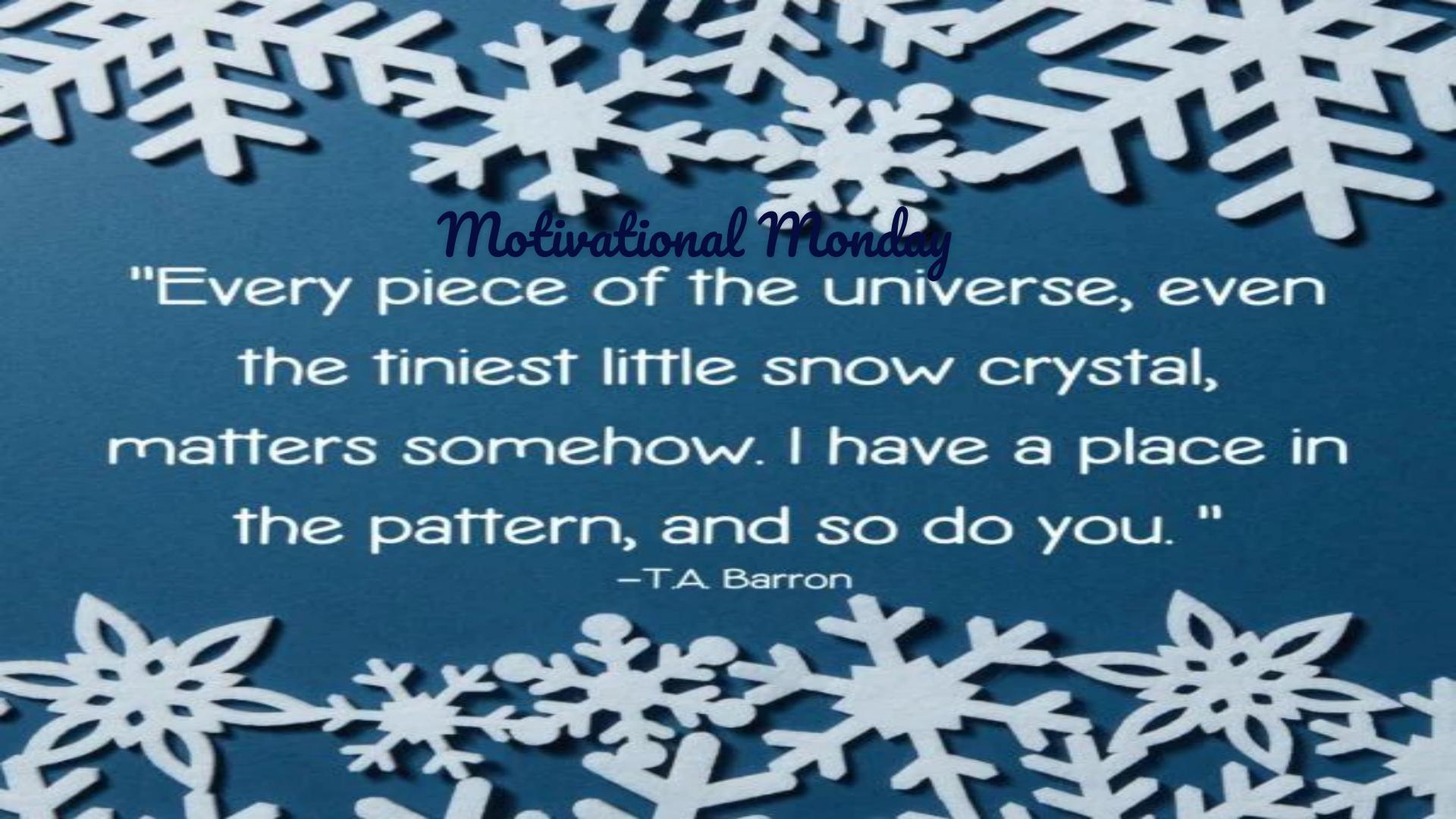




**LaSalle Community  
Comprehensive High  
School**

**DAILY HOWL**

**December 15th, 2025 | Day 2**



*Motivational Monday*

"Every piece of the universe, even  
the tiniest little snow crystal,  
matters somehow. I have a place in  
the pattern, and so do you."

-T.A. Barron

# Happy Hanukkah

May your candles burn  
bright this season

Dec. 14, 2025 – Dec 22, 2025





Helping Your  
Community



# Annual Food Drive

In order to top off our baskets, we are asking all students  
for help

Level 1 Pasta

Level 2 Soup

Level 3/5 Cereal

Level 4 Pasta sauce

Today is the Last Day

# FYI and Reminders



# DISCOVER THE TRADES NOW

VACC



## APPLICATIONS OPENING 2026

HMSE is a hands-on summer program that gives high school students a taste of the building trades and what it's like to work with real tools, real projects, and real professionals. Get ready to build your future—literally!

July  
27<sup>th</sup> - 31<sup>st</sup>  
Open to  
ages 14-16



vacc@lbpearson.ca

SEND US AN EMAIL IF YOU'RE INTERESTED!



See Ms. Rachelle  
(Guidance  
Counsellor) for  
more information

If you forgot to purchase your SPC card, go see Mrs. D'Alessandro during senior lunch

only \$10

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

**SPONSORS**

adidas | Bluenotes' | Foot Locker | ALDO  
ARDENE | TACO BELL | SAMSUNG | H&M | KFC  
& many more



Card is valid for  
1 year!  
Lots of savings!

# Start your day with breakfast

Free breakfast in the cafeteria

from 8:15am to 8:45am

Please note the dates

Dec. 2<sup>nd</sup> - 4<sup>th</sup> (T-Th)

Dec. 9<sup>th</sup> - 11<sup>th</sup> (T-Th)

Dec. 16<sup>th</sup> - 18<sup>th</sup> (T-Th)



# Approaches to learning Tip of the Week: Managing time and tasks effectively

Set goals that are challenging and realistic and plan strategies and take action to achieve personal and academic goals.

Preparing for exams and deadlines can be stressful, but with the right strategies, you can manage it effectively. Here are some tips to help you prepare for exams/deadlines:

## 1. Create a Study Schedule:

- Plan your study time well in advance and stick to a consistent schedule. Don't make excuses or push it off to the next day!
- Break down your study material into manageable chunks and allocate specific times for each subject or topic.
- Include regular breaks to avoid burnout and keep your mind fresh.

## 2. Use Active Study Techniques:

- Engage with the material actively by summarizing information in your own words, creating flashcards, or teaching the concepts to someone else.
- Practice past exam papers and sample questions to familiarize yourself with the exam format and identify areas where you need more practice. (Math help services, review packages, ALLOPROF website)
- Use mnemonic devices or visual aids like mind maps to help remember key concepts.

## 3. Take Care of Your Well-being:

- Ensure you get enough sleep, especially the night before the exam, as rest is crucial for memory and concentration.
- Eat nutritious meals and stay hydrated to keep your energy levels up.
- Incorporate relaxation techniques such as deep breathing, meditation, or light exercise to manage stress and anxiety.



“Procrastination makes easy things hard and hard things harder.” — Mason Cooley;



# ATHLETICS

HOME

GUEST



# Badminton Team

## GIRLS TRYOUT #2

(ALL GRADES)

**WEDNESDAY**

**MORNING @ 8AM**

**DEC 17 • BIG GYM**



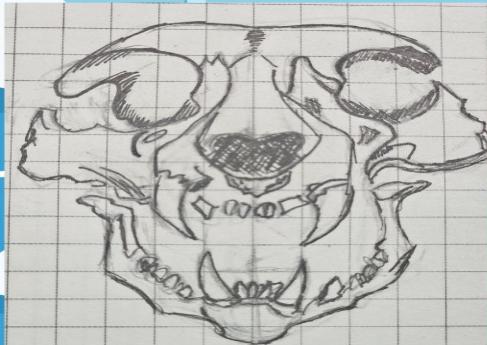
# ★ STUDENT RECOGNITION ★



# Phoenix Students of the Month

Elijah  
Ruiz-Der

For your outstanding  
contribution  
to student life and  
active learning.



Gina Ianni  
Palarchio

For putting the 'G" in  
grit, determination  
and attention to  
detail.

# PROFIL DE L'APPRENANT DE L'IB

## Novembre 2025 - COMMUNICATEUR Acquisition de langues (Français)



|                 |   |
|-----------------|---|
| SECONDAIRE<br>1 | 51 - Emily Whitford<br>52 - Geneviève Manweiller          |
| SECONDAIRE<br>2 | 51 - Daniele Settino<br>52 - Matthew Cutler               |
| SECONDAIRE<br>3 | 51 - Kanaya Clayton & Adam McLachlan<br>52 - Carina Craig |
| SECONDAIRE<br>4 | 51 - Sydney Chicoine<br>52 - Jeanne Langevin              |
| SECONDAIRE<br>5 | 51 - Samuel Gockley<br>52 - Tia Anzouino                  |





# PERFIL DE LA COMUNIDAD DE APRENDIZAJE DEL IB



# **Noviembre 2025 - MENTALIDAD ABIERTA**

## **Adquisición de lenguas (Español)**

|                                       |  |
|---------------------------------------|--|
| <b>2º GRADO<br/>DE<br/>SECUNDARIA</b> | <b>51 - Aaliyah Jasmine Gamra Ramirez</b><br><b>52 - Eva-Marisa Esposito</b> |
| <b>3º GRADO<br/>DE<br/>SECUNDARIA</b> | <b>51 - Leonardo Testa</b><br><b>52 - Alexander Fiorentino</b>               |





## COMMUNICATION SKILLS

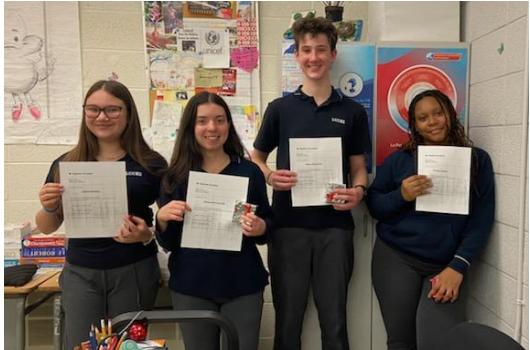
- Exchanging thoughts, messages and information effectively through interaction
- Listen actively to other perspectives and ideas
- Use intercultural understanding to interpret communication

## RESEARCH SKILLS

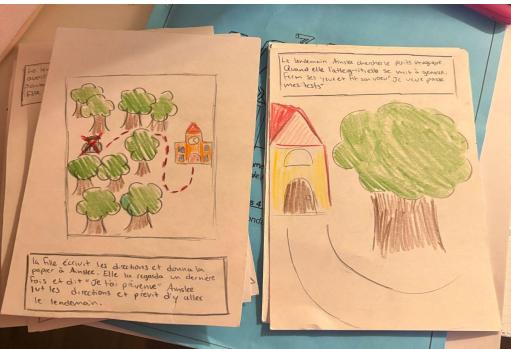
- Collect, record and verify data
- Use a variety of media to communicate with a range of audiences

# ATL SKILLS IN ACTION - November 2025

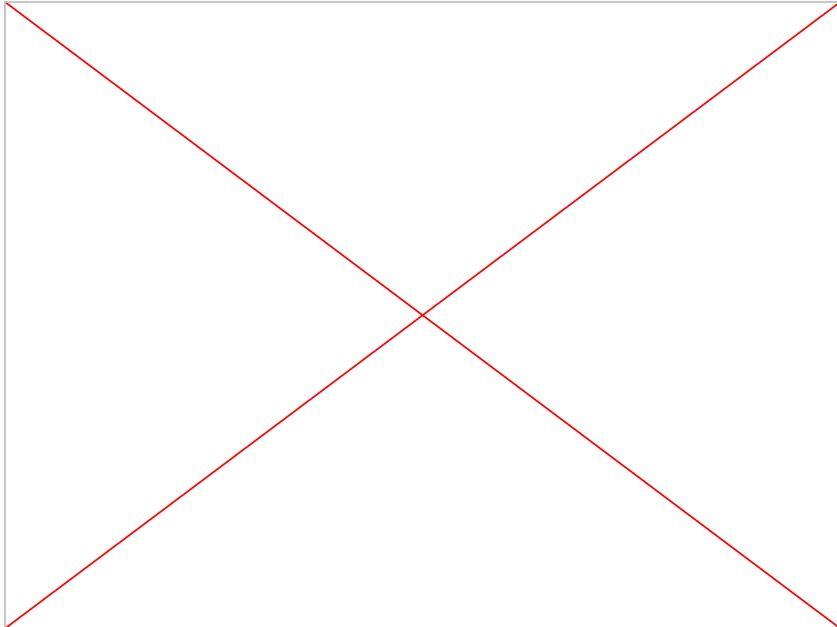
## Language Aquisition (French)



MYP Year 3 students created an original urban legend that blended mystery, suspense, and supernatural elements. The text was written in French and presented the characteristics of an urban legend: a realistic setting, unsettling events, a credible tone, as well as an implicit message or warning.



## SEC 5 FRENCH COLLABORATION WITH ALLION



### COMMUNICATION SKILLS

- Use a variety of speaking techniques to communicate with a variety of audiences



### SOCIAL SKILLS

- Help others to succeed
- Listen actively to other perspectives and ideas
- Encourage others to contribute
- Give and receive meaningful feedback



# School Activities

# Junior Lunchtime Activities

December 15 to December 19



**MONDAY**

**TUESDAY**

**WEDNESDAY**

BOARD GAMES  
C211

MINI DAY

**THURSDAY**

CHESS  
INNOVATION ROOM

**FRIDAY**

MINI DAY

**\*\*NOTE\*\***

Limit of 15 students per activity

Please be quiet in hallways

After  
School  
Activities

# LCCHS HOMEWORK ZONE

MONDAY, TUESDAY, WEDNESDAY & THURSDAY

3:45 - 4:45 PM

LIBRARY

- For all levels
- Help from teachers of different subjects

- Complete your assignments (computers available)

- Work alone or with friends
- Starting Sept. 29th!

**CRAFTS & CHATS IS CANCELLED**

The background features a dynamic, abstract design. It consists of several thick, glowing purple lines that curve and flow across the frame, creating a sense of motion. These lines are set against a dark, almost black, background. In the lower right quadrant, there is a subtle, faint grid pattern that suggests a digital or scientific theme.

**MONDAY**

# *Cooking Club* *In the Kitchen*

***Mondays***

*w/ Ms. Cynthia & Ms. Hughes*

***Tuesdays***

*w/ Ms. Lynda & Ms. Stephanie*

***Wednesdays***

*w/ Ms. Catherine & Ms. Caroline*

***Thursdays***

*w/ Ms. Cynthia & Ms. Catherine*

A close-up, low-angle shot of a person's hands stirring a dark-colored substance in a black pot on a stove. A large, billowing plume of white steam rises from the pot, filling the frame. The person is wearing a dark t-shirt and a gold ring on their left hand. The background is dark and out of focus.

Bring a container to take some food home.

# Weight & Strength Training



**Monday & Wednesday with Mr. Neill & Mr. Lucas  
Tuesday & Thursday with Ms. Julia & Mr. Omar**



# 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  
THRIVE ROOM

# WRESTLING

# MONDAYS



**With Mr. Jodon**  
**Combat Room**