



Registration Information

- Registration is on a first come first serve basis except for RSEQ sports teams where there will be try-outs to determine the team's rosters.
- Administration has the authority to cancel or change an activity at any time.
- Code of Conduct is in effect during all activities. Teachers and coaches may refuse participation in activities due to misbehavior. Please refer to our code of conduct available [here](#).

LATE DAY BUSES – Students wishing to take late day buses must sign up to use this service by lunchtime on the day of the scheduled activity.

How to Register

There will be the annual ECA Fair day on Wednesday September 4th, 2024, during the lunch break from 11:30 – 12:30. Information from coaches and teachers and sign- up sheets will be available in the lower activity area. For all the Fall/ Winter RSEQ sports teams there will also be try-outs whereby final team rosters will be made by the end of September. For these sports and Fall Flag Football, practices will get under way almost immediately with practices and tryouts starting the week of Sept. 9th. Students have until Friday September 20th, 2024 to register taking into consideration that some sports, as mentioned earlier will start right away. As much as possible, practice schedules will be made to accommodate students wishing to play on more than one team.

LUNCHTIME ACTIVITIES

Yoga – Drop In Ms. Vero

Yoga is proven to help with concentration, flexibility, stress reduction as well as improving both academic and sports performance!

Days for Girls www.daysforgirls.org Ms. Vero

You are invited to join the fight for menstrual equity, health, dignity and opportunity for girls and women around the world. We will help create reusable menstrual kits for girls to be distributed internationally and also think of ways to raise money to fund these kits.

Chill Lounge – Sec 1 & 2 – Drop in Miss McCullough

Bring your lunch and come chill with Ms. McCullough and friends We will listen to music while you can do any quiet activity that interests you. (Reading, Drawing, chatting with friends, making bracelets, etc.) A quiet, relaxing place to de-stress and relax.

Board Games Club Mr. Young

The goal of this club is to provide a place at lunch time where kids can go to socialize though playing board games, and develop their skills and techniques. Drop-in Activity – but you must sign up.

Chess Club Mr. Judd

Learn the game, work on strategy and improve your chess mastery!

Diversity, Equity and Inclusion (DEI) Club Ms. Jette & Mrs Matthews

The Diversity, Equity and Inclusion Club of LRHS will explore: Dimensions of Diversity, Power and Privilege, Social Action, Allyship, Conflict mediation, Bias, Prejudice and Discrimination. The See Different program introduces the important fundamentals of DEI, including exploring

DEI language and terminology, building awareness of different dimensions of diversity, and understanding Canada's history of systemic racism and discrimination. As students move through the program, they will develop a deeper understanding of the topics of bias, equity, and allyship, culminating in the creation and implementation of a project that will help them enact change in their own communities and schools.

Weight Room Mr. Judd, Mr. Nicholson, Miss Wicki

Learn about proper form to use free weights, universal machines and different exercises to increase core strength, flexibility and muscular strength. All skills and levels are encouraged to join. Learn FITT techniques, and design your own program to get the workout that YOU want! If enough sign up, SEPARATE DAYS FOR LADIES ONLY will be programmed

Yearbook Committee Ms. McCullough and Ms. Mittan

Learn about digital communications, photography, and graphic layout. Be part of student life by capturing amazing school memories that will be immortalized in the Yearbook! Great fun for creative minds, photographers and story tellers.

Gaming Club Mr. Young

VIDEO GAMES! Come and interact with others who love gaming as much as you do with this fun club! Talk games, play games and find new non-violent games to play?!

Leadership Miss Sherry, Miss Kennedy, Miss Demers

This committee helps teachers to run and assist with activities at LRHS. Such as: Terry Fox Run, Variety Show, Theme Days, Dance and/or Music show.

Music Club Mr. Stagg

The club is for music students only. Because space is limited, there will be a sign-up sheet posted outside the music room on the days that we meet.

The Music Club is an opportunity for students to jam, try new instruments, and work on some fun songs. Come on by and have some fun. You may just learn a thing or two.

Art Club – Drop in Ms. T, Mme Denis

Pursue your passion for art in all its forms! This club is open to all. Students can work on projects, learn about new mediums and learn or improve on new skills.

Tech Crew Mr. Foreman

Learn how to run the sound, lighting and AV production to run shows at LRHS! Have the best view in the house of EVERY MAJOR EVENT while learning a trade that can open endless doors in the future.

Dance Party – Drop In Mme. Denis

Get ready to move, dance and release your energy with loud, high-energy music to make you feel great! Prepare to rock hard!

Grad Committee Ms.Malis, Ms. T, Miss Jette

The grad committee is responsible for organizing events, fundraisers and gifts for the grads of 2025. All we need to make this year one to remember is YOU!

Lunchtime Intramurals Miss Charlotte and the Phys Ed dept.

Sign Up for a lunch time round robin league of Basketball, Volleyball, Flag Football, or Badminton. Competition will be amongst other LRHS students

Remembrance Day Mr. Foreman and Ms Vero

An annual Remembrance Day ceremony is presented to students, staff and invited dignitaries by the Sec 5 Fact and Fiction class. Auditions will be held for singers, musicians and military cadets who wish to participate in this great show

Fantasy Club Ms. Mittan

Get together to engage in all things Science Fiction or Fantasy. (*Star Wars, Lord of the Rings, Harry Potter, Dungeons and Dragons* to name but a few). Students are encouraged to introduce their own interests to club members and come for a relaxing yet fun lunch hour!

Battle of the Books Ms. Jetté and Ms. Forget

The Battle of the Books is a fabulous opportunity for young readers! Each year in April, the "Battle of the Books" teams from participating schools in the region compete, through a process of elimination, to win a gold trophy for their school. The idea is to read, discuss and thoroughly analyze chosen books then prove, through a series of selected questions, that your team has read and understands the stories better than anyone else

AFTERSCHOOL ACTIVITIES

Basketball - RSEQ Miss Charlotte

1 afterschool practice/week/team. Games are on weeknights for Seniors and Saturdays or Sundays for Juniors and Cadets. Seasons run from October through April with 10-12 games scheduled/team. Juniors and Cadets play a minimum of 2 games/outing representing 4-6 tournaments/season. The schedule of games/tournaments will be confirmed by the coach when teams are confirmed. There will be a fee of \$125 per student to participate in this sport.

Futsal and Soccer - RSEQ Eric Coulombe, Megan Ranger and Ms. Zalavolgyi

1 afterschool practice/week/team. Games are on weeknights for Seniors and Saturdays or Sundays for Juniors and Cadets. Seasons run from October through April with 10-12 games scheduled/team. Juniors and Cadets play a minimum of 2 games/outing representing 4-6 tournaments/season. The schedule of games/tournaments will be confirmed by the coach when teams are confirmed. There will be a fee of \$125 per student to participate in this sport.

Volleyball RSEQ Ms. Kennedy

1 afterschool practice/week/team. Every level of volleyball play tournaments on Saturdays or Sundays. Seasons run from October through April with 10-12 games scheduled/team. Juniors and Cadets play a minimum of 2 games/outing representing 4-6 tournaments/season. The schedule of games/tournaments will be confirmed by the coach when teams are confirmed. There will be a fee of \$125 per student to participate in this sport.

Flag Football RSEQ Patrick Hall, Kerry Cruise and Mr. Carrier

1 afterschool practice/week/team. Games are on weeknights for Seniors and Saturdays or Sundays for Juniors and Cadets. Juniors and Cadets play a minimum of 2 games/outing representing 4-6 tournaments/season. Fall Flag Football runs September through October and the Spring league runs April through May. The schedule of games/tournaments will be confirmed by the coach when teams are confirmed. There will be a fee of \$125 per student to participate in this sport.

Hockey - RSEQ Mr. Nozzi and Mr. Cass

Students must have their own equipment to participate in this ECA. Presently no practices are scheduled so students will only participate in tournaments. The schedule of games/tournaments will be confirmed by the coach when teams are confirmed. There will be a fee of \$125 per student to participate in this sport.

Rugby Miss Kennedy

Rugby practice once a week after school and one exhibition game. OPEN TO ALL PLAYERS

AAL – Autism and the Arts in the Laurentians Jaime Bisailon

At this creative club, a broad range of activities are offered: anything from painting, sculpting, crafting, animation, filming, singing, band and drum circles, and more! AAL hosts a new art-focused presenter every Wednesday, so things always stay exciting and engaging! This activity is an extra-curricular activity for LRHS; however you do not have to be a student of LRHS to attend. The group meets every Wednesday from 3:30 – 5:00.

For more information go to: info@4korners.org

LRHS Equestrian Club Mrs. Silverson

Do you LOVE horses and would love to spend some time riding in the fresh air? This group has a planning meeting 1x per cycle at lunch, and a riding or horse related outing once per month. No riding experience required!

Thrift Shop and Sewing Club Madame Crevier and Ms. Stites

Do have a passion for fashion? Would you like to learn how to sew, alter garments and tailor clothing to your own unique style? Students will also run the school thrift shop selling new and gently used items as well as design, sew and create items for purchase.

Powerlifting Club Guy Marineau

To learn more about this sport, please visit the website at: fedhaltero.qc.ca.

This Club is **not** an official ECA with the school, but it is hosted in the school. Because of this, there is a **yearly membership fee for this club**. It runs from September 2024 to June 2025 and the hours may not coincide with our late day transportation.

Ski Club Mme. Plante, Mr. Judd, Mr. Carrier

The Ski Club is for intermediate or advanced skiers and snowboarders ONLY.

Ski trips are offered for free to all of our students. The cost is covered by a government measure.

Please note that a student may be denied participation in this activity if they are not in good academic standing and/or do not demonstrate good in-school behavior.

IMPORTANT:

- Parents **MUST** arrange to have equipment brought to and from school on the day of the event. The school is **NOT** responsible for lost or damaged equipment. We will **NOT** store equipment overnight at the school.
- The students will leave LRHS in the morning and be back at school for their regular bus.
- Students must have their own equipment. No rentals will be available for this school outing.
- **Students will NOT be able to rent equipment at the ski hill.**

This season there will be one outing for sec 1's and 2's, one for sec 3's, 4's and 5's and one to Mont Blanc for the whole group. There will be 40 available spaces and registration is on a first come, first served basis

Kitchen Brigade – La Tablée des chefs Ms. Charlotte

A professional chef teaches budding foodies how to prepare, cook and present delicious, healthy food, and have competitions against other schools.

10-week Photography Course Tanis Saucier

Learn the basics of photography in this amazing course, hosted by award-winning Photographer Tanis Saucier.

Drama Club Ms. Lizzie, Ms. Peterson

CALLING ALL THESPIANS! Get bitten by the acting bug in this amazing ECA! Your love of the performing arts will be brought to the next level, with the possibility of two performances!