



**LaSalle Community
Comprehensive High
School**

DAILY HOWL

January 21st, 2026 | Day 6

WACKY WEDNESDAY



It is based on the unique shape, texture and patterns on the tongue.

DID YOU KNOW?

Each person has a unique tongue print.



Today

WEDNESDAY, JANUARY 21: DRESS DOWN DAY

For Projet Novateur
Appropriate school attire!

\$2

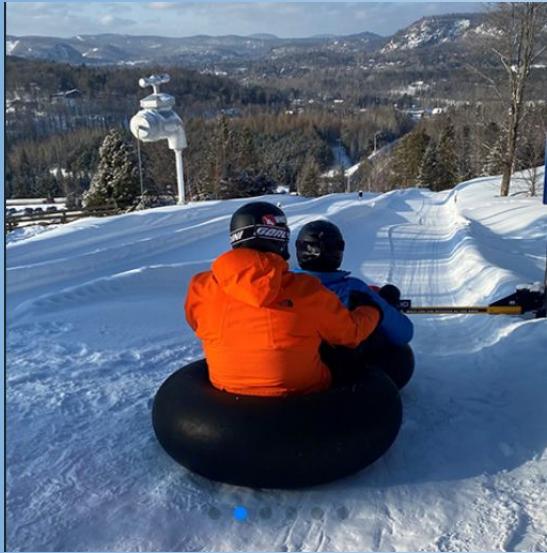
Please put your bins in the hallway on
Wednesday, January 21, **Period 7**



Upcoming



LCCHS WINTER CARNIVAL DAY



February 25, 2026

SKIING AND TUBING



DEADLINE for
forms & payment:
JANUARY 31



**Space is
limited!**



LCCHS WINTER CARNIVAL DAY



February 25, 2026



SKIING AND TUBING



LAST DAY to sign up



NEXT THURSDAY



JANUARY 29!!!

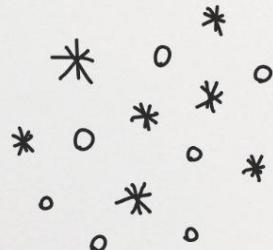
Space is limited!

What is TUBING, you ask?



LOVE

MEDIA ARTS PROGRAM



TO SIGN UP,
SEE
MS. JOANNE!



Greater
than
anything

LOVE



Helping Your
Community



2026 St. Patrick's Parade Banner Carriers needed

**Sunday, March 22
11 am to 4 pm**

- 40 spots
- IB Hours granted

Interested? tgesto@lbpearson.ca
or sign up outside of C-220

A vibrant collage of school supplies on a yellow background. It includes a green triangle ruler, a yellow pencil, a blue pencil, a pink notepad with yellow pushpins, a blue calculator, a yellow pushpin, a red protractor, a blue and yellow highlighter, a blue and yellow eraser, a blue and yellow pencil, a blue and yellow ruler, and a blue and yellow pair of scissors. A large white lined notepad is positioned in the center, tilted slightly, with the text 'FYI and Reminders' written on it in a dark blue, bold, sans-serif font.

FYI and Reminders



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 Present	14 Present	15	16 Present Present
19	20 AM Present PM Present	21 AM Present PM Present	22	23 AM Present PM Present
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

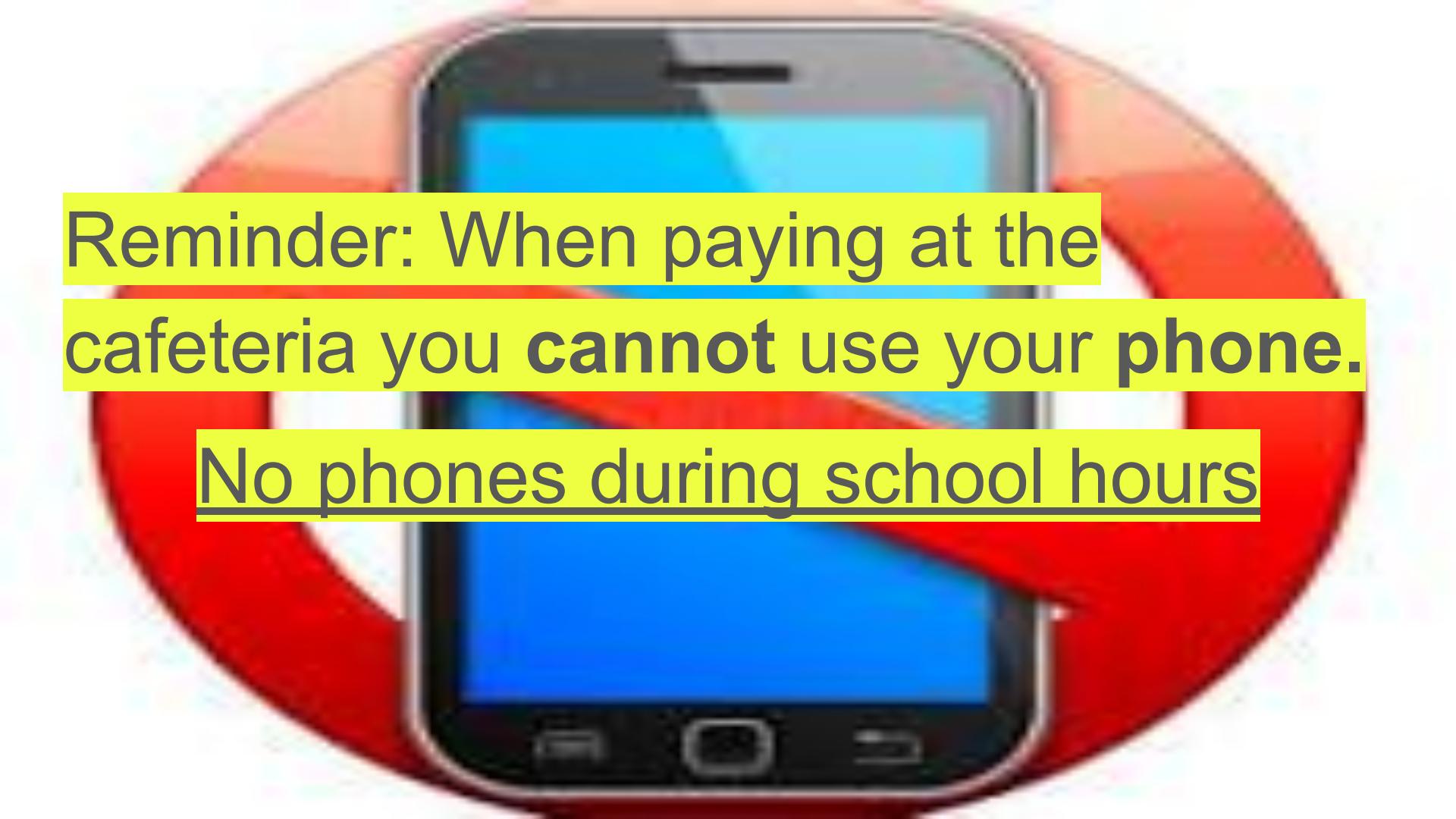
*You can give this number to other students.

Text me !

Nurse

4%

USE SINGLE U-40
INSULIN ONLY

A red and white striped lanyard is wrapped around a small, dark-colored smartphone. The phone has a blue screen and a black frame. The lanyard is coiled around the phone, with a red section at the top and a white section at the bottom.

Reminder: When paying at the
cafeteria you **cannot** use your **phone**.

No phones during school hours

GUIDANCE COUNSELOR

WELCOME MS. MAVIS

SCHEDULE YOUR
APPOINTMENT! (EMAIL
ONLY)



MONDAYS AND TUESDAYS ONLY
MTHEYEO2@LBPEARSON.CA

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



LCCHS Mid-Year Exam Schedule

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



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

Please note that our school cafeteria will be closed on these days.

There will ONLY BE MORNING BUSING provided 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 **ONLY BE MORNING 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!

ERASER



Reminder

Cycle 1 busing for exams
will be provided in the
MORNING only. Students
will need to arrange their
own transportation home.



Lunch Time Activities



STARTING FEBRUARY 5, 2026

UPCOMING
Sketching
w/ Mr. Roger
@ Jr. Lunch on
Thursdays
C137

Please see Ms.
Cassandra if
you have any
questions.



UPCOMING

Senior Book Club at lunch (Tuesdays) with Ms.

Kathleen

If interested please see Ms. Cassandra

BOOK CLUB

Junior Lunchtime Activities

January 19 to January 23



MONDAY

TUESDAY

WEDNESDAY

BOARD GAMES
C211

BOARD GAMES
C211

THURSDAY

EXAMS

FRIDAY

EXAMS

****NOTE****

Sketching with Mr. Roger
will be on Thursdays - soon

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!



**Crafts
w/ Ms. Lorine
Mondays, C132
Starting February 2nd**

Drama Club

Starting in February

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

**With LCCHS ALUMNI 's own
actor**

TRISTAN LALA

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



Session 2 Sign ups (during both lunches)

Wednesday January 28th

Board Games
Curl Love
Drama
JR Robotics
Weight Training
Wrestling

Thursday January 29th

The Band
Crafts
Cooking
Dungeon & Dragon
Jewelry
Guitar

Session 2 Sign ups (during both lunches)

Students who did ***not*** get to join Cooking or Weight Training in Session 1 will get first priority. If there are still spots open after that, students who were in these activities before can join or be placed on a waiting list and it is on a first-come, first-served basis.

**There are no
activities during
exams**

**THE BAND & JR
ROBOTICS ARE
CANCELLED TODAY**

WEDNESDAY

SENIOR

C269



DUNGEONS AND DRAGONS



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



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**