



**LaSalle Community
Comprehensive High
School**

DAILY HOWL

January 6th, 2026 | Day 1



Tuesday Trivia



How many hearts does an octopus have?

00:30



Answer

Three

Upcoming

BAKE SALE

The bake sale will take place on

January 9

During Junior lunch and Senior
lunch.

\$1–\$2

FOR PROJET NOVATEUR

FYI and Reminders

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;



After School Activities

TUESDAY

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**



Junior Board Game Club

Tuesdays
in C211
With Ms. Hughes





Guitar Club

With Mr. Elkin

Tuesday's at 3:45-4:45

Music Room