

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 center, there is a blue circular overlay containing the school's name and the title of the publication. The foreground shows a concrete walkway and stairs leading up to the entrance.

LaSalle Community Comprehensive High School

DAILY HOWL

December 18th, 2025 | Day 5

**CAN YOU GUESS
THIS HOLIDAY
CLASSIC?**



1.57

-0.34



ANSWER:



1.57

-0.34



Happy Hanukkah

May your candles burn
bright this season

Dec. 14, 2025 - Dec 22, 2025





Today

SENIOR Gender & Sexuality Alliance (GSA)



To all 2SLGBTQI+ students & allies, come join our Gender & Sexuality Alliance (GSA) meetings!

- The GSA is a safe and inclusive space where we can come together to support and celebrate diversity.

Bring your lunch and join us in the library.



Day 5: Senior Lunch

TODAY!



Upcoming

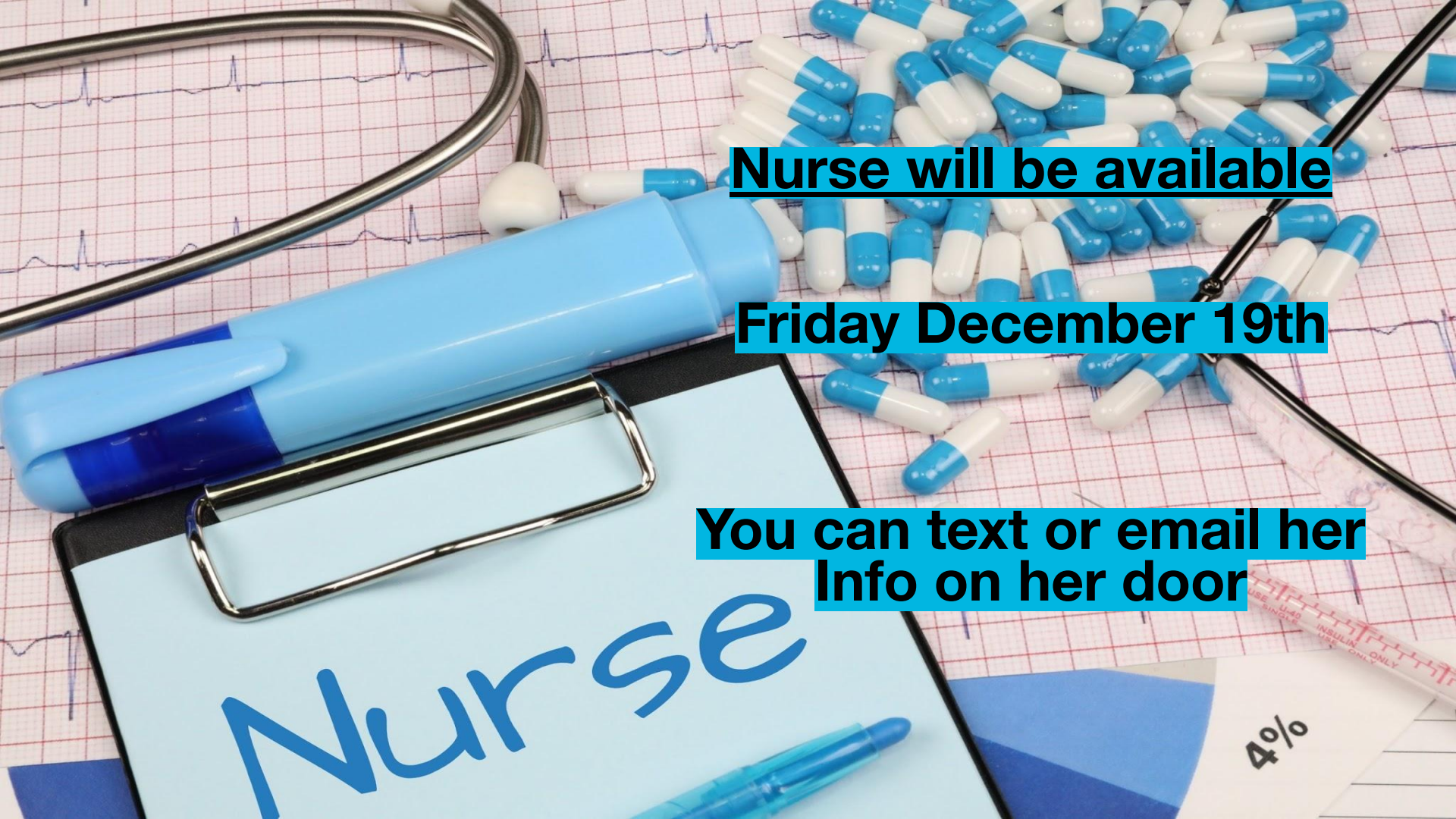


DRESS DOWN DAY

WEAR YOUR FAVORITE COMFY
CLOTHES TO SCHOOL



**FYI and
Reminders**

The background is a collage of medical-related items. At the top left, a silver stethoscope is partially visible. Below it, a blue and white pill bottle lies horizontally. To the right, a large pile of blue and white capsules is scattered. In the foreground, a clipboard with a silver clip holds a white sheet of paper. A blue pen is positioned at the bottom of the clipboard. The word 'Nurse' is written in large, blue, cursive letters on the paper. To the right of the clipboard, a small white card with '40%' written on it is visible. In the bottom right corner, a portion of a medical syringe with 'INSULIN' and 'ONLY' printed on it is shown. The entire scene is set against a background of pink grid paper with a faint blue ECG line.

Nurse will be available

Friday December 19th

**You can text or email her
Info on her door**

Nurse

40%



DISCOVER THE TRADES NOW



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
27th - 31st
Open to
ages 14-16

vacc@lbpearson.ca

SEND US AN EMAIL IF YOU'RE INTERESTED!

LEARN MORE



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

 | **Bluenotes** | **Foot Locker** | **ALDO**
ARDENE |  **TACO BELL** | **SAMSUNG** | **H&M** | 

& 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. 2nd - 4th (T-Th)

Dec. 9th - 11th (T-Th)

Dec. 16th - 18th (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;



★ STUDENT RECOGNITION



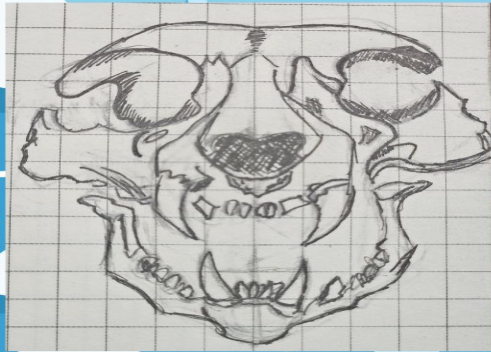
Phoenix Students of the Month

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

PERFIL DE LA COMUNIDAD DE APRENDIZAJE DEL IB



Noviembre 2025 - MENTALIDAD ABIERTA

Adquisición de lenguas (Español)

2º GRADO
DE
SECUNDARIA

51 - Aaliyah Jasmine Gamra Ramirez
52 - Eva-Marisa Esposito

3º GRADO
DE
SECUNDARIA

51 - Leonardo Testa
52 - Alexander Fiorentino

COMMUNICATION SKILLS

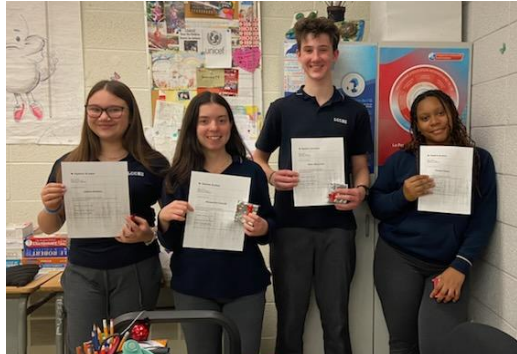
- Exchanging thoughts, messages and information effectively through interaction
- Listen actively to other perspectives and ideas
- Use intercultural understanding to interpret communication

RESEARCH SKILLS

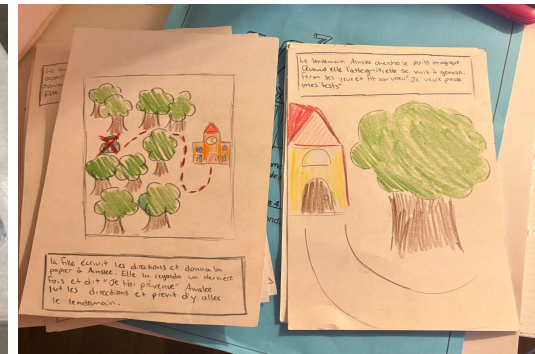
- Collect, record and verify data
- Use a variety of media to communicate with a range of audiences

ATL SKILLS IN ACTION - November 2025

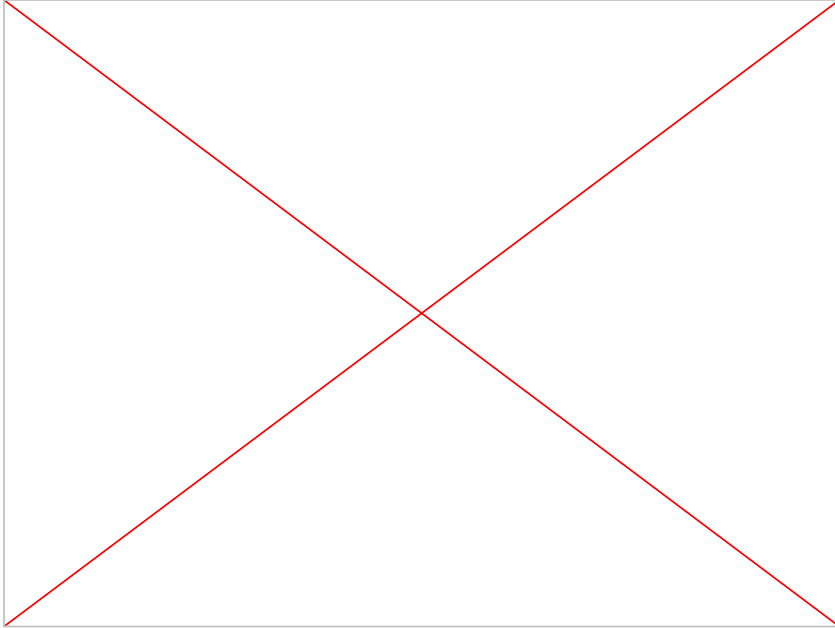
Language Acquisition (French)



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



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



- 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

FRIDAY

****NOTE****

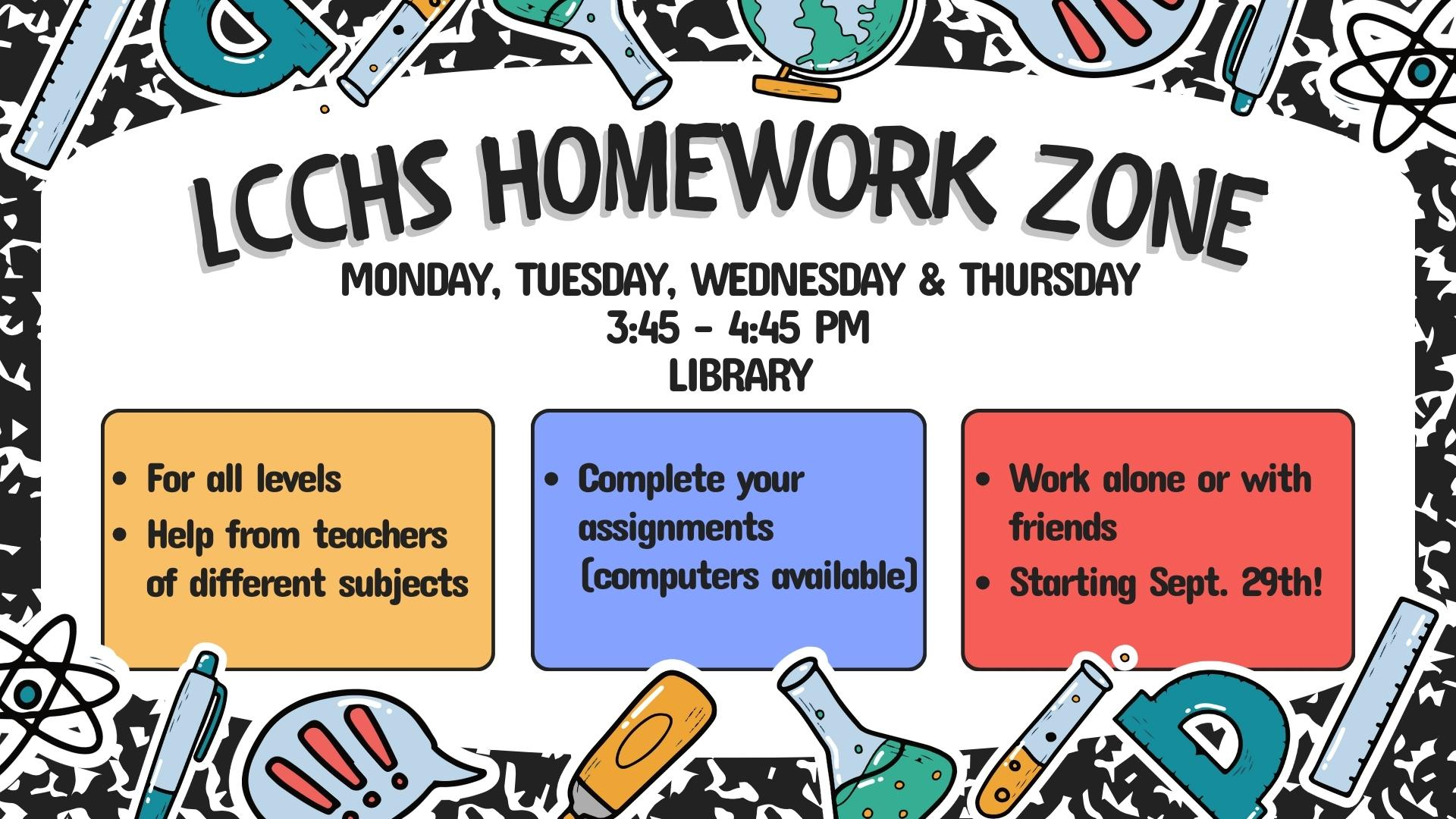
**CHESS
INNOVATION ROOM**

MINI DAY

Limit of 15 students per
activity

Please be quiet in hallways

After
School
Activities

The border of the poster is decorated with various science-related icons. At the top, there is a large blue letter 'G', a test tube with orange liquid, a flask with green liquid, a globe on a stand, a petri dish with red and white sections, and a blue pen. On the right side, there is a stylized atomic symbol. At the bottom, there is a blue pen, a speech bubble with three red exclamation marks, a test tube with orange liquid, a flask with green liquid, a petri dish with red and white sections, and a large blue letter 'D'.

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!



THURSDAY

A person in a dark shirt is cooking in a kitchen. They are holding a black spoon and a small black container. In the background, a pot on a stove is emitting a large amount of white steam. The scene is dimly lit, with the steam providing a bright contrast.

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

Bring a container to take some food home.

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 is a black banner with white text providing the schedule for the training.

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

JUNIOR

ROOM C268



DUNGEONS AND DRAGONS