

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 blue circular graphic is overlaid on the center of the image, containing the school's name and the title of the publication.

**LaSalle Community  
Comprehensive High  
School**

**DAILY HOWL**

**April 16th, 2025 | Day 1**

## *Motivational Quote of the Week*

**SUCCESS IS NOT FINAL;  
FAILURE IS NOT FATAL:  
IT IS THE COURAGE TO CONTINUE  
THAT COUNTS.**

WINSTON S. CHURCHILL

# Start your day with breakfast

Free breakfast in the cafeteria

from 8:15am to 8:45am

Please note the dates

April 8<sup>th</sup> -10<sup>th</sup> (T-Th)

April 14<sup>th</sup> -16<sup>th</sup> (M-W)

April 24<sup>th</sup> (Th)

April 29<sup>th</sup> -May 1<sup>st</sup> (T-Th)



# LCCHS UNIFORM REMINDER

**All students**  
**are expected**  
**to be in full**  
**uniform at all**  
**times.**



Uniform includes **grey pant/skorts**, **white or blue LCCHS tops**, a **crewneck sweater**, and **entirely black shoes**.

**\*Hoodies are NOT permitted in school.**

Non uniform shoes and athletic wear may be worn in Phys Ed **ONLY**. For hygiene purposes, it is your responsibility to be prepared and look presentable at school. It is a matter of pride!



## Bathroom Stall Policy

 One person per stall — no exceptions.

 If you are caught in a stall with another student, you will be sent home immediately.

Let's all help keep our school safe and respectful.

Thank you for your cooperation!

- In the morning before class
- During Lunch time
- Afterschool

Please do not come ask for snacks during and in between classes.

Thank you for your understanding.

**Snacks  
are only  
available**



# What is period poverty?

Bring in menstrual products to your homeroom class to help the less fortunate

Donations will be going to @MONTHLYDIGNITY.

Posters will be up around the school for more information.



Try to take  
initiative and  
reduce your  
energy  
consumption on  
April 22nd



Let's take care  
of our planet.

Faisons une  
différence!

# Earth Day 2025

April 22



Bring in any clothes  
you are not  
wearing anymore,  
shoes, toys in good  
condition...  
Help make a  
difference and help  
our school raise  
money.

Giving goes a long way



## LET'S RECYCLE FOR A HEALTHY PLANET

*Fundraising Clothing Drive. We accept clothes, linens, shoes and small toys in good conditions. Based on the weight collected, the funds we raise will be used to finance a project.*

**LCCHS**

**May 12th and May 13th**

Deposit your donations at the front entrance

[www.SuperRecycleurs.com](http://www.SuperRecycleurs.com)

# Run For It



Since 2018, there has been a 22% increase in young Canadians experiencing mental health issues. Let's change that together and join the Run for It program! Join Ms. Joanne to train for the Shoppers Love You Run for Women 5k. The program combines mental health education and training for an official 5k walk/run.

MONDAYS & WEDNESDAYS (AFTER SCHOOL)  
STARTS WEDNESDAY APRIL 23RD

[SIGN UP FOR STAFF & STUDENTS:](#)  
MONDAY APRIL 14TH & WEDNESDAY APRIL 16TH  
JUNIOR & SENIOR LUNCH



# 2026 LCCHS Humanitarian Trip

Please return your sign up form along with your deposit to Mme B (B239), Mme Gesto (C220), Mr. Wasacz (C258) before April 30.

The refundable deposit can be cash or a postdated check. Please see us if you have any questions.

# ANNOUNCEMENT

## 2025 GRADS

### UPCOMING INFORMATION

- Grad photo day will take place on May 29th  
AFTER the miniday! (in uniform)

### "THINGS TO START THINKING ABOUT"

- Yearbook quotes
  - Ambition(s)
  - Best friend(s)
  - Senior quote
  - Nickname
  - Favourite memory
  - Find a baby picture

**WE WILL SEND FORMS  
SOON!**

**Yearbooks will be on sale  
May 12 - 23 for \$60**





# PROM QUEEN & KING

## *contest*

Closes April 18, 2025

What The Winners Receive:

- ★ A PROM DRESS
- ★ A CUSTOM-MADE SUIT DESIGNED BY FRANÇOIS BERTHO IN COLLABORATION WITH MONTREAL ALOUETTES PLAYER JAMAR MCGLOUSTER
- ★ SHOES AND ACCESSORIES
- ★ PROFESSIONAL HAIRSTYLING AND MORE

PROM QUEEN ENTER HERE



PROM KING ENTER HERE



# Sparkle Room

**Please visit  
the Office  
to schedule  
your visit  
to the**

*Sparkle Room*

**We have received  
more dresses and  
some suits**

A collection of medical supplies including a stethoscope, blue and white capsules, a blue highlighter, a clipboard with a silver clip, a syringe, and a pen, all resting on a pink grid background with a blue ECG line.

**LCCHS Welcomes our new nurse,  
Gercia Pierre. Her schedule will  
be confirmed shortly but you can  
email her at  
[gercia.pierre.comtl@ssss.gouv.qc.ca](mailto:gercia.pierre.comtl@ssss.gouv.qc.ca).**

**Nurse**

4%

# PISA Assessment Meeting

There will be a short meeting in the auditorium today at 12:45 for all students selected for the PISA assessment on May 13th. It will be short and address any questions.

Please come straight to the auditorium. An email was sent yesterday by Mr. Sicoli.



# Girls Outdoor Track & Field

Any girl interested in joining the Track & Field team  
must come to practice:

Thursday, April 17th at 8:00 a.m.

The girls that show up and participate will be on the  
team, those that do not will not be registered.

# LCCHS ATHLETICS SPORTS BANQUET

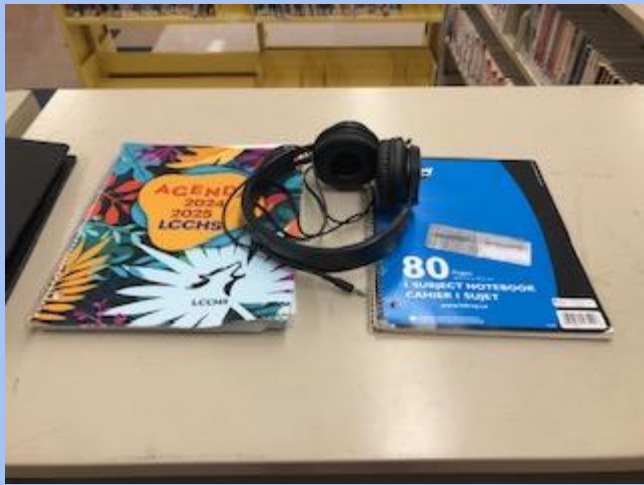


When: Thursday, May 15th @ 3:45pm

Where: Caf @ 3:45, followed by awards in the auditorium.

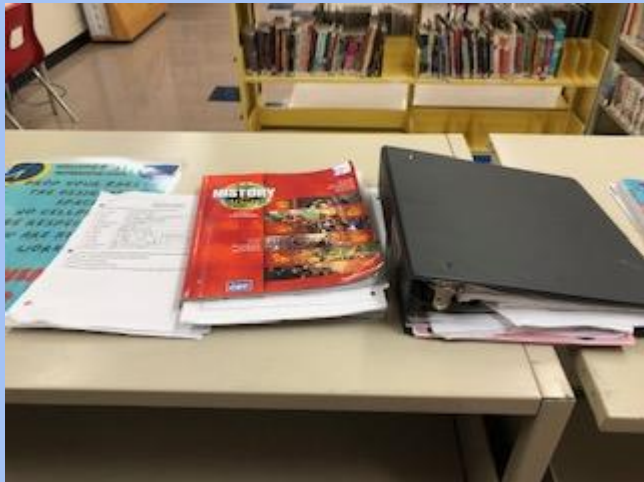
Who: All GMAA athletes & scorekeepers

**RSVP @ <https://forms.gle/pybM3V1msLZJaQBz9>**



Many things have been left in the library lately.

**Please come get them!**



Take pride in keeping your school clean.

# Phoenix Students of the Month

Rhyder  
Jurcotte

For showing up for yourself and stepping into the unknown with enthusiasm and determination.

Yuri  
DiRoberto

For sharing your wisdom with the world around you and remaining curious with the one that lies ahead of you.

# Phoenix Students of the Month

Mario Macri

For your relentless persistence for better in all that you do.

Kyla Campbell

For your exemplary and incomparable work ethic. Your grit is contagious.



## Community and Service

Looking for volunteers to help out at our soccer tournament the weekends of April 12-13 and April 26. 27. The games will be taking place at Riverside Park on the two fields.

We are looking for help to direct teams and guide parents as well as to help in the canteen,

We are looking for approximately 12 people for each weekend. They can either work the full day from 8:00 to 4:00 or from 8:00 to 12:00. Pizza will be served at lunch.

Email Mme. Baillargeon if interested:

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



## **Girls 4 Girls Soccer Event – Free!**

Join us for a special **Girls for Girls** soccer event on **Saturday, May 3** at **Riverside Park!**

**LaSalle Soccer is inviting girls who love soccer** — and especially those who want to try it for the first time — to join the fun!

### **Event Schedule:**

- 9:30–10:30 AM: Girls 4 - 8
- 10:30–11:30 AM: Girls 9 - 14

This event is **free of charge** and open to all. We encourage our **existing members** to bring a **friend who doesn't currently play** with us — let's grow the game and build our community of female players!

The event will feature **all female coaches** and will be led by **Allie Martin**, our **Female Director at LaSalle Soccer**. For any questions, feel free to contact her at [allie.martin@lasalle.ca](mailto:allie.martin@lasalle.ca).

This is a historic time for women's soccer in Canada, with the launch of our new professional league (NSL) and more pathways than ever before. Come be part of the movement!

**If you're interested, please sign up [here](#).**

**Let's show what girls supporting girls can do!**



## On A Roll - March 2025

Student Name	Grade	Teacher/Staff member name
Reshayne Nelson-Dawes	Sec 4	Elkin
Dominic Lucas, Pietramala	Sec 4	Elkin
Zion Streater	Sec 4	Elkin
Jeremiah Matandi-White	Sec 4	
Ayden Greenham-Salmon	Sec 4	Milton
Elijah Ruiz-Der	Sec 4	Milton
Luca D'Amato	Sec 4	Milton
Paolo Verdino	Sec 4	Milton
Leon Testa	Sec 1	Newton
Alyssa Caputo	Sec 4	Elkin





***Congratulations to the following IB knowledgeable students for the month of March. Your Music and Individuals and Society teachers have proudly selected the following students:***

**Knowledgeable Individuals and Societies and Music**

We develop and use conceptual understanding, exploring knowledge across a range of disciplines. We engage with issues and ideas that have local and global significance.

<b>Knowledgeable (Individuals and Society and Music March) Individuals and Societies</b>			<b>Teachers</b>	<b>ATLs taught</b>
Level 1	51	Vincent Crevier Noemi Coletta Annalisa Mittempergher	Badiane	Compétences de réflexion - L'élève développe de nouvelles compétences, techniques et stratégies permettant un apprentissage efficace Compétences de transfert - Utiliser des stratégies d'apprentissage efficaces dans les groupes de matières et les disciplines.



***Congratulations to the following IB knowledgeable students for the month of March. Your music teacher and Individuals and Society teachers have proudly selected the following students:***

	52	Emily Collins Giacomo Panattoni	Badiane	<p>Compétences de réflexion</p> <ul style="list-style-type: none"> <li>- L'élève développe de nouvelles compétences, techniques et stratégies permettant un <u>apprentissage efficace</u></li> </ul> <p>Compétences de transfert</p> <ul style="list-style-type: none"> <li>- Utiliser des stratégies d'apprentissage efficaces dans les groupes de matières et <u>les disciplines.</u></li> </ul>
Level 2	51	Sierra Maruca Michelle Gayle	Badiane	<p>Compétences de réflexion</p> <ul style="list-style-type: none"> <li>- L'élève développe de nouvelles compétences, techniques et stratégies permettant un <u>apprentissage efficace</u></li> </ul> <p>Compétences de transfert</p> <ul style="list-style-type: none"> <li>- Utiliser des stratégies d'apprentissage efficaces dans les groupes de matières et <u>les disciplines.</u></li> </ul>
	52	Adam McLachlam Andrei Ignatin	Badiane	<p>Compétences de réflexion</p> <ul style="list-style-type: none"> <li>- L'élève développe de nouvelles compétences, techniques et stratégies permettant un <u>apprentissage efficace</u></li> </ul> <p>Compétences de transfert</p> <ul style="list-style-type: none"> <li>- Utiliser des stratégies d'apprentissage efficaces dans les groupes de matières et <u>les disciplines.</u></li> </ul>



Level 3	51	Isabel Eaton	Francom	Communication Skills Effectively express ideas through various forms (written, oral, visual).
	52	Nathan Rossi	Francom	Communication Skills Effectively express ideas through various forms (written, oral, visual).
Level 4	51	Ahi Sen	Francom	Communication Skills Effectively express ideas through various forms (written, oral, visual).
	52	Charlotte Lemay	Francom	Communication Skills Effectively express ideas through various forms (written, oral, visual).
Level 5	51	Olivia Bender Isabella Rossi	Levesque	Communication Skills Effectively express ideas through various forms (written, oral, visual).
	52	Brianna Joly Madison Too	Levesque	Communication Skills Effectively express ideas through various forms (written, oral, visual)]

## Knowledgeable ( Music March)

Level 1	51	Jaziah Cole
Level 2	51	Andrei Ignatin
Level 3	51	Liam Gabriel Bresnahan-Arseneault
Level 4	52	Armand Christen
Level 5	51	<b>Zackary Ben Sabat</b>



***IB Learner profile for the month of April will celebrate Thinkers and will be selected by the IB Math teachers***

We use critical and creative thinking skills to analyze and take responsible action on complex problems. We exercise initiative in making reasoned, ethical decisions.



***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)***

## 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



# 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 APRIL 2ND      Jacob Dickson, Imani Raymond, Evan Flores Doyle, and Elisa Sofia Arellano-Morales

WEDNESDAY APRIL 16TH      Annette-Choquet, Evan Flores Doyle, and Elisa Sofia Arellano-Morales

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  
23<sup>rd</sup>



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



TUESDAY

**JUNIORS**  
LEARN HOW TO MAKE  
HOMEMADE PITA PIZZA



Senior Book Club

**Tuesdays at Senior Lunch**

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**

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



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

# AFTER SCHOOL ACTIVITIES **NEWS**

PLEASE NOTE THE FOLLOWING ACTIVITIES ARE  
NOW CANCELLED FOR THE YEAR:

- PICKLEBALL (MONDAY)
- JR VOLLEYBALL (FRIDAY)

**AFTER SCHOOL ACTIVITIES NEWS**

**WEDNESDAY**

SENIOR

C269



DUNGEONS AND DRAGONS





# Guitar Club

With Mr. Brault

Wednesday's at 3:45-4:45

Music Room



**LEARN ABOUT SKINCARE & MAKEUP WITH  
MS. NESRINE  
WEDNESDAYS  
ROOM C220**



# Badminton w/ Mr. Rind Wednesdays





# *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**