

The image shows the exterior of LaSalle Community Comprehensive High School. The building has a modern design with a grey, textured facade and large windows. A Canadian flag is visible on the left side of the building. In the foreground, there are concrete steps leading up to the entrance, flanked by metal railings. A large, semi-transparent blue circle is overlaid on the center of the image, containing the school's name and the title of the publication. The sky is clear and blue.

**LaSalle Community
Comprehensive High
School**

DAILY HOWL

February 19th, 2025 | Day 4

Motivational Quote of the Week

“Do a little bit of good where you are. It’s those little bits of good put together that overwhelm the world.”

-- Viola Desmond



Black History Month

Willie O'Ree

Willie O'Ree

- Canadian hockey player
- On 18 January 1958, Willie O'Ree became the first Black hockey player to play in the National Hockey League
- He played professional hockey for more than 20 years, including 45 games with the Boston Bruins.
- Since 1998, O'Ree has been the NHL's Director of Youth Development and ambassador for NHL Diversity.
- Honours: Member of the Order of Canada and New Brunswick, is inducted into the Hockey Hall of Fame
- The Boston Bruins retired O'Ree's No. 22 on 18 January 2022, the 64th anniversary of his first NHL game







Amen Iseghohi

Guest speaker this Thursday

Cycle 2: 11:00-11:45

Cycle 1: 11:55-12:40

Amen Iseghohi is a revolutionary entrepreneur and influencer. His unique story is an inspiration to families, business people, educators, health enthusiasts, athletes and philanthropists. He embodies a powerful reminder that highlights the importance of embracing our roots.

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



2025 GRADUATION PICTURE!



THURSDAY, FEB. 20TH
FRIDAY, FEB. 21ST



CHECK YOUR TIME
ON GOOGLE
CLASSROOM



INNOVATION
ROOM



Reminder: CEGEP applications are
due by **March 1!**

Need help applying? Book an
appointment with the guidance
counsellor: calendly.com/lcchs

Email:

rdoucet03@lbpearson.ca

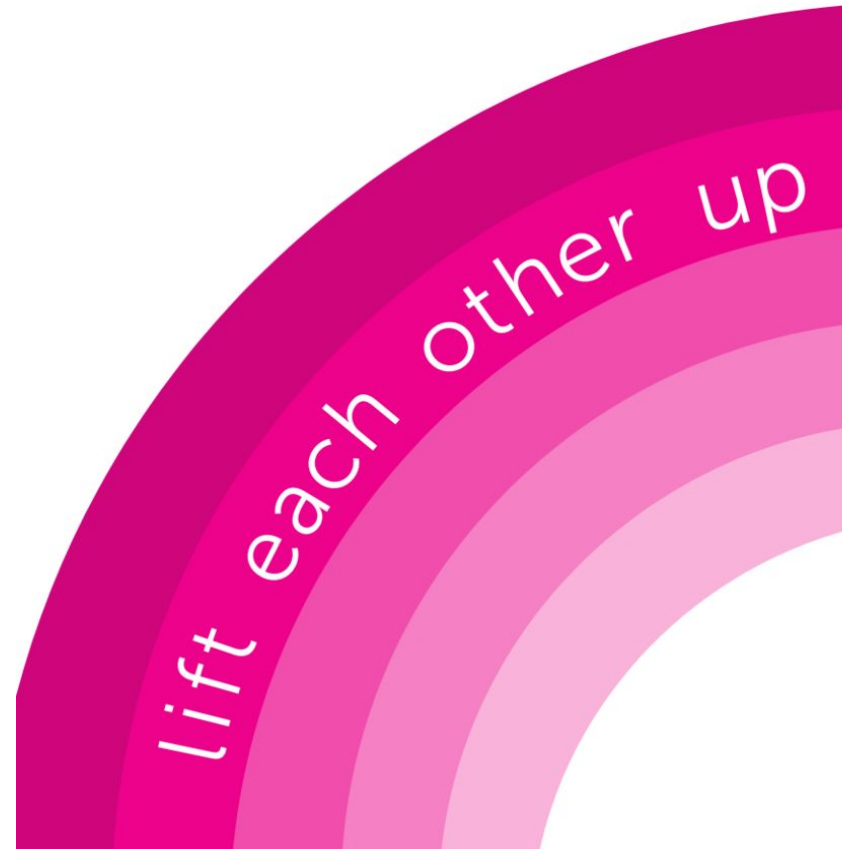


Pink Shirt Day!

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.





Winter Carnival!

February 27th, 2025

Period 4: Junior Lunch Dance Party With Todd Smith

Period 5: Juniors Spirit Assembly in the Gym

Period 5: Senior Lunch Dance Party With Todd Smith



Period 6-7: Cross Country Skiing, Snow Shoeing, Baking, Karaoke, Arts and crafts, Basketball, Volleyball, Skating!(Sign up sheets outside of Innovation Room)

TWIN DAY

Get ready for Twin Day on **Thursday,**
February 27th !

Find a friend, or a group, coordinate
your outfits, and come to school
dressed as twins!



THROWBACK DAY

On February 28th!

Get ready to dress down and show off your best retro look! Whether it's '80s, '90s, or 2000s bring the nostalgia and have fun with your outfit!



FUTSAL FINAL SCORE

CONGRATULATIONS TO THE
JUVENILE BOYS FOR THEIR
FIRST VICTORY OF THE
SEASON AGAINST ST-THOMAS
HIGH SCHOOL.

SPECIAL MENTION TO
TRISTAN SERRA AND DONALD
ATITSO WITH TWO GOALS -
INCLUDING THE VICTORIOUS
GOAL FROM DONALD WITH
SECONDS LEFT.

GREAT PERFORMANCE BY
GOALKEEPER YURI DI
ROBERTO.

GREAT GAME BOYS
NEXT GAME
TUESDAY US LAKESIDE

6



5

LCCHS

ST-THOMAS

Student Spectators

Wednesday February 19th, 2025

All welcome (no sign ups)

WEDNESDAY FEB 19TH - CADET GIRLS - 4PM

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.



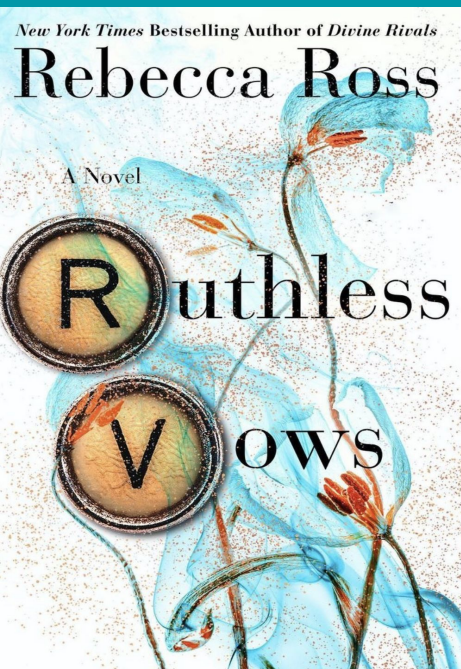
LCCHS

Cadet Girls - Basketball Game

Today - Wednesday, February 19th @ 4:00 p.m.

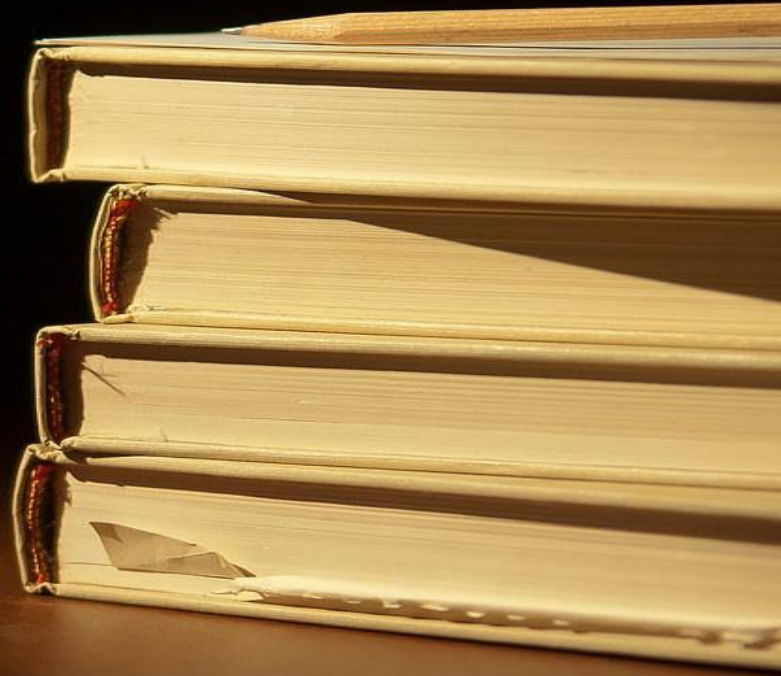
Early dismissal @ 3:25 p.m.





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.*



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!



Ms. Cleveland's Sec 3 Science & Technology classes recently concluded a unit on Waves, during which they:

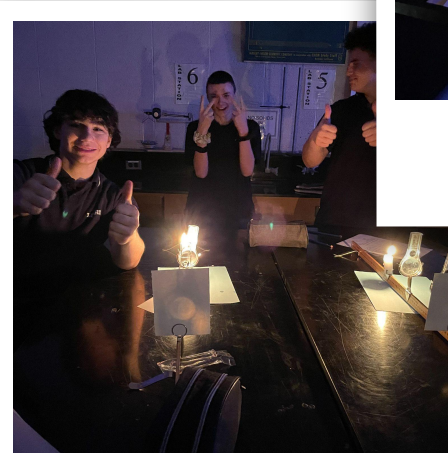
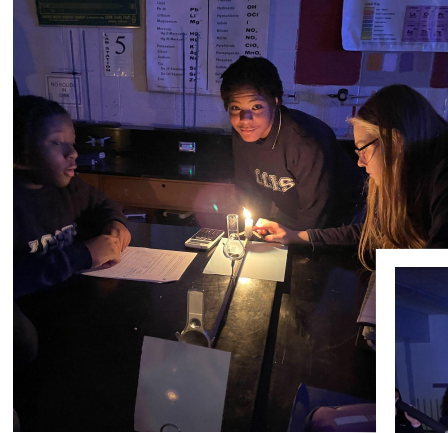
- Tested the best conditions for sound waves to travel through string telephones
- Observed light rays travel in a straight line through a pinhole camera, producing an inverted image
- Found the focal length of a convex lens using an optical bench

Global Context: Scientific and Technical innovation

IB Learner Profile: Inquirer

ATL Skills on Display:

- **Research Skills** - Essential for conducting experiments, gathering data, and analyzing results. This includes information literacy, media literacy, and ethical use of information.
- **Thinking Skills** - Critical for problem-solving, analyzing data, and developing hypotheses. This includes critical-thinking, creative-thinking, and transfer skills.
- **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.
- **Self-Management Skills** - Necessary for planning and executing experiments, managing time, and maintaining focus. This includes organization, affective skills, and reflection.
- **Collaboration Skills** - Vital for working in teams, sharing responsibilities, and supporting peers during group projects. This includes working effectively with others and practicing empathy.

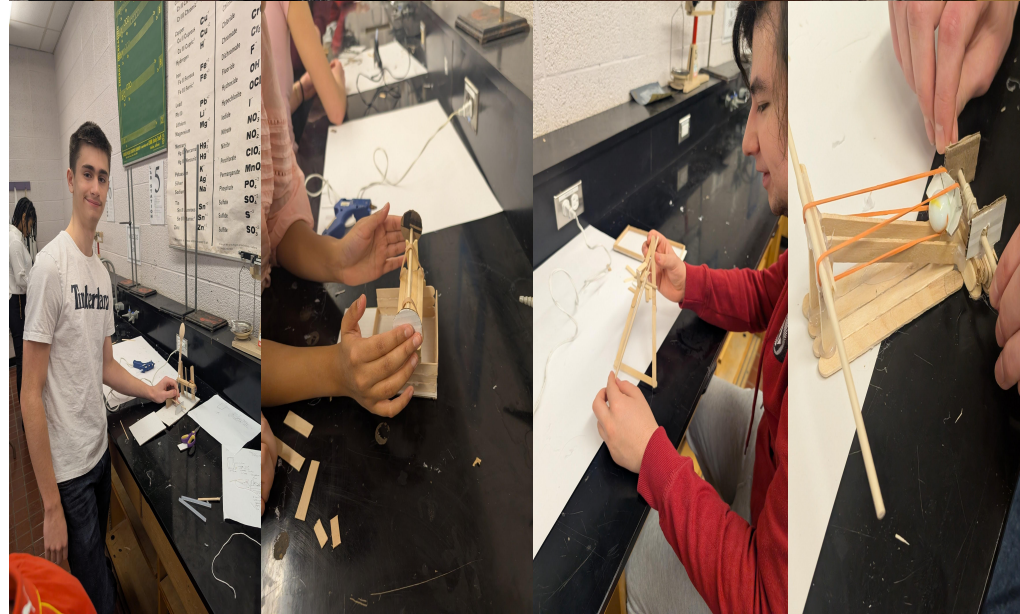


Mr. Mott's Secondary 4 class was busy building Catapults last week learning about motion transmission and motion transformation.

Global Context: Scientific and Technical Innovation
IB Learner Profile: Inquiry

ATLs on display

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





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

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



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)***

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 | Mott |
| | 52 | Veronika Oliinichuk Bruna Fernandes Zubakin,Zoe Williams | Mott |

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

Congratulations to the following On a roll students for the month of January

| On A Roll - January 2025 | | | |
|--------------------------|---------|--|---------------------------|
| Student Name | Grade | Reason | Teacher/Staff member name |
| Sheriah Abraham | Sec 3 ▼ | Constantly giving up her time to scorekeep GMAA events, without the motivation of IB hours | Myerson |
| Alexia Skobin Marshall | Sec 3 ▼ | Constantly giving up her time to scorekeep GMAA events, without the motivation of IB hours | Myerson |
| Alivia Skobin Marshall | Sec 3 ▼ | Constantly giving up her time to scorekeep GMAA events, without the motivation of IB hours | Myerson |
| Nalayah Clyde | Sec 3 ▼ | Constantly giving up her time to scorekeep GMAA events, without the motivation of IB hours | Myerson |
| Kezia Osaru | Sec 3 ▼ | Constantly giving up her time to scorekeep GMAA events, without the motivation of IB hours | Myerson |

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



Build coding skills, follow your passion, and explore tech careers with mentors and peers who'll inspire and support you every step of the way.



CHOOSE YOUR OWN ADVENTURE: CODE. CREATE. CONNECT.

VIRTUAL SUMMER IMMERSION PROGRAM

Join the ultimate summer squad

Become a game designer while making friends, meeting mentors, and exploring career paths in live virtual classrooms.

Who gets to join?

- Girls and non-binary students, ages 14-18 with or without prior coding experience, including alums.

What will you learn?

- Design creative computer games inspired by your passion.
- Gain practical university and career advice.
- Get an inside look at working in tech.

What's in it for you?

- Find support and community from devoted Teaching Teams and classmates from around the world.
- Get career inspiration and mentorship from exclusive Partner Events.

When does the 2025 program take place?

- 28 July – 8 August
- Classes meet M-F for 2-3 hours, followed by independent work time and optional Student Hours.

PATHWAYS



Forge your own path in cutting-edge tech

Learn to code at your own pace, apply new skills to real-world projects, and connect with industry pros and an exclusive Discord community.

Who gets to join?

- Girls and non-binary students, ages 14-18 with or without prior coding experience, including alums.

What will you learn?

- Choose from courses in artificial intelligence, data science, cybersecurity, and web development.

What's in it for you?

- Learn at your own pace with step-by-step video tutorials.
- Get help in Advisor Events, Student Hours, and an exclusive global Discord community.
- Earn certificates for completed courses.

When does the 2025 program take place?

- 30 June – 8 August
- Each course in a track takes 3-6 hours to complete.

JOIN
THE FUN:



KEY 2025 DATES:

Early decision deadline: 26 February

Application closes: 11 April

girlswhocode.com/summerapply

Girls Who Code Summer Programs help girls and non-binary students ages 14-18 to build coding skills, explore career pathways in tech, and connect with a supportive worldwide community—no program fees or coding experience required!

☀️ Our Summer Programs Application is now open and offers one of our two programs:

Pathways is a six-week program where students learn at their own pace with step-by-step video tutorials. Participants can explore artificial intelligence, data science, cybersecurity, and web development, including a brand-new course on responsible artificial intelligence design. This is an excellent choice for students with challenging schedules!

The Summer Immersion Program (SIP) is a two-week live virtual classroom experience for students to meet like-minded peers as they design creative computer games, gain practical college and career advice from industry professionals, and explore tech careers.



Key Application Info:

Apply by February 26th for priority consideration!

The application closes on April 11th.

Summer Programs are open to girls and non-binary students ages 14-18, including prior participants.

No application or program fees!



2025 Program Dates:

Pathways: 30 June 2025 - 8 August 2025

SIP: 28 July 2025 - 8 August 2025

Students can begin applying today



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



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 (4 hours) 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 (4 hours) 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

MONTRÉAL | MARCH 22 & 23, 2025

**The
Outdoor
Adventure
Show**

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



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 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 |



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

JUNIOR. LUNCH - TUESDAY
LEARN HOW TO MAKE MAC & CHEESE





Senior Book Club

CANCELLED

In the planning room C229

With Ms. Kathleen

BOOK CLUB



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

**OPEN WEIGHT ROOM
TUESDAY
SENIOR LUNCH**

AFTER SCHOOL ACTIVITIES NEWS

New Activity Alert:

LCCHS Band

Starting March 11, 2025

COME ONE, COME ALL TUESDAYS, STARTING MARCH 11TH | MUSIC ROOM

Guitarists, bassists, drummers, keyboardists, sax-ists (is that a word?!?), didgeridoo players, and SINGERS!

All instruments welcome—bring yours or use ours.
VOICE IS AN INSTRUMENT too, but singers must bring their own!

🎤 SING and PLAY your favorite songs! 🎸

The repertoire will depend on the taste of the players—all styles welcome!

See Ms. Cassandra to sign up!



AFTER SCHOOL ACTIVITIES NEWS

BADMINTON CANCELLED
on WEDNESDAY

AFTER SCHOOL ACTIVITIES NEWS

TUESDAY

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



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



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 is white with a mustache and a green jersey. The man on the right is Black with a goatee and a yellow jersey, smiling and 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***

