



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 the ECA section in the code of conduct for more details.

LATE DAY BUSES –* (Presently not available)- If the annual budget allows and late day buses are reinstated, students wishing to use this service must sign up by lunchtime on the day of the scheduled activity. As much as possible, carpooling and pick-up are strongly recommended.

How to Register

There will be the annual ECA Fair day on Wednesday September 3rd, 2025, 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 Winter RSEQ sports teams there will be try-outs whereby final team rosters will be made by the end of September. Fall Flag Football team selection and practices will get under way almost immediately with practices and tryouts starting the week of September 8th, 2025. Fees will apply to students participating on RSEQ teams. More info will follow.

LUNCHTIME ACTIVITIES

Student Voices Sara, CLC Coordinator

Want to have a say in what's happening at our school? Join *Student Voices*! This group is a space to share your ideas, give feedback, and hear about new projects and activities. We'll talk about what matters to you and how we can make our school even better. This group will meet on occasion, during lunch hour.

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.

Board Games Club Mr. Young and Mr. Patrick

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!

Homework Club Drop-in Miss Whicher

For those who want a different/quieter space to catch up on work or need some help and their teacher isn't available for remediation that day. This group will take place Days 2 and 7 in room 172A

Weight Room Mr. Judd, Mme Madore, 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

AI Extracurricular Activity Tammy Mackenzie

AI is a set of technologies that are having a major impact on many aspects of our lives. AI club is fun, interesting and empowering and will help students to understand AI's full potential. This will be an after school activity. Each session is based on a social/technical question chosen by the students in the AI Club. We will discuss, practice, research, brainstorm and build

Tae Kwon Do Miss Ann Bibeau (Black Belt)

Come out and let off some steam learning the wonderful Korean art of self-defense! No experience necessary just comfortable clothing and a good attitude

Yearbook Committee (Advisor to be determined)

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.

LRHS Choir - Mr. Stagg

This club is open to all students. If to sing is your thing, this is the place for you!

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, 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.

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 Gaming Club Ms. Mittan

Fantasy gaming club provides a fun environment for students who love all things fantasy! While many games are available to members, the club's biggest attraction is Dungeons and Dragons. Whether a Level 1 or 20, all students are welcome at the table to roll the dice and join the adventure!

Next Gen Men Mr. Efford

Build stronger friendships with your peers, explore new perspectives, and figure out the kind of young man you want to be — all while sharing lunch together. Join our Next Gen Men group. Open to boys, young men, and nonbinary students who feel comfortable in this space.

Girl's Group Ms. Mawdryk

A safe meeting place for girls where they can express their feelings, their insecurities, their worries, their fears, talk about problems, ask questions, share successes, and understand that they are not alone. The adult women in the group support the girls and serve as role models.

Walking Club Ms. Wicki

Walking Club is a program for students who love the great outdoors and are interested in using the walking trails during their lunch hour! Students are welcome to join other outdoor enthusiasts for a beautiful and relaxing stroll through the woods surrounding LRHS.

The Reset Room Ms. Garon and Ms. Lepore

A calm, welcoming space where students can relax and recharge through activities like coloring, puzzles, vision boards, journaling, board games, and other low-stress activities. Our goal is to support student well-being, creativity, and connection.

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!

AFTER SCHOOL ACTIVITIES

*Due to bussing uncertainty, some Junior RSEQ teams will probably practice during lunch hour instead of after school. More info to follow.

*The schedule of practices and games/tournaments will be confirmed by the coach once teams are confirmed.

Basketball - 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.

Futsal and Soccer - 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.

Volleyball - 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.

Flag Football 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.

Hockey Mr. Nozzi and Mr. Cass

Students must have their own equipment to participate in this ECA. Practices will be scheduled when possible throughout the year. Teams participate in approximately 5 full day tournaments from November through March

All the above teams compete within the RSEQ.

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

AAL is a welcoming club where neurodivergent teens can explore creativity through hands on art activities. Each week combines creative exploration with opportunities to build life skills, boost confidence, and enjoy meaningful social interactions; all in a safe, inclusive environment. The group meets Wednesdays from 3:30 – 5:00.

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

Thrift Shop and Sewing Club - Madame Crevier

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.

Kitchen Brigade – La Tablee des chefs - Ms. Cere

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 (possible Spring Activity) Tanis Saucier

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

Ethics Bowl Robin Vero

Ethics Bowl Canada is a nationwide competition where high school teams discuss and analyze complex ethical dilemmas in a collaborative, respectful format. Unlike traditional debates, the focus is on dialogue, reasoning, and exploring multiple perspectives rather than winning an argument. It aims to build critical thinking, empathy, and civic engagement by encouraging students to engage deeply with real-world moral issues. Last year, one of our teams qualified for the national competition in Winnipeg! Students are invited to join our 2025-2026 team. Please see Ms. Vero to express interest. Practices will take place after school and at lunch.

