

The background image shows the exterior of LaSalle Community Comprehensive High School. The building has a modern design with a grey, textured facade and large windows. A Canadian flag is visible on the left side of the building. In the foreground, there are concrete steps leading up to the entrance, flanked by metal railings. A large blue circle is overlaid on the center of the image, containing the school's name and the title of the publication.

# **LaSalle Community Comprehensive High School**

**DAILY HOWL**

**January 8th, 2026 | Day 3**

00:30

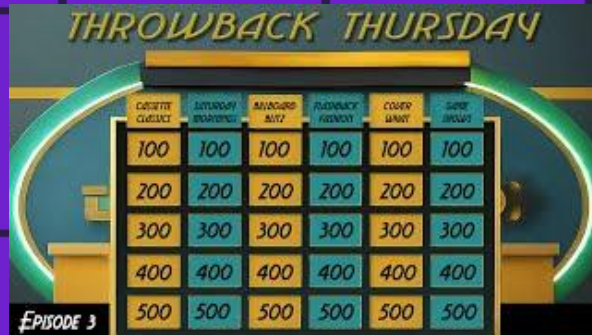
# Throwback Thursday

*Can you name this throwback song?*



# Throwback Thursday

*Can you name this throwback song?*





Today

Please put your bins in the hallway on  
Thursday, January 8, Period 2



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



**SONIC HOWL**

# JUNIOR Gender & Sexuality Alliance (GSA)



To all 2SLGBTQI+ students & allies, come join our Gender & Sexuality Alliance (GSA) meetings!

**Day 3: Junior Lunch**

- The GSA is a safe and inclusive space where we can come together to support and celebrate diversity.

**TODAY!**

**Bring your lunch and join us in the library.**



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**

# Students taking the **HISTORY SUPPLEMENTAL EXAM,**

Ms. Milton will host exam prep sessions next week:

## WHEN:

- Monday, January 12
- Wednesday, January 14
- Friday, January 16
- After school, from 3:40 to 4:40/5:00

## WHERE:

- C203 (Ms. Milton's classroom)

We will do a practice exam together, so it would be good to attend all 3 sessions!

Make sure you study beforehand. This is a practice exam session, not a review session.

See Ms. Milton for any questions.

**EXAM DATE: MONDAY, JANUARY 19, 9:00 AM - 12:00  
PM**

# Start your day with breakfast

Free breakfast in the cafeteria

from 8:15am to 8:45am

Please note the dates

Jan. 8th (Th)

Jan. 13<sup>th</sup> - 15<sup>th</sup> (T-Th)

Jan. 20<sup>th</sup> (T)

Breakfast will be served on Exam Days





# LCCHS Mid-Year Exam Schedule

Thursday, January 22nd to Tuesday, January 27th 2026



|    | Wednesday                 | Thursday  | Friday  | Monday  | Tuesday   |
|----|---------------------------|---|---|---|---|
|    | January 21st              | January 22 <sup>nd</sup>  | January 23 <sup>rd</sup>  | January 26th  | January 27th  |
| AM | Regular scheduled Classes | 9am - 12pm: French Exam (grade 7)<br>9am - 12am: French Exam (grade 8)<br>9am - 12pm: Social Studies Exam (grade 9)<br>9am - 12pm: Social Studies Exam (grade 10)<br>9am - 12pm: French Exam (lecture) (grade 11)<br><br>12- 1:00: extra time | 9am - 12pm: Math Exam (grade 7)<br>9am - 11am: Math Exam (grade 8)<br>9am - 12pm: Math Exam (grade 9)<br>9am - 12pm: Math Exam (grade 10)<br>9am-12pm: Math Exam (grade 11)<br><br>12- 1:00: extra time | 9am - 11am: Social Studies Exam (grade 7)<br>9am-11am: Social Studies Exam (grade 8)<br>9am - 12pm: French Exam (grade 9)<br>9am - 12pm: French Exam (grade 10)<br>9am-12pm: French Exam (grade 11)<br><br>12- 1:00: extra time | 9am - 11am: Science Exam (grade 7)<br>9am-11am: Science Exam (grade 8)<br>9am - 12pm: Science Exam (grade 9)<br>9am - 12pm: Science Exam (grade 10)<br>9am - 12pm: Chemistry (grade 11)<br><br>12- 1:00: extra time |
| PM |                           | Scheduled tutorials   | Scheduled tutorials<br>1pm - 3pm: Spanish Exam (grade 8)  | Scheduled tutorials<br>1pm - 3pm: Physics (grade 11)<br>1pm - 3pm: Spanish Exam (grade 9)   |   |

Please note that our school cafeteria will be closed on these days.  
There will be NO BUSING for cycle 1 students during exam period

# JANUARY MID TERM EXAMS

# Reminders

**You are responsible for knowing when your exams are.**

**Locations of the exams will be posted on windows of the Innovation Room the morning of your exam.**

**If you are more than 30 minutes late, you may not be allowed to write the exam. Please be ON TIME!**

**If there is an emergency, call the school.**

**Special accommodations:**

**Do not go to the exam room.**

**Cycle 1 (Grades 7–8): Students with a computer or assistive technology should go to the cafeteria on the morning of the exam. Room lists will be posted by the cafeteria doors. For Cycle 2 (Grades 9–11): Class lists will be posted outside the music room.**

**Please bring wired headphones.**



# JANUARY MID TERM EXAMS

## **MORE REMINDERS**

- Students are asked to leave all personal belongings including phones and earbuds in their lockers.
- Please go to the washroom before your exam starts. You will only be allowed to leave the classroom with an adult supervisor.
- You must be in SCHOOL UNIFORM.
- Neither exam invigilators nor the office will have supplies to lend you. Please bring your own supplies! Borrowing will NOT be permitted.
- Cell phones, smart watches, earbuds are NOT to be used for any reason (not even as calculators or as a watch). Should be left in your locker or at home.
- Students caught with a cell phone/smartwatch during exams will be given a ZERO.

### Leaving the exams:

- Leave in SILENCE.
- Go straight to the mall area or cafeteria.
- Lunch services will not be offered during exams.
- Breakfast will be provided every morning in the cafeteria from 8:30a.m. to 8:50a.m.
- There will be NO BUSING for Cycle 1 students on exam days.



**YOU GOT THIS!**



# Exam Reminders

- **Be ON TIME**
- **Belongings stay in your locker.**
- **No phones/smart watches/ earbuds allowed.**
- **Exam rooms posted in front of Innovation room each morning.**
- **Go to the bathroom BEFORE your exam.**

**YOU GOT THIS!**  
**BEST OF LUCK!**

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



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

| MONDAY       | TUESDAY | WEDNESDAY | THURSDAY              | FRIDAY                |
|--------------|---------|-----------|-----------------------|-----------------------|
| January 2026 |         |           | 01                    | 02                    |
| 05           | 06      | 07        | 08 Present<br>Present | 09 Present<br>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](mailto: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.**



步步惊心

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

The background is a dark, textured surface. On the left side, there are several bright purple, wavy, smoke-like or liquid-like streaks that flow horizontally across the frame. On the right side, there is a faint, intricate spider web pattern that covers the area. The overall color palette is dark with a vibrant purple accent.

**THURSDAY**

JUNIOR

ROOM C268



DUNGEONS AND DRAGONS

# *Cooking Club* *In the Kitchen*



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## *Mondays*

*w/ Ms. Cynthia & Ms. Hughes*

## *Tuesdays*

*w/ Ms. Lynda & Ms. Stephanie*

## *Wednesdays*

*w/ Ms. Catherine & Ms. Caroline*

## *Thursdays*

*w/ Ms. Cynthia & Ms. Catherine*

**Bring a container to take some food home.**

# **Weight & Strength Training**

A full-page background image of Arnold Schwarzenegger flexing his right arm and leg. He is wearing a red tank top and red shorts, with a white and blue striped sock visible on his right leg. He is holding a dumbbell in his left hand. The background is a solid blue color.

**Monday & Wednesday with Mr. Neill & Mr. Lucas**  
**Tuesday & Thursday with Ms. Julia & Mr. Omar**