

The image shows the exterior of a school building with a modern, geometric facade. A large blue circular graphic is overlaid in the center, containing the school's name and the title of the publication. The building has a brick base and a grey upper section with decorative panels. A Canadian flag is visible on the left side of the building. The sky is clear and blue.

**LaSalle Community
Comprehensive High
School**

DAILY HOWL

February 4th, 2026 | Day 5

WHO KNEW? WEDNESDAY



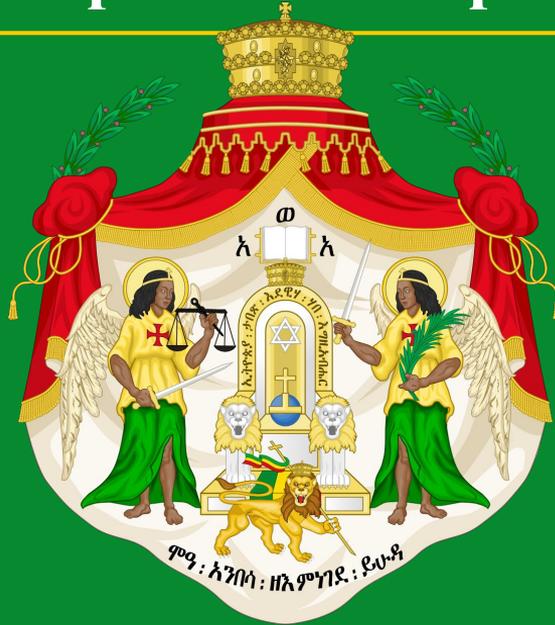
Wells-Barnett was a journalist, anti-lynching activist, women's suffragist, and early civil rights movement leader

DID YOU KNOW?

Ida B. Wells-Barnett refused to give up her seat on a train in 1884, more than 70 years before Rosa Parks famously did the same on a bus in 1955.



Empire Of Ethiopia



The empire of Ethiopia (c. 1270-1975) now modern day eritrea and ethiopia had a strong military with 9 regiments spanning the region. The empire's economy focused on barter but gold cubes and salt bars were used as currency.

HARRIET TUBMAN

Harriet Tubman was an American abolitionist and social activist. After escaping slavery, Harriet went on 13 missions to rescue approximately 70 enslaved people, including her family and friends, using the network of antislavery activists and safe houses known collectively as the Underground Railroad.





*Thank you to
our teachers and staff*

Staff Appreciation Week
February 9th until February 13th

THANK YOU FOR YOUR DEDICATION!
WE APPRECIATE YOU!
THANK YOU FOR ALL THAT YOU DO!



The image features a vibrant, multi-colored background. A central teal banner with a white dashed border is tilted and contains the word "Today" in a bold, rounded, multi-colored font. The letters are: 'T' (green), 'o' (pink), 'd' (orange), 'a' (purple), and 'y' (purple). The banner is layered over a light green shape on the left and a purple shape at the bottom. The entire composition is set against a dark blue background with a white dashed border.

Today

Please put your bins in the hallway on
Wednesday, February 5, **Period 1**



SENIOR Gender & Sexuality Alliance (GSA)



To all 2SLGBTQI+ students & allies, come join our Gender & Sexuality Alliance (GSA) meetings!

- The GSA is a safe and inclusive space where we can come together to support and celebrate diversity.

Bring your lunch and join us in the library.



Day 5: Senior Lunch

TODAY!





LCCHS WINTER CARNIVAL DAY



February 25, 2026

SKIING AND TUBING



A FEW SPOTS STILL REMAINING!!!

SIGN UP ASAP!!!

See MS. VARINSKY in C213





GRAD SWEATER SALE

\$45 CASH ONLY

1H TO 1H30

MALL

JAN 28 - FEB 6



School Trips



Information



**MEETING TODAY, FEBRUARY 4, 2026 @ 1:10PM SHARP -
Location: Auditorium**



Upcoming

Pink Shirt day

Wear a pink shirt and
school uniform pants
To raise awareness of
bullying!

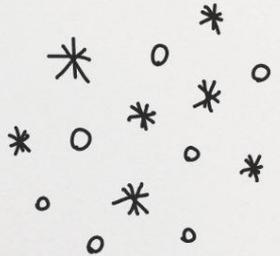
February 25th
Tuesday



Stop bullying!!!

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**



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



by Charles Prevost



**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

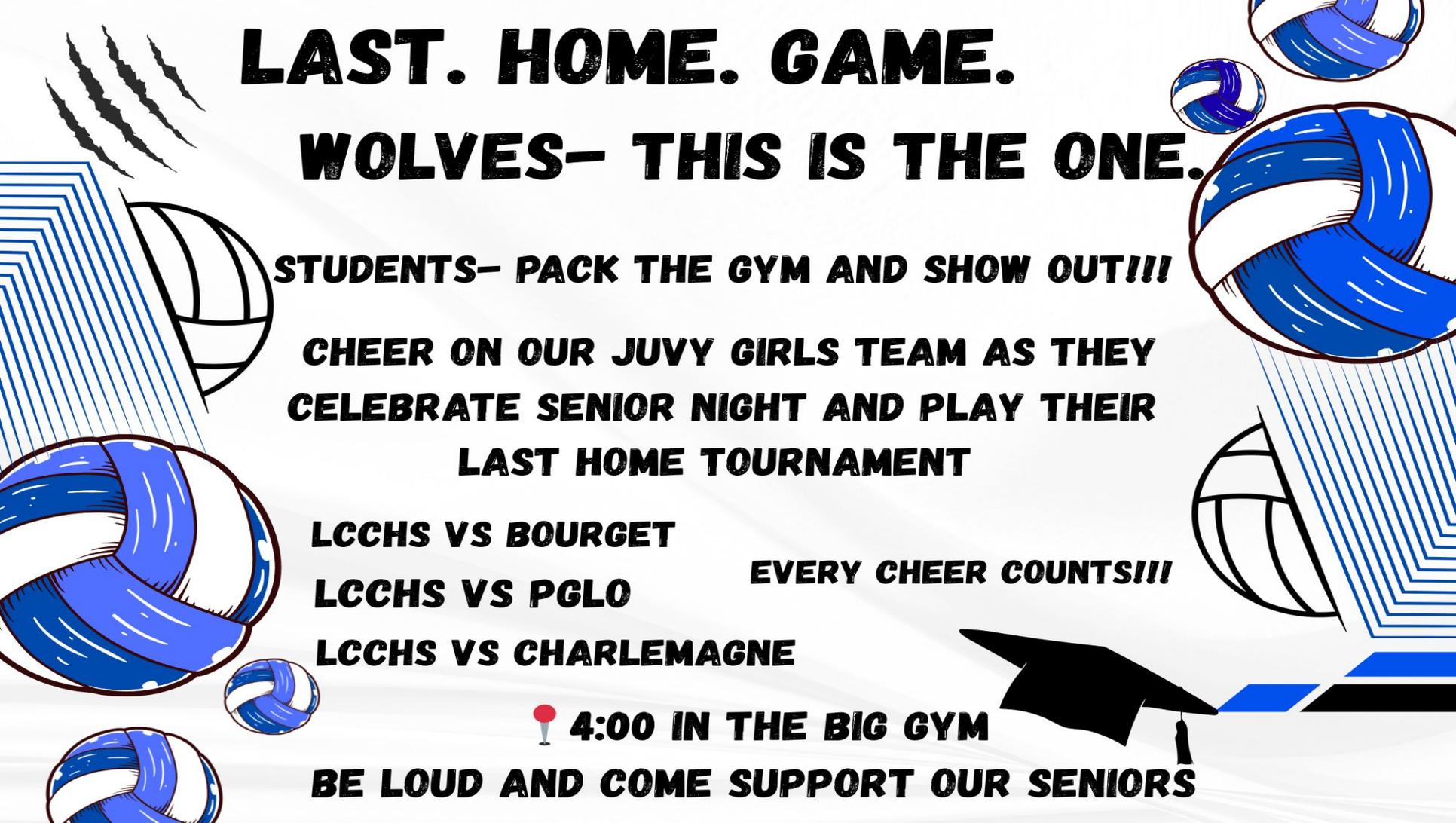


ATHLETICS

HOME

GUEST





LAST. HOME. GAME.

WOLVES- THIS IS THE ONE.

STUDENTS- PACK THE GYM AND SHOW OUT!!!

**CHEER ON OUR JUVY GIRLS TEAM AS THEY
CELEBRATE SENIOR NIGHT AND PLAY THEIR
LAST HOME TOURNAMENT**

LCCHS VS BOURGET

LCCHS VS PGLO

LCCHS VS CHARLEMAGNE

EVERY CHEER COUNTS!!!

 **4:00 IN THE BIG GYM**

BE LOUD AND COME SUPPORT OUR SENIORS

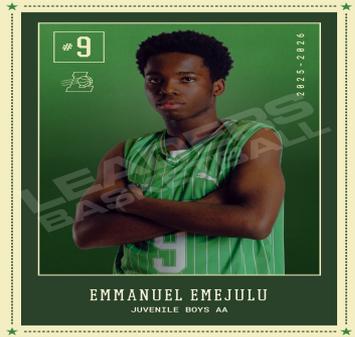
GAME DAY @ HOME!



GO WOLVES!



One Last Howl



Come and support your graduating seniors in their last regular season home game

February 10th @ 3:30 vs John Rennie



Players Graduating

Kaiylon Parks

Jaxen Bustamante

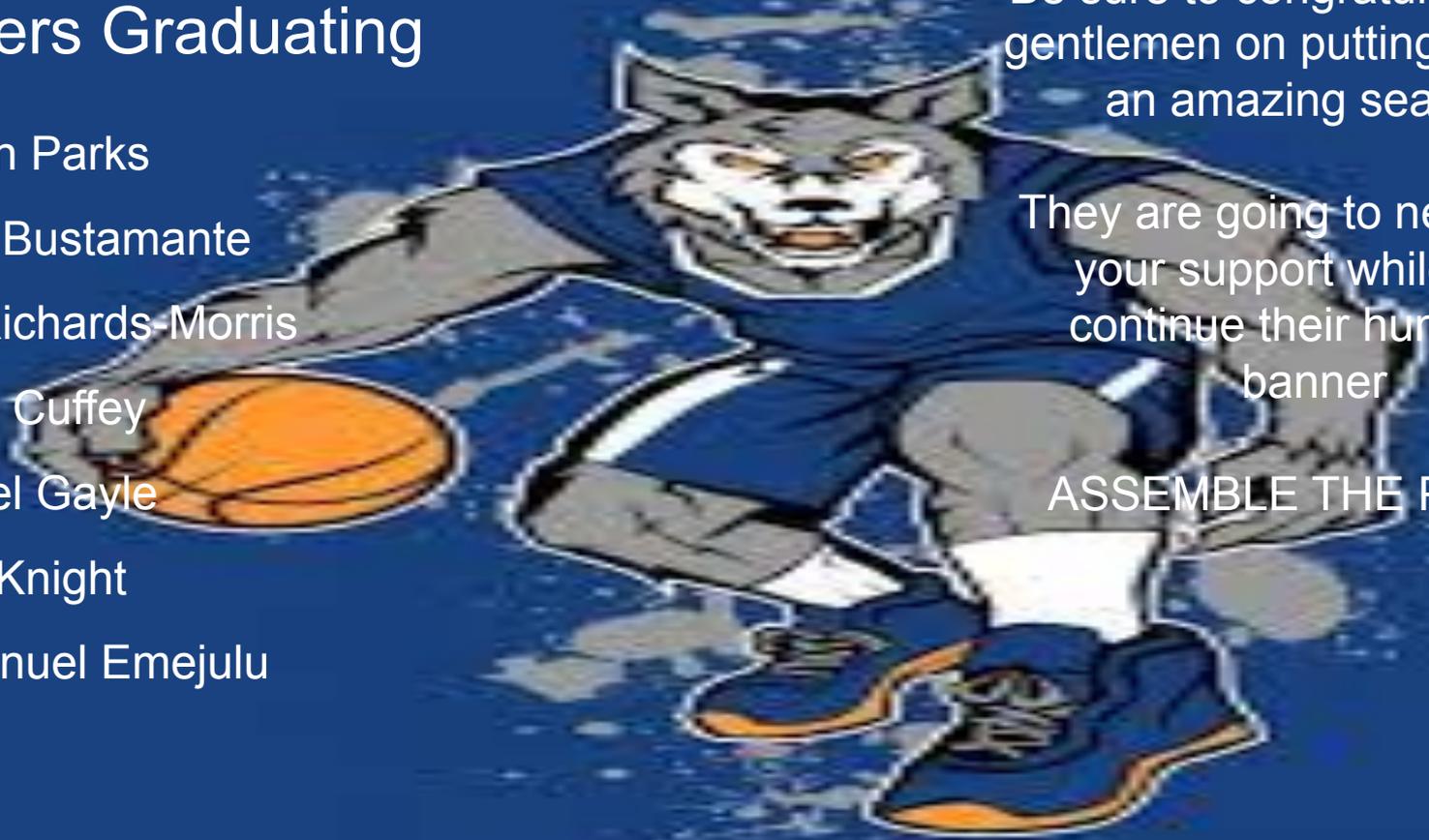
Zion Richards-Morris

Jaylen Cuffey

Samuel Gayle

Blake Knight

Emmanuel Emejulu



Be sure to congratulate these gentlemen on putting together an amazing season!

They are going to need all of your support while they continue their hunt for a banner

ASSEMBLE THE PACK!!!



**FYI and
Reminders**

SPC cards go on sale again on February 19th during SENIOR lunch

only \$10

Tim Hortons has been added to the list.



**Get SPC
for only
10 bucks**
from our high school

Save on your favourite brands all year

 |  |  | 

 |  |  |  | 

& many more

*Card is valid for
1 year!
Lots of savings!*

Start your day with breakfast

Free breakfast in the cafeteria

from 8:15am to 8:45am

Please note the dates

Feb. 3rd, (T)

Feb. 10th - 12th (T-Th)

Feb. 17th - 19th (T-Th)

Feb. 24th - 26th (T-Th)



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

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!

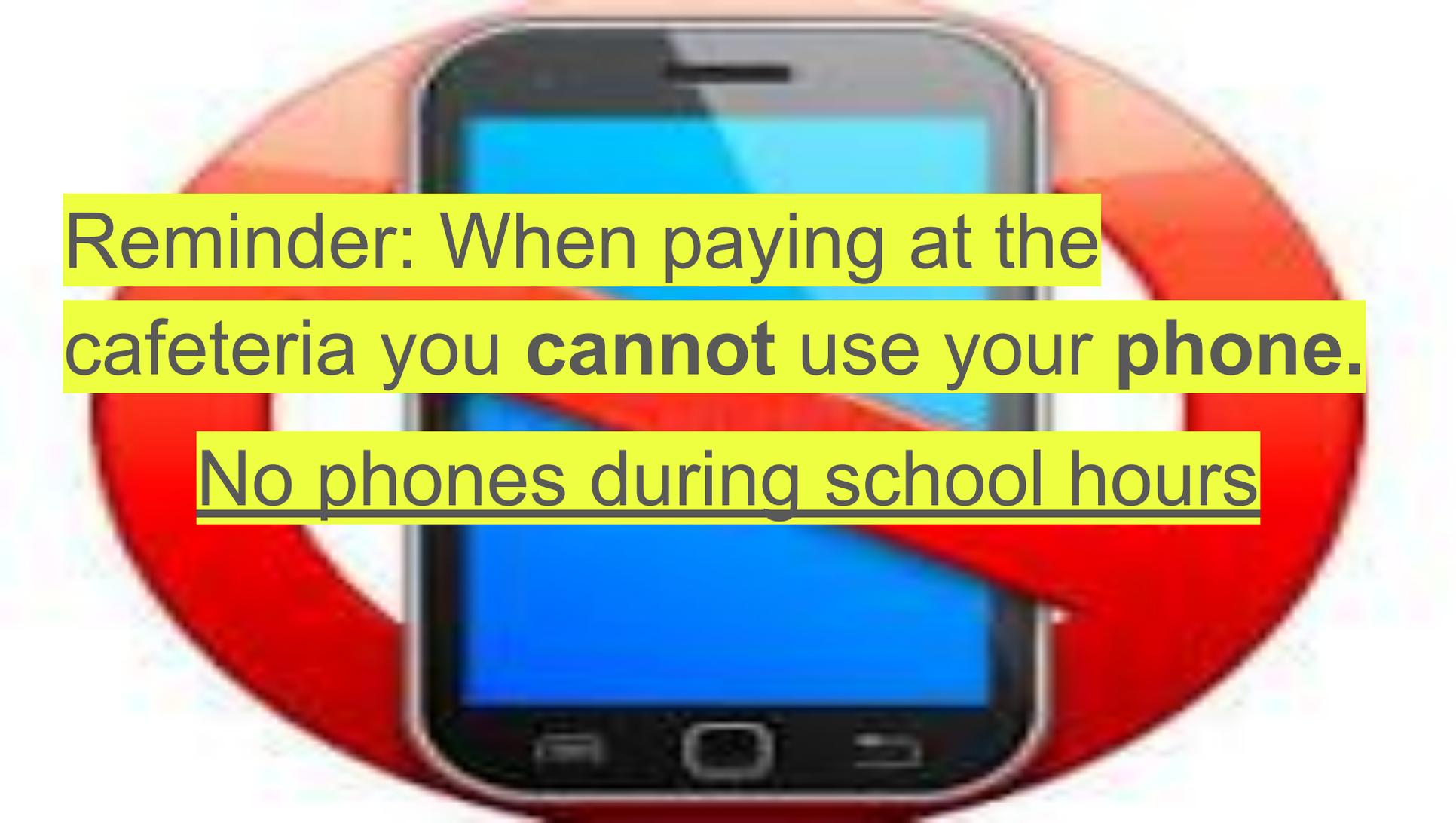
You can call me or text me when I am not present in school!

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

*You can give this number to other students.

Nurse

4%



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



**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

FRIDAY

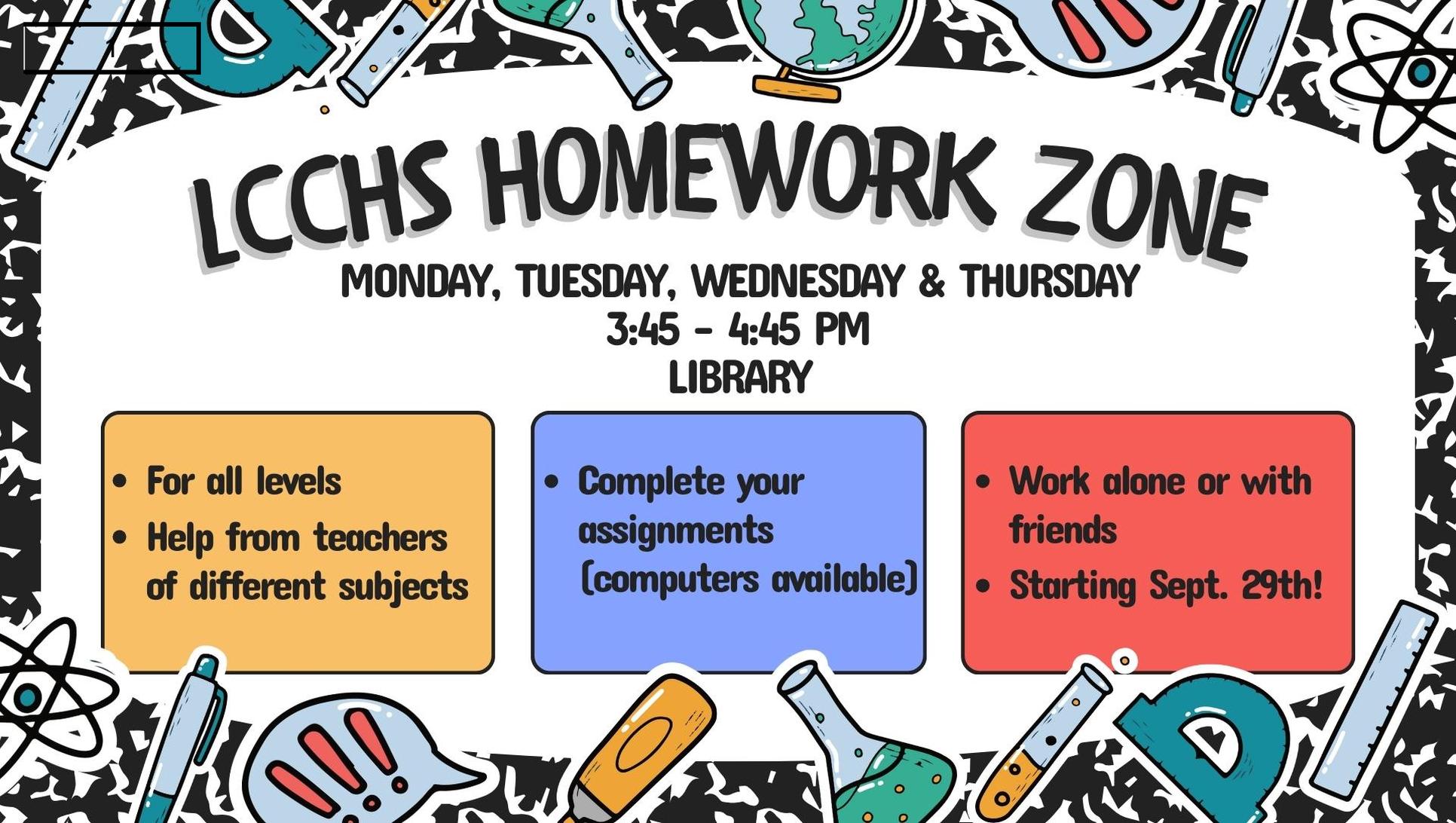
****NOTE****

PED DAY

**BOARD GAMES
C211**

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!

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

A person with glasses and a star-shaped earring is shown in profile, singing into a microphone. The background is a warm, orange glow.

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*

A person in a dark, patterned shirt is holding a small black pot with a long handle. In the background, a larger stainless steel pot is on a stove, with thick white steam rising from it. The scene is dimly lit, focusing on the person's hands and the steam.

Cooking Club *In the Kitchen*

Wednesdays
w/ Ms. Catherine & Ms. Caroline

Bring a container to take some food home.

A high-angle photograph of a pottery workshop. Several people are seated around a long, light-colored wooden table. The table is cluttered with various pottery-making supplies: wooden rolling pins, small plastic containers filled with different colored glazes (white, brown, yellow), brushes, and pieces of pottery. Some people are actively rolling out clay on the table. The scene is brightly lit, suggesting an outdoor or well-lit indoor setting. The overall atmosphere is one of creative activity and hands-on learning.

**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**



步步惊心



WEDNESDAY

SENIOR

C269



DUNGEONS AND DRAGONS



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



COME ONE, COME ALL

WEDNESDAYS, MUSIC ROOM

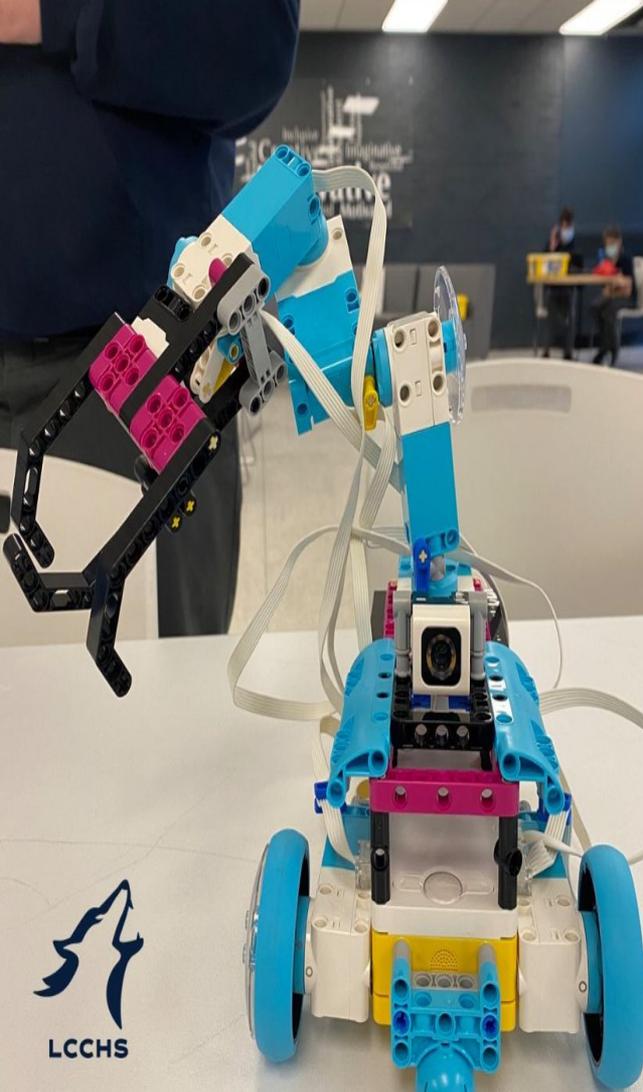
Guitarists, bassists, drummers, keyboardists, sax-ists (is that a word?!?), didgeridoo players, and SINGERS!

All instruments welcome—bring yours or use ours.
VOICE IS AN INSTRUMENT too, but singers must bring their own!

🎤 SING and PLAY your favorite songs! 🎸

The repertoire will depend on the taste of the players—all styles welcome!





JUNIOR



HOWL

**Lego Robotics
Wednesdays after school
Innovation Room**





*Jewellery Making & Design
Wednesdays - Thrive Room*



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 photograph of a muscular man, likely a bodybuilder, flexing his right arm and shoulder. He is wearing a red tank top and red shorts. He is smiling and looking towards the camera. The background is a solid blue color. The text "Weight & Strength Training" is overlaid at the top in a large, bold, white font with a black outline. At the bottom, there is a black banner with white text listing the training schedule.

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