

The background 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 circle 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**

**May 5th, 2025 | Day 5**

# Motivational Quote of the Week

Any goal can be achieved  
if you break it down into  
enough small parts.

Brian Tracy

quote fancy



05 - 29

IB

5

2

0

2

PERSONAL  
PROJECT  
EXPO



**IB PERSONAL  
PROJECT  
EXHIBITION  
WILL BE HELD  
ON MAY 29TH**

**Reminder: PISA assessment next  
Tuesday, May 13th, at 9:30 am. Details  
have been sent home to the pre-selected  
42 students and their parents.**

**Thank you to all selected students for  
their participation!**

# Start your day with breakfast

Free breakfast in the cafeteria

from 8:15am to 8:45am

Please note the dates

May 6<sup>th</sup> - 8<sup>th</sup> (T-Th)

May 13<sup>th</sup> - 15<sup>th</sup> (T-Th)

May 20<sup>th</sup> - 22<sup>th</sup> (T-Th)

Breakfast will be served everyday during exam weeks



# 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**





# Run For It



## Dress Down Day (athletic/sportswear)

Students are invited to participate in a Dress Down Day fundraiser on **May 8<sup>th</sup>**.

Proceeds will go towards the RUN FOR IT PROGRAM which promotes awareness and women's mental health programs.

The suggested donation is \$2

*Running shoes, jogging pants, t-shirts, shorts, hoodies, sweatshirts, leggings and track suits are permitted.*





# 2026 LCCHS Humanitarian Trip

Meeting Monday May 5 @  
lunch

Jr - B239 Sr - C220

Already signed up?

Still thinking about it? Please stop by.

10 Spots Left



Connections Open House



WEDNESDAY

7

MAY

6:30 PM

# Join Us CONNECTIONS *Open House*

*RSVP*



The Connections Program helps students between the ages of 16 and 18 transition between high school and adult education

## *Our Advantages*

- ✓ Flexible schedule
- ✓ Supportive atmosphere
- ✓ 1 on 1 support
- ✓ Dedicated teachers
- ✓ Modular curriculum

*For more information contact*

📞 514-798-5588 ext. 1    ✉️ [d.macdonald@lbpearson.ca](mailto:d.macdonald@lbpearson.ca)



Student visit to  
PACC (*Pearson  
Adult and Career  
Center*) on  
Thursday May 8th  
at 9 a.m.

Please see Miss Rachelle (guidance counsellor in the Main Office) or Miss Kathleen (Planning Room) if you are interested in joining

UNE INITIATIVE DU SERVICE DE POLICE  
DE LA VILLE DE MONTRÉAL (SPVM)

# **JOURNÉE CARRIÈRES SERVICES D'URGENCE**

**Samedi 17 mai 2025**  
**10 h à 15 h**

Stationnement du Carrefour Angrignon  
Près de l'entrée de la foire alimentaire







Dear family, friends, and staff of L.C.C.H.S. . You are cordially invited to

# L.C.C.H.S.' 21<sup>st</sup> ANNUAL ART EXHIBITION

**ON THURSDAY MAY 29TH ARTWORK FROM ALL LEVELS WILL BE ON DIPLAY!**  
**THE SHOW BEGINS AT 6:30 PM AND UNTIL 8:30 PM.**  
**HELP US RAISE FUNDS FOR THE VISUAL ARTS PROGRAM.**  
**YOUR DONATION WOULD BE GREATLY APPRECIATED!**  
**PLEASE USE THE 9TH AVE. MAIN ENTRANCE.**

Please join us and help celebrate our students' creativity!

Yours truly,  
Ms.Aubertin and Ms. G

Artwork by Level 5 art student  
Madison Too

The next meeting for all candidates is on Thursday, **May 8th**, at the beginning of lunch. Please note that this **Friday ,May 9th** is the Phoenix candidate retreat. You are to enter by the Phoenix doors, where we will be going outside for a duration. Wear comfortable clothing (uniform is not necessary, but dress code is mandatory). We begin from 9 a.m -2 p.m. Any questions/concerns are to be addressed [ooneill@lbpearson.ca](mailto:ooneill@lbpearson.ca)



Lord of the Dragons

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ArtByGameco.com

[www.EEDENARTWORK.BLOGSPOT.COM](http://www.EEDENARTWORK.BLOGSPOT.COM)



# 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**



# 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 pen, a clipboard with a silver clip, a syringe, and a pair of glasses, all arranged on a pink grid background with a blue ECG line.

**Nurse available on  
Wednesday May  
14th**

**Nurse**

**CONTACT INFO:**

**514.831.1420**

**[gercia.pierre.comtl@ssss.gouv.qc.ca](mailto:gercia.pierre.comtl@ssss.gouv.qc.ca)**

# LCCHS ATHLETICS SPORTS BANQUET



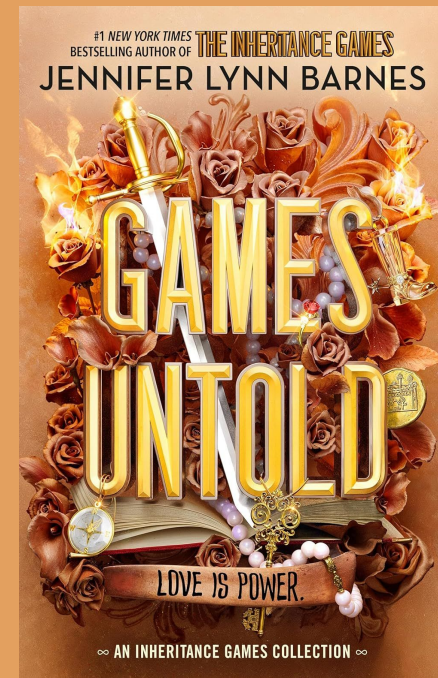
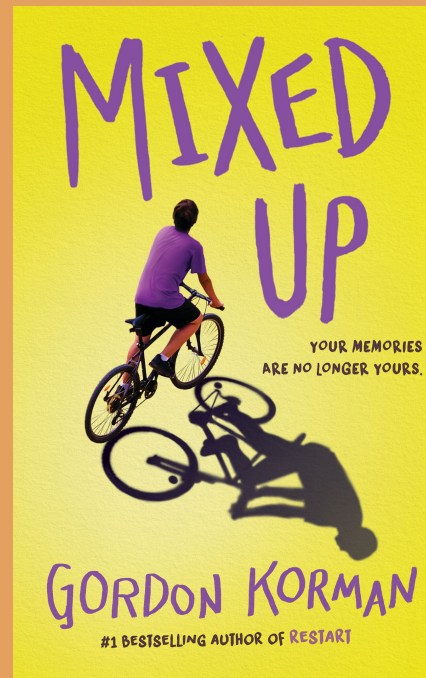
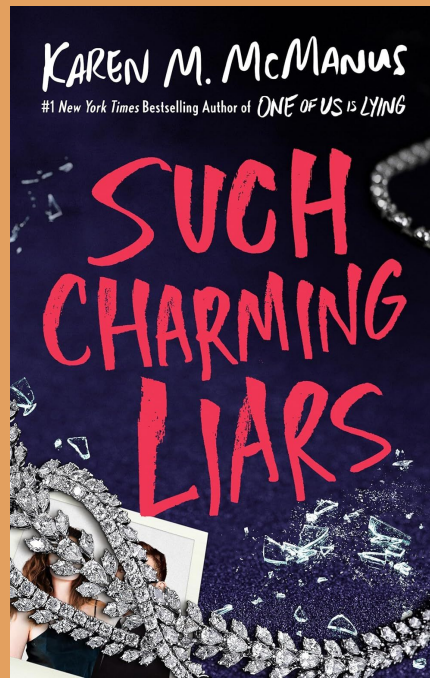
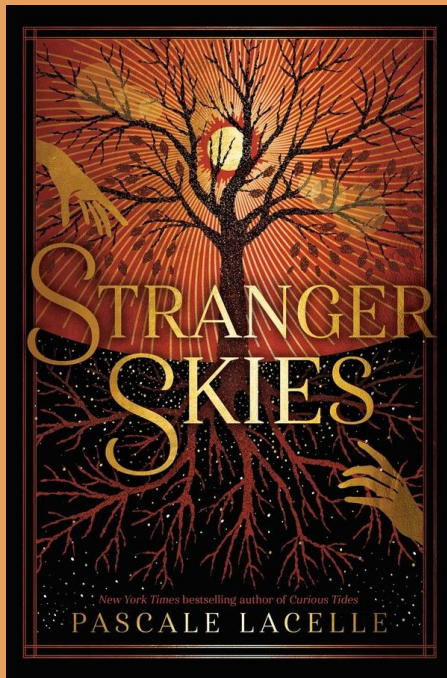
When: Thursday, May 15th @ 3:45pm

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

Who: All GMAA athletes & scorekeepers

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





New books in the library - come check them out!



# STM x LCCHS Bus Network Redesign Online Survey

Your opinion could influence  
positive changes towards our  
STM school bus network!

## What to expect?

All survey information gathered will  
potentially go towards designing the new  
STM école bus network for LCCHS.

We will keep you updated of any further  
changes.

For more information, contact:

Dustin Flores-Ranger - dustinqwr@gmail.com



## Primary objectives of the redesign:

- To reduce crowding on busy routes.
- To introduce more school services.
- To make sure our school routes are accessible within walking distance.

\*not all are fully guaranteed

**All students who use  
public transit should  
participate**

<https://forms.gle/e2YeeN2WaYEqyT5k6>





***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





# 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



**JUNIOR LUNCH - TUES & THURS**





Senior Book Club

**Tuesdays & Thursdays at Senior  
Lunch**

In the planning room C229

# BOOK CLUB



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

**OPEN WEIGHT ROOM  
TUESDAY & FRIDAY  
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**

**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 muscular man with dark hair, wearing a red tank top and red shorts, is flexing his right arm. He is smiling and looking towards the camera. The background is a solid blue color. The text "Weight & Strength Training" is overlaid at the top in a large, bold, white font with a black outline. At the bottom, there are two lines of text in a smaller, bold, white font with a black outline, separated by a black background bar.

**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**



# 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.

- ✱ When: Monday and Wednesday after school
- ✱ Length: 6-8 weeks
- ✱ Race date: June 8th (Sunday)
- ✱ Sign up: See Ms. Joanne
- ✱ Email: [jgraham@lbpsb.qc.ca](mailto:jgraham@lbpsb.qc.ca)

