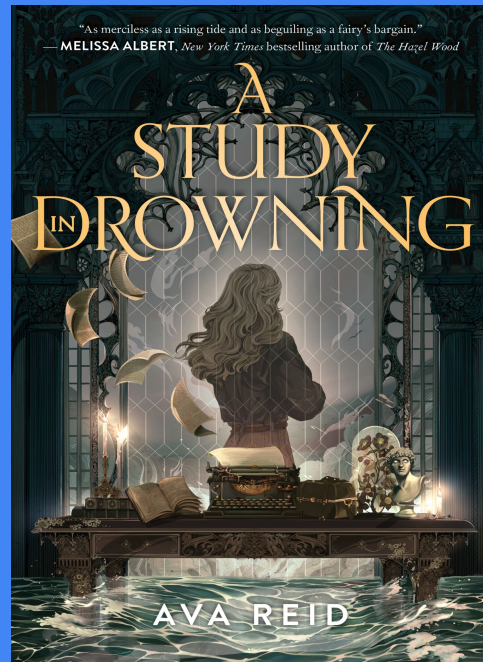


**LCCHS**

## Cadet Girls Basketball Games

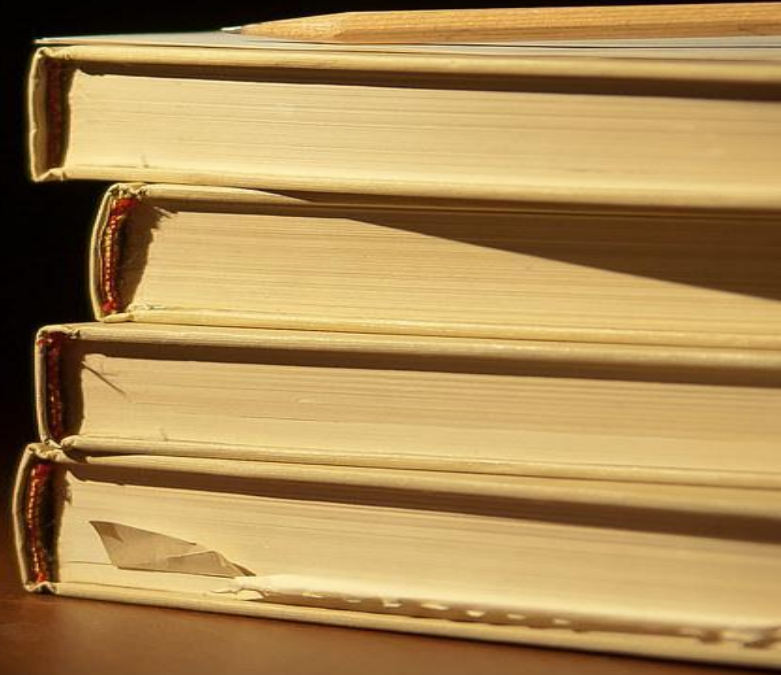
Games: Feb 10th (4:30 away) & Feb 11th (2:45 @ home)





New books in the library - come check them out!

Have you had library  
books since the fall?  
Time to bring them  
back!





# 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  
Wednesday, Feb. 12, Period 1!!  
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](mailto:msicoli03@lbpearson.ca)

WEDNESDAY FEBRUARY 19TH	FULL
TUESDAY MARCH 18TH	FULL
WEDNESDAY MARCH 26TH	FULL
WEDNESDAY APRIL 2ND	FULL
WEDNESDAY APRIL 16TH	FULL
WEDNESDAY APRIL 30TH	FULL
WEDNESDAY MAY 14TH	FULL
WEDNESDAY MAY 18TH	FULL



## Approaches to learning Tip of the Week: Proper Research and Citing Original Work

**Skill Focus: Research**

**Understand the School Academic Integrity Policy:** Familiarize yourself with types of academic misconduct and strategies to practice creating original work. (**See updated Academic Integrity policy on our school website under the IB tab**)

**Keep Track of Your Sources:** Use tools like a simple google doc to keep track of all your sources. Record all necessary details (author, title, publication date, URL) as you gather information. If proof of original work is requested by your teacher, provide all evidence and drafts. The burden of proof rests with the student.

**Paraphrase and Summarize:** Instead of copying text, paraphrase or summarize the information in your own words. Even when paraphrasing, always provide a citation to the original source. **This also applies to the use AI technology.**

**Properly Attribute Images and Media:** Always provide proper attribution for images, videos, and other media. Include the creator's name, title, source, and license. Use tools like Google Images' usage rights filter to find images that are free to use.

If you have any questions, feel free to ask your teachers or Ms. Molly our School librarian.

**Why It Helps:** Creates a school climate of enhancing credibility and integrity and



“Integrity is doing the right thing, even when no one is watching.”  
— C.S. Lewis



## Sea Wonders: Clay and recycled Art

The Phoenix Program students teamed up with the IB grade 8 classes in an Artinspires workshop to create original hybrid sculptures based on marine animals from plastic pollution in our waterways and the issues around the Pacific Garbage Patch.

A big thank you to our Phoenix teachers Ms. Oonagh O'Neill and Andrew Coderre for opening up their classes and taking the lead on this wonderful initiative and inviting Angela Marsh from Artinspires to give an amazing 3-day workshop. We also wish to thank all secondary 2 IB teachers and lab technician, Mrs. McCulloch, Mrs. Cleveland, Ms. Racine, Mr. Badiane, Mr. Dort, and Mr. Sicoli, for having their students take part in this amazing learning experience with their students.

Check out our Facebook page for more photos!



The Outdoor Adventure Show

(<https://outdooradventureshow.ca/montreal-visitor>), would like to have 4 volunteers (seniors) on each day making a total of 8 for the weekend.

Saturday - 2 volunteers in the morning (4hours) starting at 930am to 130pm and 2 volunteers in the afternoon starting at 1:15pm to 6pm (4.5 hours)

Sunday - 2 volunteers in the morning (4hours) starting at 930am to 130pm and 2 volunteers in the afternoon starting at 1:15pm to 5pm (under 4 but will give 4 for hours).

The venue is:

**Palais des Congrès**

200 Viger Ouest

Montreal PQ H2Z 1X7

METRO - Place D'armes

Please email Mr. Sicoli if interested!

[msicoli03@lbpearson.ca](mailto:msicoli03@lbpearson.ca)

**MONTRÉAL | MARCH 22 & 23, 2025**

**The  
Outdoor  
Adventure  
Show**

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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 (January)!!!*

*The IB Design Teachers have proudly selected the following Principled IB students for January!*

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

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	Elyssa Samvura-perrotte	
	52	Veronika Oliinichuk Bruna Fernandes Zubakin,Zoe Williams	

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



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



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



**THE ART OF NACHO MAKING!!**  
**JUNIOR LUNCH**  
**TUESDAY & THURSDAY**  
**KITCHEN**



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

**OPEN WEIGHT ROOM  
TUESDAY  
SENIOR LUNCH**



Senior Book Club

**Tuesdays & Thursdays at Senior  
Lunch**

In the planning room C229

# BOOK CLUB



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



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

# AFTER SCHOOL ACTIVITIES NEWS

**MONDAY**



# *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**



# CURL LOVE

**LEARN ALL ABOUT TAKING CARE  
AND STYLING OF YOUR HAIR. ALL  
HAIR TYPES ARE WELCOME.**

**MONDAYS  
3:45PM - 4:45PM  
WITH MS. RENEE  
INNOVATION ROOM**

# Pickleball

Mondays w/ Mr. Rowe | small gym

