



**LaSalle Community
Comprehensive High
School**

DAILY HOWL

February 3rd, 2026 | Day 4



Tuesday Trivia



In what year did historian Carter G. Woodson create the first Black History event, which later became Black History Month?

00:30



Answer

1926



Rosa Louise McCauley Park

(February 4, 1913 – October 24, 2005) was an American activist in the civil rights movement best known for her pivotal role in the Montgomery bus boycott.

Rosa Parks was not the first Black woman to refuse to give up her seat on a segregated bus, though her story attracted the most attention nationwide. Nine months before Parks, 15-year-old Claudette Colvin had refused to give up her bus seat, as had dozens of other Black women throughout the history of segregated public transit.





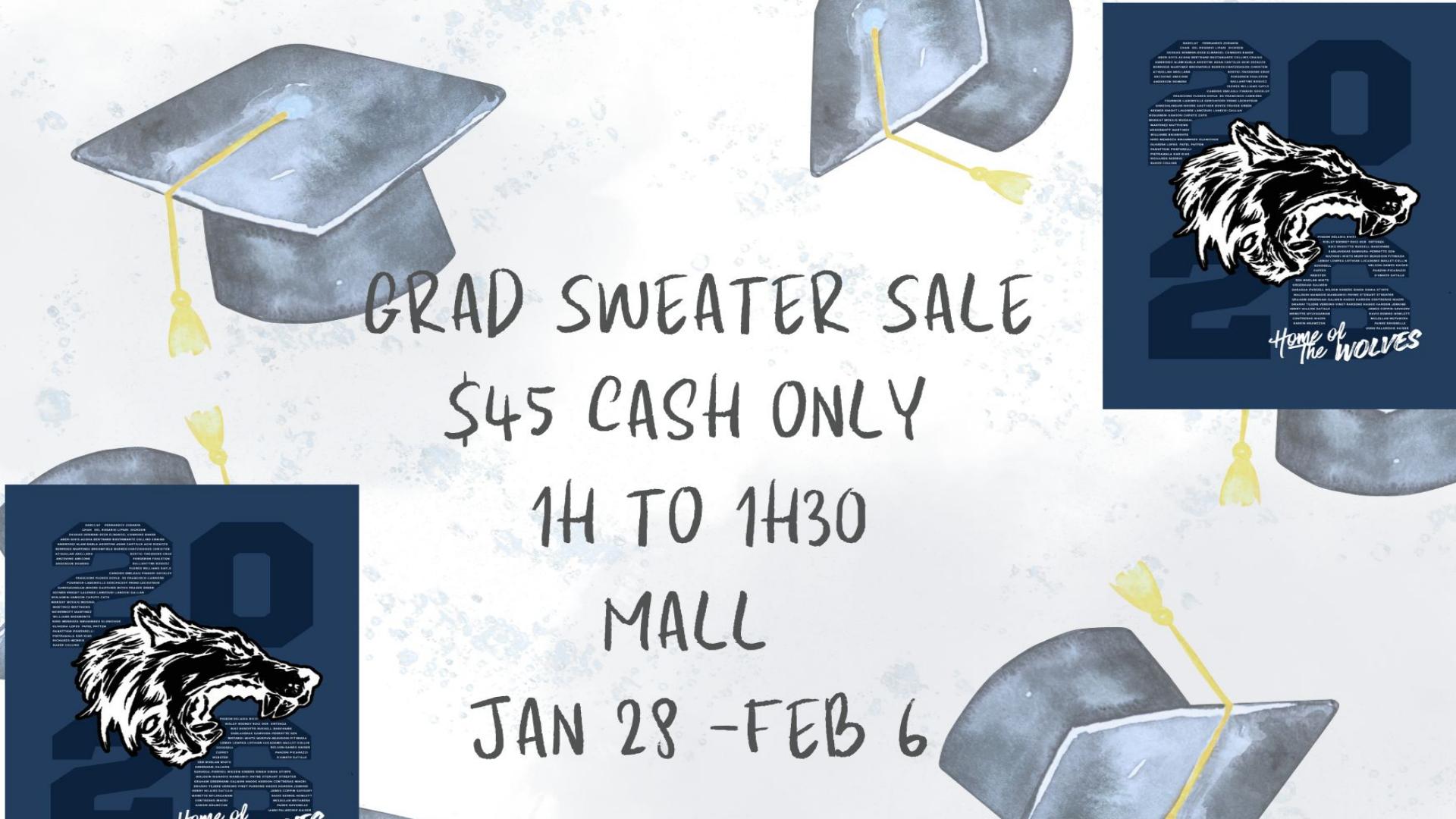
Empire Of Ghana



The Ghana empire (c. 300- 1200) for a time was in charge of trade in central west Africa. The empire had gold and copper which helped in establishing trans-Saharan trade. The trade extended to southern European kingdoms who wanted precious metals.



Today



GRAD SWEATER SALE

\$45 CASH ONLY

1H TO 1H30

MALL

JAN 28 - FEB 6



INFORMATION MEETING TODAY, FEBRUARY 3, 2026
@1:10PM Science Lab

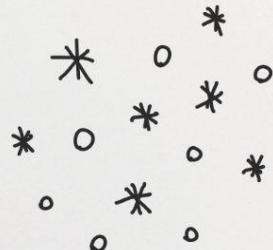


SONIC HOWL

Upcoming

LOVE

MEDIA ARTS PROGRAM



TO SIGN UP,
SEE
MS. JOANNE!



Greater
than
anything

LOVE

School Trips



Information



MEETING WEDNESDAY, FEBRUARY 3, 2026 @ 1:10PM
SHARP - Location:TBD (Auditorium/Combat Room)





Helping Your
Community

Course et marche populaires de LaSalle

Community and Service opportunity



Date: Sunday, March 29, 2026

Time: 7:00 a.m. to 11:30 a.m.–12:00 p.m.



Location:

Pearson Adult and Career Center (PACC)
8310 Georges Street, LaSalle

Meeting Area:

PACC Cafeteria

All the information is posted in your **MYP Google Classroom**. Please make sure to review it **before emailing me to confirm your participation**.



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

February 2026



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	03	04	05 AM Present PM Present	06 AM Present PM Present

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

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.

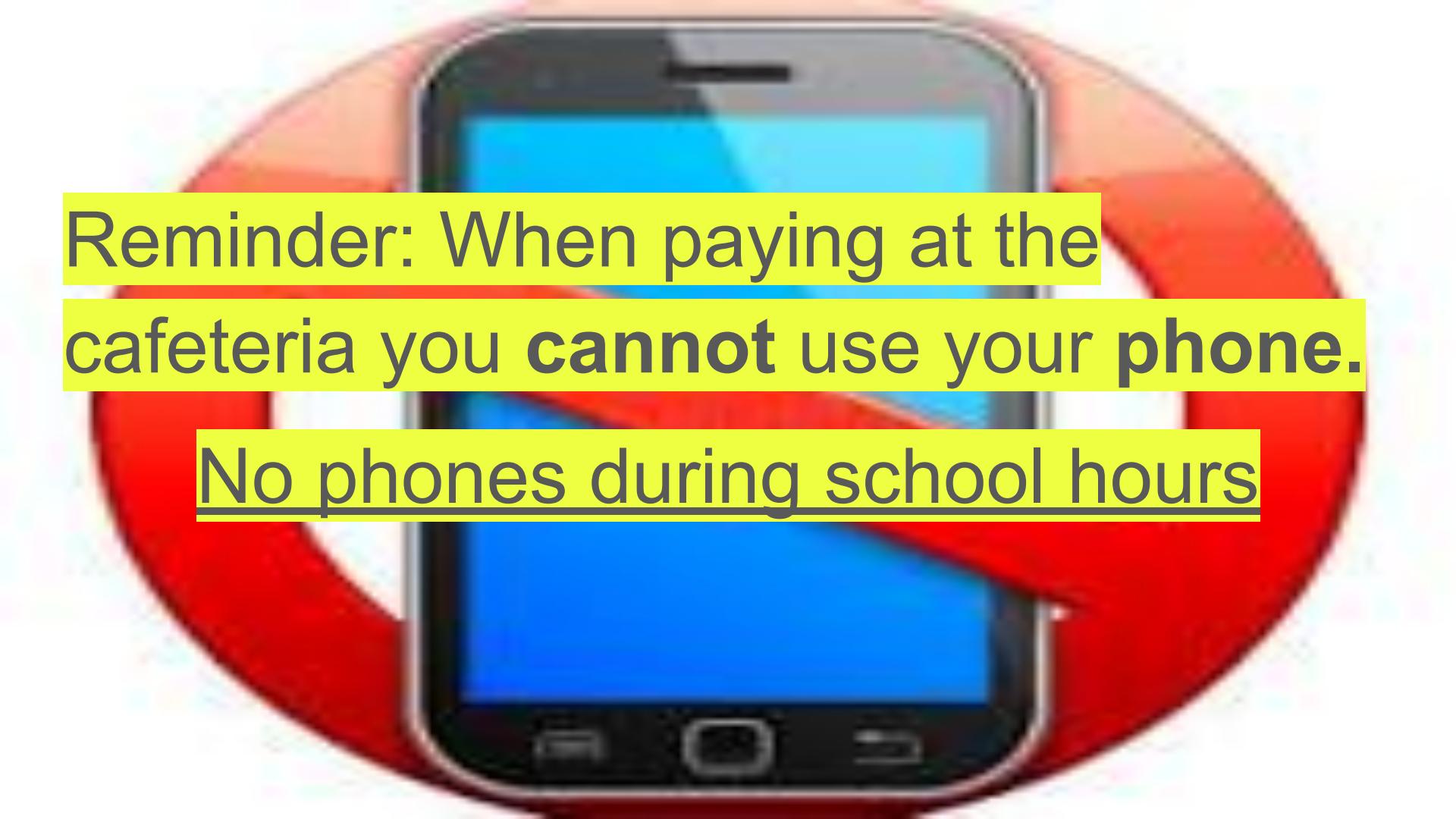
The nurse has NO medication.

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

Nurse



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

Lunch Time Activities

Come join us in the innovation room



Lounging area and games available during

JR and SR Lunch

Junior Lunchtime Activities

January 26 to January 30



MONDAY

TUESDAY

WEDNESDAY

BOARD GAMES
C211

BOARD GAMES
C211

THURSDAY

PED DAY

FRIDAY

BOARD GAMES
C211

****NOTE****

Please be quiet in hallways



**PLEASE HAVE A CHANGE OF
CLOTHES OTHERWISE YOU MAY
NOT BE LET IN**

**OPEN WEIGHT ROOM
TUESDAY
1-130pm
SENIOR LUNCH**

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!

After school activities that are still available to sign up for:

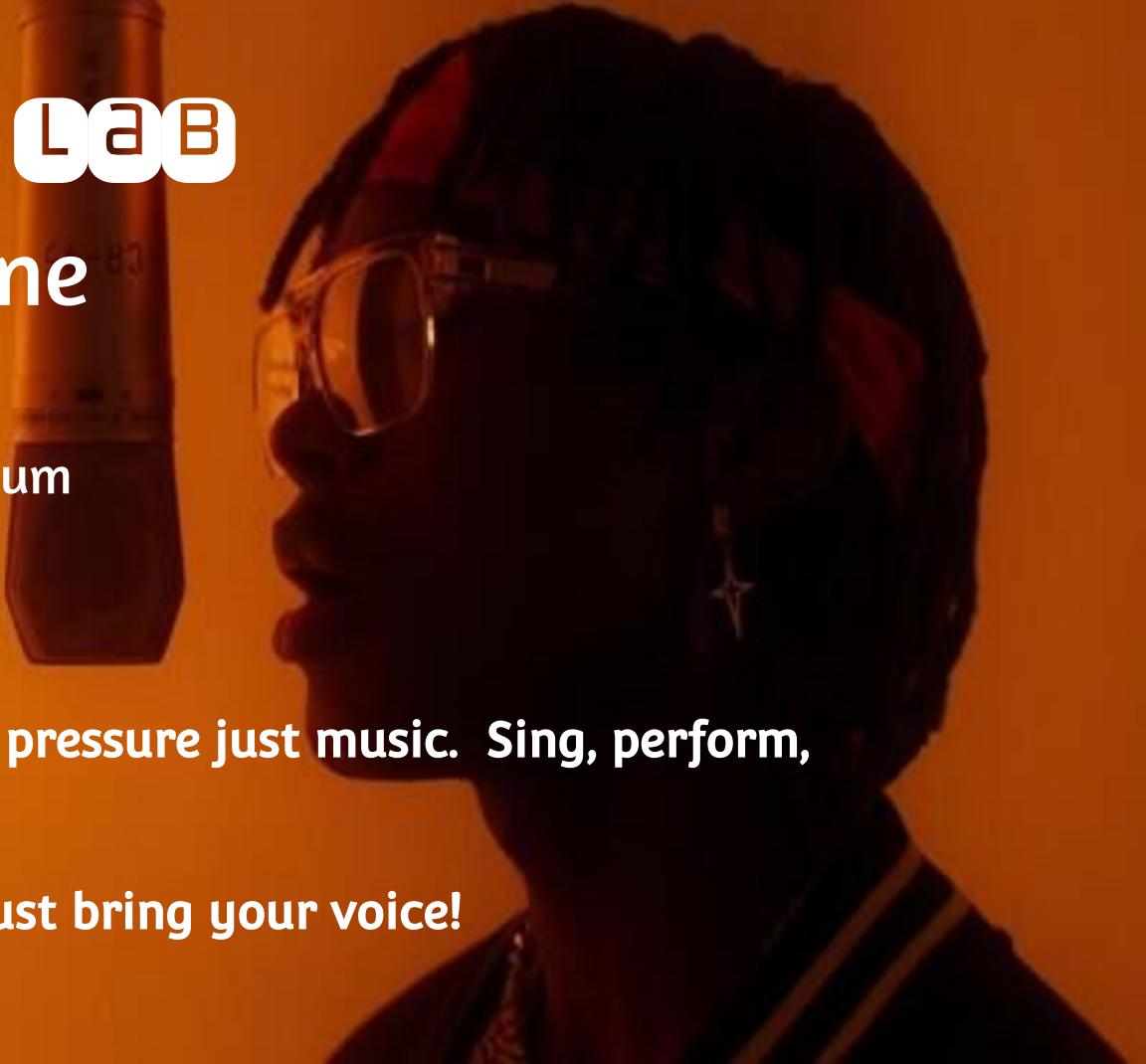
Check following slides

See Ms. Cassandra in the morning, during your lunch, or
after school - NOT IN BETWEEN CLASSES

THE VOICE LAB

with Ms. Caroline
Tuesdays

Start in Cafeteria - Auditorium



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

All skill levels welcome, just bring your voice!



*Jewellery Making & Design
Wednesdays - Thrive Room*

Cooking Club

In the Kitchen

Wednesdays
w/ Ms. Catherine & Ms. Caroline

A close-up, low-angle shot of a person's hands stirring a dark liquid 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 ring on their left hand. The background is dark and out of focus.

Bring a container to take some food home.



The Creative Drip w/ Ms. Lorine Mondays, C132

Drama Club

MONDAYS

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

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

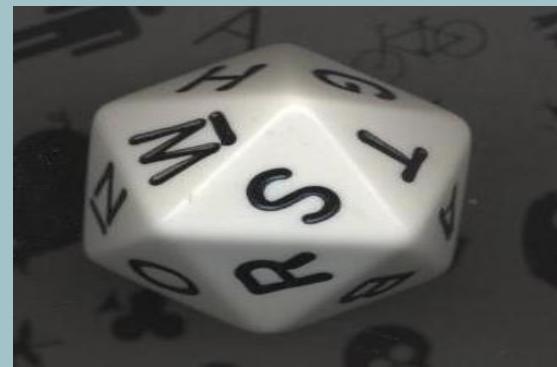


TUESDAY



Junior Board Game Club

Tuesdays
in C211
With Ms. Hughes





Guitar Club

With Mr. Elkin

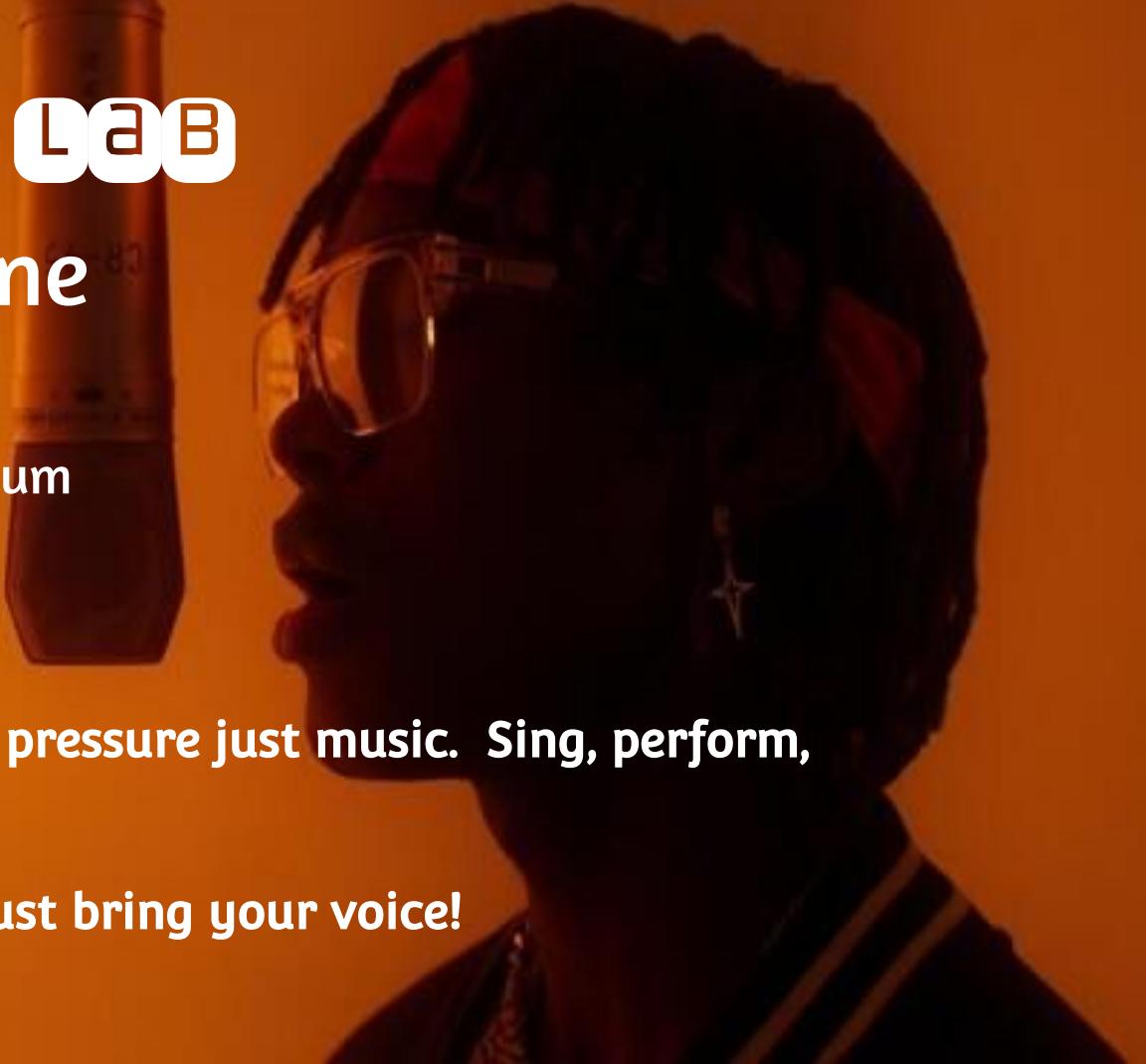
Tuesday's at 3:45-4:45

Music Room

THE VOICE LAB

with Ms. Caroline
Tuesdays

Start in Cafeteria - Auditorium



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

All skill levels welcome, just bring your voice!

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