



**LaSalle Community
Comprehensive High
School**

DAILY HOWL

January 28th, 2026 | Day 1



**when you finally finish
your exams**



Today

Session 2 Sign ups (during both lunches)

Wednesday January 28th

Board Games

Curl Love

Drama

JR Robotics

The Voice Lab

Weight Training

Wrestling

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.

Upcoming

Session 2 Sign ups (during both lunches)

Thursday January 29th

The Band

Crafts

Cooking

Dungeon & Dragon

Jewelry

Guitar

Make up & Skin care



Not sure what you
want to do after
high school?



February 2nd

LUNCH
TIME

12:48 - 1:40

Programs

Professional Sales
Plumbing and Heating
General Building Maintenance
Information Technology Support
Residential & Commercial Drafting

Why Choose Us?

Hands-On Experience
Expert Guidance
Skilled trades & career pathways



vacc@lbpearson.ca



514-798-0405



[www.lbpearson.ca/vacc/](https://lbpearson.ca/vacc/)



LCCHS WINTER CARNIVAL DAY



February 25, 2026

SKIING AND TUBING



DEADLINE for
forms & payment:

Tomorrow,

JANUARY 29



Space is
limited!



LCCHS WINTER CARNIVAL DAY



February 25, 2026



SKIING AND TUBING



LAST DAY to sign up



TOMORROW



JANUARY 29!!!

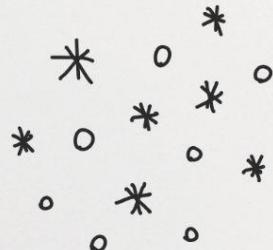
Space is limited!

What is TUBING, you ask?



LOVE

MEDIA ARTS PROGRAM



TO SIGN UP,
SEE
MS. JOANNE!



Greater
than
anything

LOVE



Helping Your
Community

URGENT!!!! Community and Service opportunity

Grade 9-10-11

The Montreal Highlanders are looking for **5-6 volunteers** to help serve at their Burns Night on **January 31** at the Legion in **Lachine** (3015 rue Henri-Dunant).

Volunteers are needed from **6:00 p.m.** until approximately (probably before) **10:30 p.m.**

Pizza and drinks will be provided. Volunteers must wear black pants and a neat school shirt.

Email me if you are interested.

Mme B.

kbaillargeon@lbpearson.ca

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

Please put your bins in the hallway on
Thursday, January 29, **Period 1**



January 2026



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28 AM Present PM Present	29 AM Present PM Present	30

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

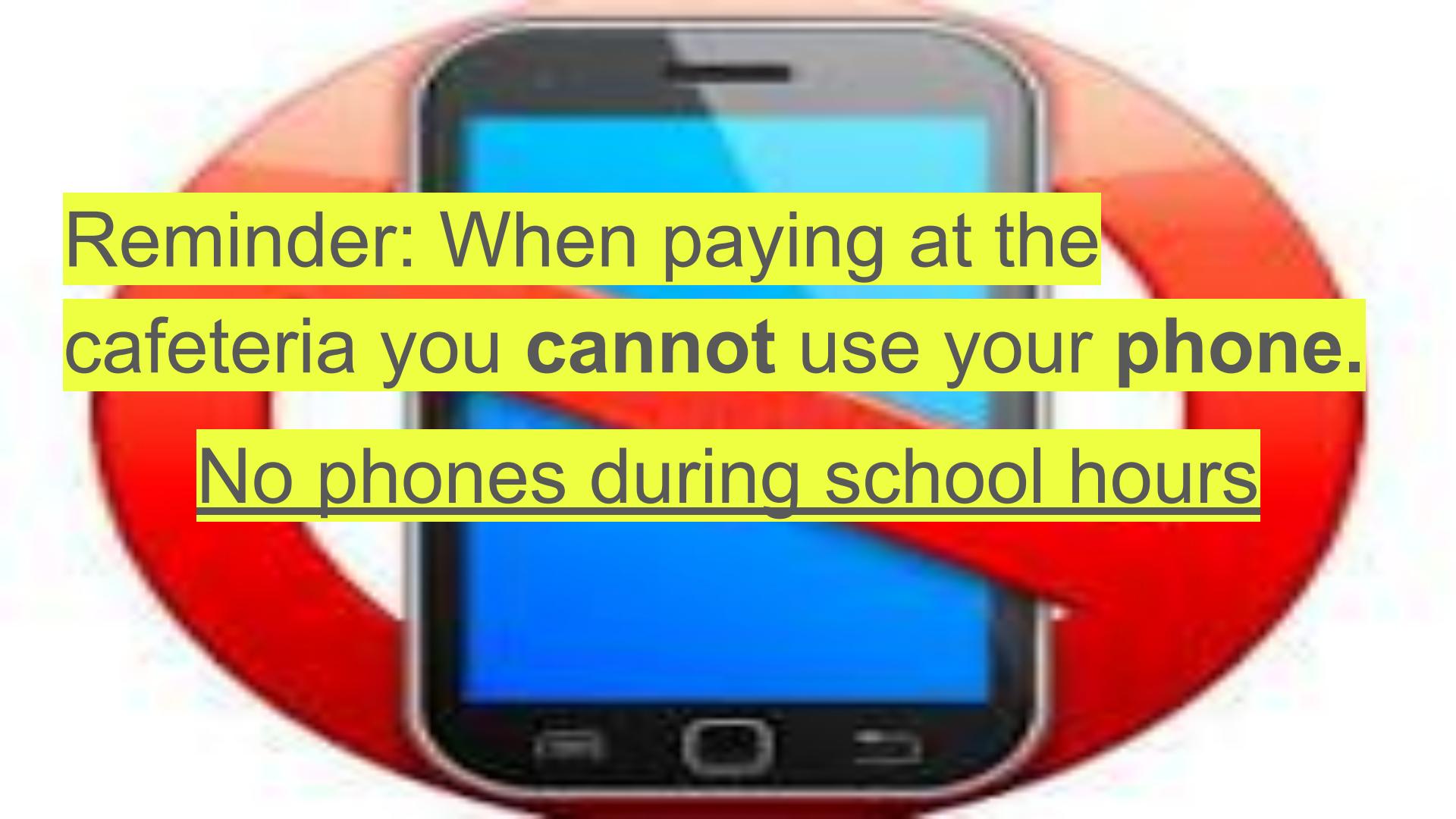
Text Me!

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.



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

Lunch Time Activities

Junior Lunchtime Activities

January 26 to January 30



MONDAY

EXAMS

TUESDAY

EXAMS

WEDNESDAY

BOARD GAMES
C211

JR DUNGEONS & DRAGONS
INNOVATION ROOM

THURSDAY

FRIDAY

PED DAY

****NOTE****

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)

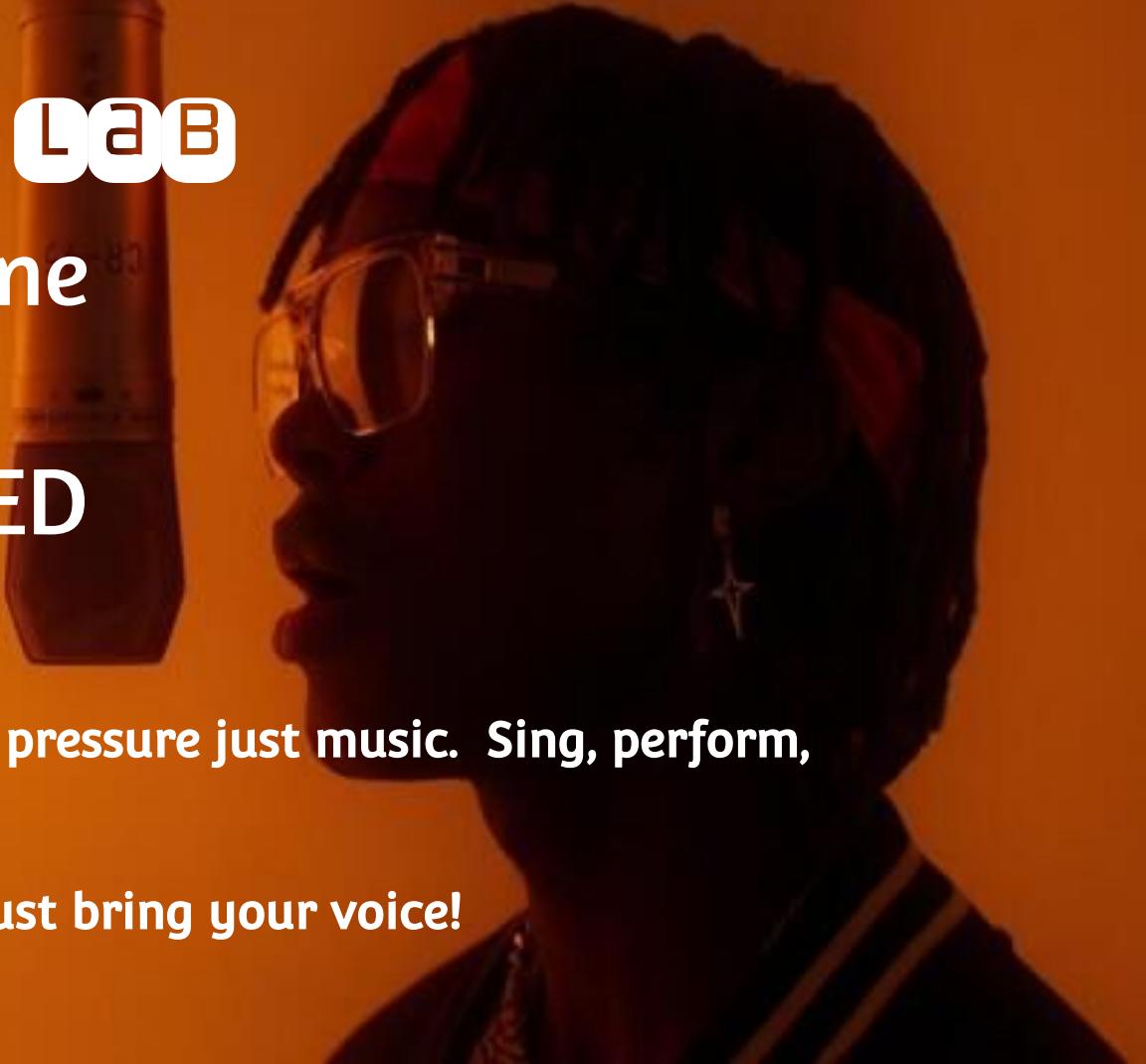
- Work alone or with friends
- Starting Sept. 29th!

THE VOICE LAB

with Ms. Caroline

Tuesdays

SIGN UP ON WED



Your voice, your vibe! No pressure just music. Sing, perform, belong!

All skill levels welcome, just bring your voice!



**Crafts
w/ Ms. Lorine
Mondays, C132
SIGN UPS THURSDAY JAN
29TH**

Drama Club

Starting in February

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

**With LCCHS ALUMNI 's own actor
TRISTAN LALA**

SIGN UP WEDNESDAY JAN 28TH



**SKIN CARE & MAKEUP
CANCELLED**

wednesday

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.

SENIOR

C269



DUNGEONS AND DRAGONS

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!





Weight & Strength Training



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