



**LaSalle Community
Comprehensive High
School**

DAILY HOWL

January 7th, 2026 | Day 2



WACKY WEDNESDAY



DID YOU KNOW?

January 1st became the official start to the New Year in about 45 BC when Julius Caesar introduced the Julian Calendar

January is named for Janus, the Roman god of doors, gates and transitions.

Upcoming

BAKE SALE

The bake sale will take place on

January 9

During Junior lunch and Senior
lunch.

\$1–\$2

FOR PROJET NOVATEUR

INFORMATION MEETING THURSDAY, January 8, 2026
@1:10PM Science Lab



SONIC HOWL

FYI and Reminders

Start your day with breakfast

Free breakfast in the cafeteria

from 8:15am to 8:45am

Please note the dates

Jan. 8th (Th)

Jan. 13th - 15th (T-Th)

Jan. 20th (T)



Breakfast will be served on Exam Days



Before sending a student to the office, please always call first. Extension 20309 - Room In the Administration Office.

Text Me!

Confidential and Free Services

- Vaccination
- STI screening and treatment
- Hormonal contraception prescription
 - Emergency contraceptive pill (Plan B, morning-after pill)
 - Pregnancy test
- Free condoms
- Abortion referral/follow-up
- Contraception and STI information

The nurse has NO medication.

YOUTH CLINIC 14 to 24 years old (CLSC LaSalle)
8550 Newman Blvd.
(bus 106, next to Scores)
Make an appointment by visiting the Clic Santé website:
<https://portal3.clicsante.ca/>

EMERGENCY 911
INFO-Santé or INFO-Sociale
811

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 2026			01	02
05	06	07	08 Present Present	09 Present Present
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

You can call me or text me when I am not present in school!

Sabrina James **514-820-9564** sabrina.james.comtl@ssss.gouv.qc.ca

*You can give this number to other students.

Text me!

Nurse will be available

Thursday January 8th
Friday January 9th

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

Nurse

4%

Lunch Time Activities

Junior Lunchtime Activities

January 5 to January 9



MONDAY

PED DAY

TUESDAY

BOARD GAMES
C211

WEDNESDAY

BOARD GAMES
C211

THURSDAY

FRIDAY

BOARD GAMES
C211

****NOTE****

Limit of 12 students per activity

Please be quiet in hallways

After School Activities

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!

Drama Club

Starting in February

**Develop performance skills
while expressing yourself
through facial and body
language.**

**With Montreal's own actor
TRISTAN LALA**

**Please see Ms. Cassandra for
more information.**



JEWELRY MAKING IS CANCELLED TODAY

**CRAFTS & CHATS IS CANCELLED UNTIL FURTHER
NOTICE**

WEDNESDAY

SENIOR

C269



DUNGEONS AND DRAGONS



LEARN ABOUT SKINCARE & MAKEUP WITH MS. NESRINE WEDNESDAYS ROOM B217



COME ONE, COME ALL

WEDNESDAYS, MUSIC ROOM

Guitarists, bassists, drummers, keyboardists, sax-ists (is that a word?!?), didgeridoo players, and SINGERS!

All instruments welcome—bring yours or use ours.

VOICE IS AN INSTRUMENT too, but singers must bring their own!

MICROPHONE SING and PLAY your favorite songs! GUITAR

The repertoire will depend on the taste of the players—all styles welcome!





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**