

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 center, there is a large blue circular overlay containing text. The text reads "LaSalle Community Comprehensive High School" in white, and "DAILY HOWL" in black. Below this, the date "January 29th, 2026 | Day 2" is written in black. The school's name "LaSalle Community Comprehensive High School" is also visible in large letters on the building's facade. The entrance features a set of stairs with metal railings.

LaSalle Community Comprehensive High School

DAILY HOWL

January 29th, 2026 | Day 2

00:30

Throwback Thursday

Who are these famous girl bands?

1



2



3



4



Throwback Thursday

Spice
Girls



Destiny's
Child



The Cheetah
Girls



The Pussycat
Dolls





Today

Session 2 Sign ups (during both lunches)

Thursday January 29th

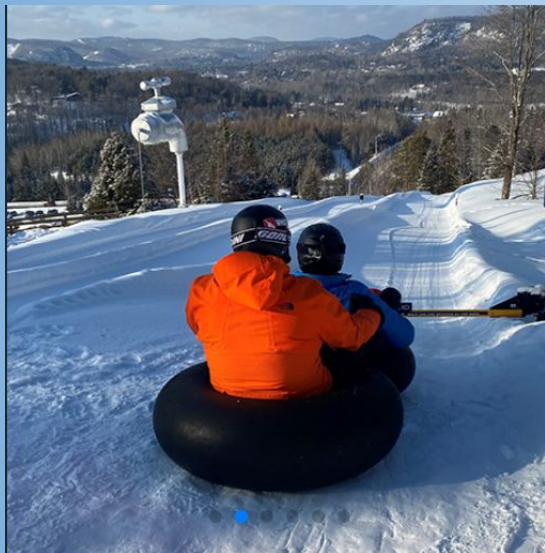
The Band
Crafts
Cooking
Dungeon & Dragon
Jewelry
Guitar
Make up & Skin care

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.



LCCHS WINTER CARNIVAL DAY



February 25, 2026

SKIING AND TUBING

DEADLINE for
forms & payment:

Today,

JANUARY 29



**Space is
limited!**





LCCHS WINTER CARNIVAL DAY



February 25, 2026



SKIING AND TUBING



LAST DAY to sign up

TODAY

JANUARY 29!!!



**Space is
limited!**

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



Upcoming



Not sure what you
want to do after
high school?



12:48 - 1:40

✨ **DISCOVER VACC!** ✨
February 2nd

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@bbearson.ca



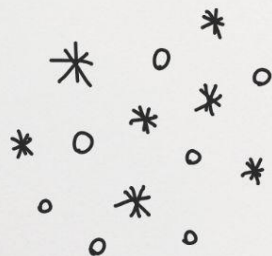
514-798-0405



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

LOVE

MEDIA ARTS PROGRAM



TO SIGN UP,
SEE
MS. JOANNE!

Photography
Group discussions
Creative Writing
Arts & Crafts
Safe Space

FREE SNACKS!



FOR STUDENTS
IN **GRADE 9**



Starts March 12
for 10 weeks
On **Thursdays**,
during **Period 2**

Greater
than
anything

LOVE



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.

kbailargeon@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**





**FYI and
Reminders**

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

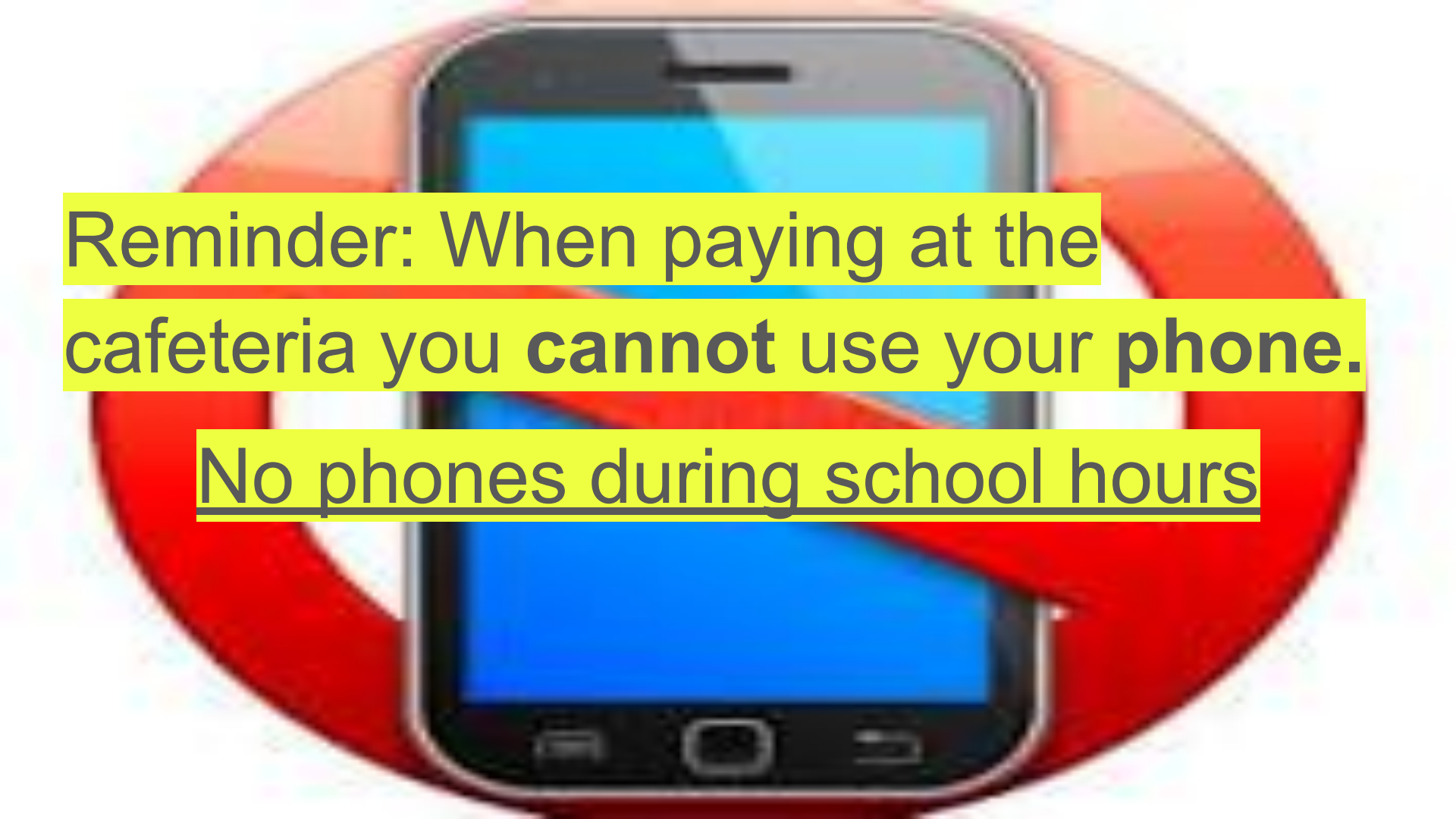
Text Me!

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

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

*You can give this number to other students.

Nurse



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

MTEYEO2@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**

Come join us in the innovation room



Board Games available during
JR and SR Lunch

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 background of the entire image is a solid orange color. On the right side, there is a silhouette of a person with short hair and glasses, facing left and singing into a vintage-style microphone. The person's mouth is open, and their head is tilted slightly upwards. The microphone is positioned in front of their mouth. The overall mood is warm and artistic.

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



步步惊心



thursday

JUNIOR

ROOM C268



DUNGEONS AND DRAGONS

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

Bring a container to take some food home.

Weight & Strength Training

A full-page background image of Arnold Schwarzenegger in a red tank top, flexing his right arm and leg, 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