



BEAR CLAUSE

Laurentian Regional High School
448 Argenteuil Avenue
Lachute, quebec J8H 1W9

Telephone: 450-562-8571; fax: 450-562-5494

Principal: Christina Shousha

To: All Parents and Students of LRHS

Dear L.R.H.S. Families & Friends,

This month we are pleased to share this edition of the Bear Clause with you. We invite you to read on and find out what currently is happening at L.R.H.S. and what events are coming to the school.

We are already officially in term III and term II report cards will be sent home with students upon our return from the March Break. On Thursday, March 13th, parents are invited to meet the teachers from 4-5 p.m. and 6-8 p.m. At 5:30 p.m., we will be offering an information session for parents in room 111 on LEARN and what it can offer students at this crucial time in the year in terms of assisting them in their learning.

- L.R.H.S. now has a P.P.O. If you would like to volunteer your time or join this parents' group, please contact Melanie Bujold at 450-562-8571. extension 8449. The first project that our P.P.O. will undertake will be to offer a soup lunch on March 21st.
- There will be a « Snow Day » Activity for students in Secondary I & II will take place on Friday March 14. Students have the opportunity to enjoy an outdoor Winter Activity and can choose between going tubing at Pays d'en Haut or downhill skiing/snowboarding at Morin Heights Ski Hill. We hope that all students will participate and we remind you to please return the permission forms to the office by the end of next week. Families who require financial assistance may contact the administration for assistance. Note that regular classes will not take place on that day.
- Our annual Variety Show will take place next Thursday evening at 7:30 p.m. Parents and friends are welcome to attend the evening performance. If not, you will be able to view it live at:

<http://www.ustream.tv/channel/lrhs-swlsb>.

We'd like to take this opportunity to wish our entire community a funfilled and safe March Break.

Christina Shousha, Principal

Claude Picard, Vice Principal

MARCH 3, 4, 5, 6 AND 7 WINTER BREAK

MARCH 10, PED DAY

MARCH 11, RETURN TO SCHOOL DISTRIBUTION OF 2ND TERM REPORT CARDS

MARCH 13, PARENT-TEACHER INTERVIEWS



La Persévérance Scolaire

Laurentian Regional High School celebrated the end of “La Persévérance Scolaire” week by surprising over 600 students with a nice warm hot chocolate as they got off their buses on the morning of February 14th. The students were greeted by staff and volunteer parents who gave them little encouraging words to start their day. The snow storm and mild weather made it a true winter wonderland and the morning was a huge success!

Melanie Bujold

CLC Lachute Coordinator

Laurentian Regional High School

450-562-8571 ext 8449



WIN A SEASONS SKI PASS

FOR 2014/2015 - FOR ANY MSSI HILL
WORTH APPROXIMATELY \$800

DRAWING MARCH 14TH

PRICE OF TICKET

\$2.00 FOR 1 & \$5.00 FOR 3

TICKETS CAN BE BOUGHT AT THE SCHOOL OFFICE
OR FROM SEC. V FACT AND FICTION STUDENTS



THE SEC. 5 FACT AND FICTION
STUDENTS WOULD LIKE TO
EXTEND A BIG THANK YOU TO ALL
PARENTS AND STAFF AT L.R.H.S.
FOR MAKING OUR COMEDY
NIGHT EUROPE TRIP FUNDRAISER
A BIG SUCCESS!

OVER \$2400 WAS RAISED



MARCH 14, 2014

SECONDARY I & II WINTER DAY

TUBING

DOWNHILL SKIING

SNOWBOARDING

Forms must be returned before

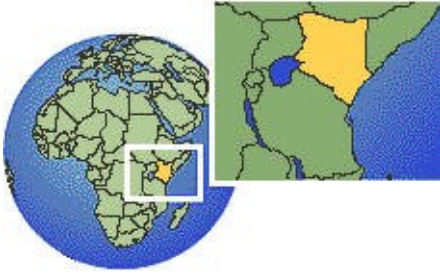
February 28th



CONGRATULATION TO THE WINNER
OF THE FACT & FICTION QUILT

PATRICIA MACDOUGALL





LRHS Holds Mini WE DAY

On Friday, January 17th to Saturday, January 18th the LRHS students of Free The Children planned and hosted a mini WE DAY. In addition to inspiring performances, sensitization activities and just plain fun, participants were pledged to fast for 24 hours. A group of students from Ste Agathe Academy and their teachers joined LRHS students to raise money for the Adopt-A-Village program that we have been supporting for the last few years. With the participation of both schools, donations of time from our maintenance department and support from the cafeteria we were able to raise \$3050 and finish the alternative income pillar for the village we support in Kenya. Next step: healthcare for the same village! Thank-you for all of your support.



VARIETY SHOW

FEBRUARY 27, EVENING PERFORMANCE

FOR THE PUBLIC, 7:30 P.M.

\$5:00 - CHILDREN & STUDENTS

\$8.00 - ADULTS

FEBRUARY 28

PRESENTED TO THE STUDENTS



The 2014 LRHS Variety Show will be streamed live on Thursday, Feb. 27th at 7:30 PM. You can watch the show at:

<http://www.ustream.tv/channel/lrhs-swlsb>



Scholastic Book Fair

LRHS Library

March 11th - 8:45-3:20 pm

March 12th - 8:45-3:20 pm

March 13th - 8:45-3:20 pm and
during parent-teacher Interviews.

See you at the fair!



PREPARATION FOR CONFIRMATION (ROMAN CATHOLIC)

- STUDENTS LEVEL 1 AND UP.
- INFORMATION/REGISTRATION MEETING SUNDAY, MARCH 9TH, 2014 FOLLOWING THE MASS AT 9:15 A.M., STE ANASTASIE CHURCH, 174 BETHANY ROAD, LACHUTE.
- CONTACT PERSON: BROTHER TERRY, 450-562-6964

Argenteuil's Club of Young Volunteers

The Community Learning Center based out of LRHS is proud to have helped form a wonderful new group! A motivated student had an idea to create a volunteer group of teenagers. With help from L.R.H.S. and the C.L.C., the group came to life. With approximately 30 students, the group's main mission is to offer teenagers the opportunity to learn and practice volunteering with community organizations on the MRC d'Argenteuil territory. Their first volunteer experience was volunteering at a local elementary school. The school was having a fundraising spaghetti supper and our group of volunteers went and helped organize and run activities in the gym. It was a huge success! Every volunteer had a wonderful time and are looking forward to their next opportunity to help out in the region. For more information about Argenteuil's Club of Young Volunteers, please contact Melanie Bujold at mbujold@swlauriersb.qc.ca or 450-562-8571 ext 8449.

Melanie Bujold

CLC Lachute Coordinator

Laurentian Regional High School

450-562-8571 ext 8449





On January 20th 2014, 200 of our secondary 1 and 2 students were treated to a visit from hip hop artist David Hodges. David Hodges is a respected music producer and gifted MC from Montreal. David blends soul, funk, rock and gospel in a fashion that combines the best of their individual elements, as his insightful rap narratives compel the listener not only to live life, but to craft it as thoughtfully and carefully as he does his music.



David spoke about issues that our students face on a daily basis. He talked about bullying, feeling alone, helping others and striving to follow our dreams. He engaged the students in a very interactive assembly. Students were singing, rapping and dancing with David.

To evaluate the effect his presentation had on the students, the Community Learning Center polled the student population about the presentation and the results were very positive! 95% of them thoroughly enjoyed the presentation. Almost 60% of the students admitted that the presentation made them want to be a person who helps other people and almost 50% of the students left the presentation feeling better about who they are.

Being a teenager in high school isn't always easy and we are very happy to see that this presentation had a positive impact on the students!

Melanie Buyold

CLC Lachute Coordinator

Laurentian Regional High School

450-562-8571 ext 8449



Argenteuil's Club of Young Volunteers

Argenteuil's Club of Young Volunteers got to experience their 2nd volunteer opportunity this past valentine's day. A group of 12 students were asked to help out with "Le Groupe relève pour les personnes aphasiques" (GRPA). The GRPA is a group of people who have suffered a stroke and are now living with a handicap. Our students were paired up with a member of the GRPA to work on a valentine's day craft together. Some of the members of the GRPA have varying degrees of speech or motor skill problems so the students had to find ways to communicate and facilitate the craft. We had one student that discovered that the person he was paired with spoke Spanish! So when they couldn't understand each other in either English or French, they carried on their conversation in Spanish! Both the GRPA members and the young volunteers had a wonderful time! Most of the volunteers were asking to see if we could repeat a similar activity with the GRPA.

The TVC d'Argenteuil was also present and interviewed us about our new group! Check it out:

<http://tvcargenteuil.com/2014/02/18/coup-de-coeur-pour-les-personnes-aphasiques/>

Bravo volunteers!

Melanie Bujold

CLC Lachute Coordinator

Laurentian Regional High School

450-562-8571 ext 8449



INFORMATION FOR FACT & FICTION EUROPE TRIP

WE ARE LESS THAN 3 MONTHS BEFORE DEPARTURE!!!!

We will have a meeting for parents and students on Tuesday, February 25th beginning at 6:30. The meeting will take place in Mrs. Petersen's room (Room 247, in the English Department). This meeting will most likely take about 2 hours. Please reserve the date. It is **VERY IMPORTANT** that at least one parent/guardian of each student attend this meeting.

Before this meeting I would like students to please hand in the following documents. ASAP:

- Confidential medical information form
- 2 colour photocopies of your passport. (Get a third copy made to keep in carry-on luggage during the trip).

At our meeting we will discuss the following:

- | | |
|-----------------------------------|--------------------------------------|
| • Itinerary | Flight information |
| • Tips | Passports |
| • Spending money | Luggage and carry-on |
| • Emergency telephone chain chart | International cell phones |
| • Curfew and disciplinary rules | And any other questions you may have |

Looking forward to seeing you there!

Mr. Foreman and Mrs. Petersen



Good afternoon,

The Montreal Impact Soccer Club has announced that their game on **SATURDAY, APRIL 5TH** is **SWLSB "GAME DAY"**.

TICKETS ARE SOLD IN ALL OF OUR SCHOOLS AND CENTRES.



All the Way with the
IMPACT

**SATURDAY,
April 5, 4pm**



VS



AT OLYMPIC STADIUM

SIR WILFRID
LAURIER
SCHOOL BOARD
MATCH DAY!



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD

\$11 PER TICKET (\$2 from each ticket sold goes to your school)
TICKETS SOLD IN ALL OF OUR SCHOOLS AND CENTRES



IMPACTMONTREAL.COM

Questions? Contact Elizabeth Thibault at 450 621 5600 extension 1426 or by email at ethibault@swlauriersb.qc.ca

Two students (1 elementary and 1 high school) will win a bursary of \$500 each. Winners will be invited on the field before the game to accept their bursaries. Students are nominated by their principal.

CLC Lachute is pleased to offer a videoconference on



Seniors: Protection from Exploitation and Abuse

This presentation will provide a glimpse at the various forms of abuse and fraud that seniors may be subject to. The Senior Aware program is a tool to sensitize seniors, professionals and the general public to the abuse and fraud to which seniors may be subjected as well as offer some prevention advice.

Presenter: Denise Cartier

In partnership with Réseau FADOQ – the largest association of Quebecers over 50

Free!



WHERE: The Community Learning Center at LRHS
448 Argenteuil Ave. Lachute Qc.

WHEN: Wednesday, March 26th 2014, 1:00—2:30 PM

TO RESERVE YOUR SPOT:

Call Melanie Bujold at 450-562-8571 extension 8449 or by email at mbujold@swlauriersb.qc.ca



Activités semaine de relâche

Lundi 3 mars 8:00 à 17:00 : Glissades sur tube 5\$

Mardi 4 mars 13:00 à 21:00 : Souper Cabane à sucre
GRATUIT sur inscription.

Mercredi 5 mars 13:00 à 21:00 : Souper Pizza burger, Hockey Cosom, activités extérieurs.
GRATUIT sur inscription.

Jeudi 6 mars 13:00 à 21:00: Souper spaghetti et soirée films.
GRATUIT sur inscription.

Vendredi 7 mars 18:30 à 22:30 : Disco de la relâche Coût : 2\$

Feuille d'inscription disponible au local.

70 rue Hamford, Lachute C.P. : 533

J8H 3Y1