



**LaSalle Community  
Comprehensive High  
School**

**DAILY HOWL**

**January 29th, 2026 | Day 2**

00:30

# MM 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?



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/)

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



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](mailto: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](mailto: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, sans-serif font.

# 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

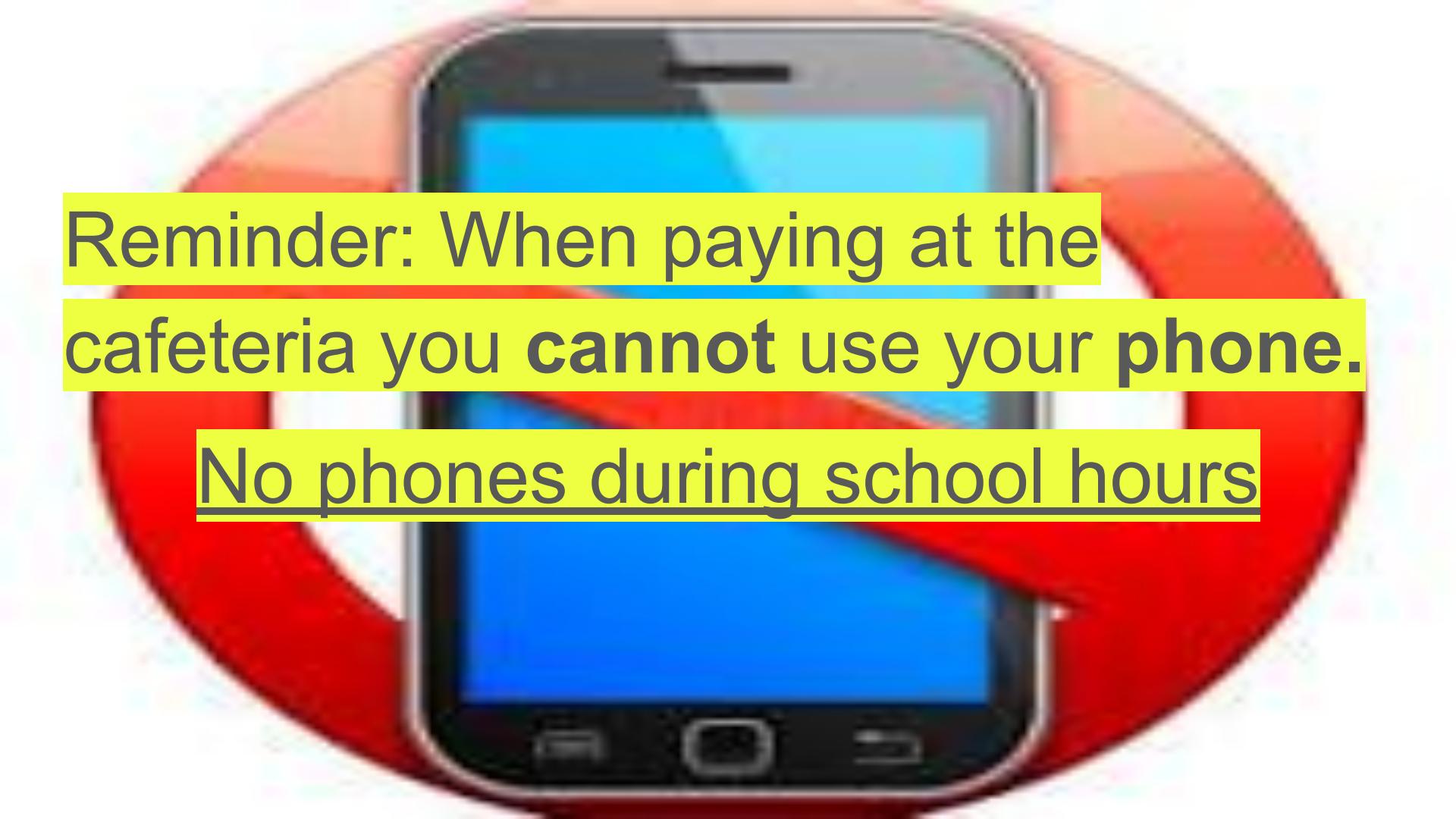
**Text Me!**

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

Sabrina James **514-820-9564** [sabrina.james.comtl@ssss.gouv.qc.ca](mailto: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](mailto: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. 13<sup>th</sup> - 15<sup>th</sup> (T-Th)

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

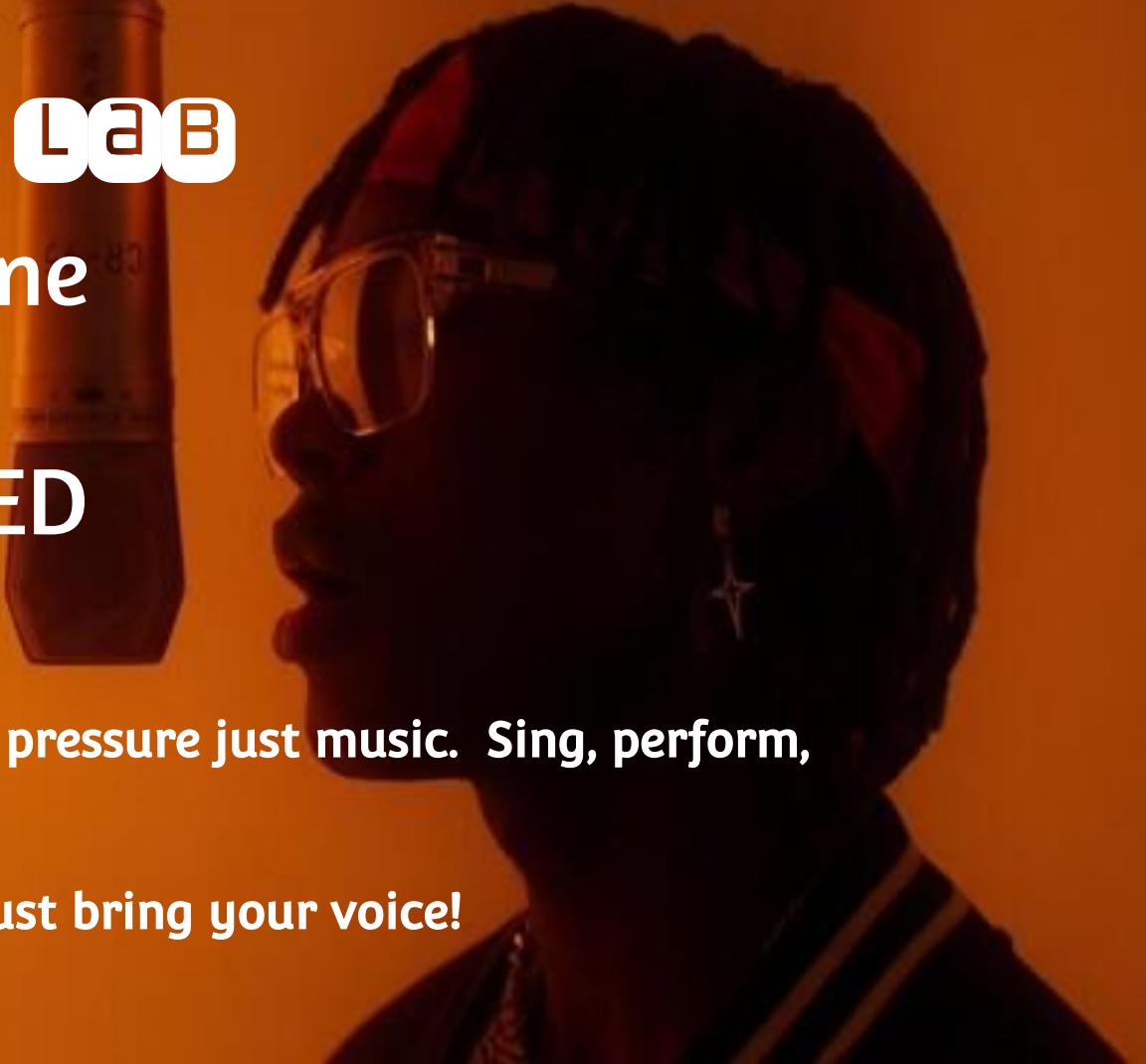
- Work alone or with friends
- Starting Sept. 29th!

# THE 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**



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*

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**