

The image shows the exterior of a school building with a modern, geometric facade. A large blue circle is overlaid on the center of the image, 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 9th, 2026 | Day 2**

## *Motivational Monday*

“History has shown us that courage can be contagious, and hope can take on a life of its own.”

—MICHELLE OBAMA,  
FIRST BLACK FIRST LADY  
OF THE UNITED STATES



# JAZZ Music



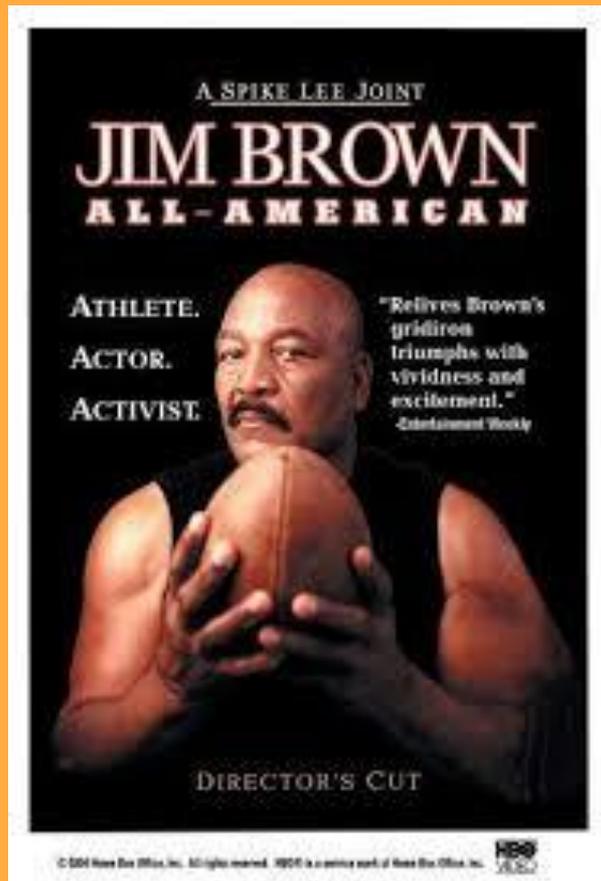
**Jazz comes from the black communities of New Orleans. Jazz is a mix of blues, ragtime, vaudeville and dance music. Jazz is the base of many other genres of music we know and love today.**

**Popular Jazz musicians are Louis Armstrong, Ella Fitzgerald, Miles Davis and Billie Holiday**

## Jazz honorable mentions



More notable jazz artists include John Coltrane, one of the most influential saxophonist, bandleaders and composers. Charlie Parker a main participant in the development of Bebop a form of Jazz with faster tempos, Parker was an incredibly influential soloist. Sarah Vaughan, nicknamed the Queen Of Bebop won many awards including a few grammys, the Lifetime achievement award and an NEA jazz Masters Award. Oscar Peterson is a canadian jazz musician considered to be one of the greatest pianists of all time.



**Jim Brown, was an American football player, actor and civil rights activist. During his NFL career and still today many people consider him to be one of the best running backs in history. He won MVP of the year 3 times and was selected by All-pro and Pro bowl teams every year of his career. After retiring from the NFL he decided to pursue a career in acting and was recognized as Hollywood's first black action hero. Jim Brown also participated in civil rights protests throughout the duration of the Vietnam war.**





*Thank you to  
our teachers and staff*

Staff Appreciation Week  
February 9<sup>th</sup> until February 13<sup>th</sup>

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



Today

Upcoming

# February is worlds international heart month

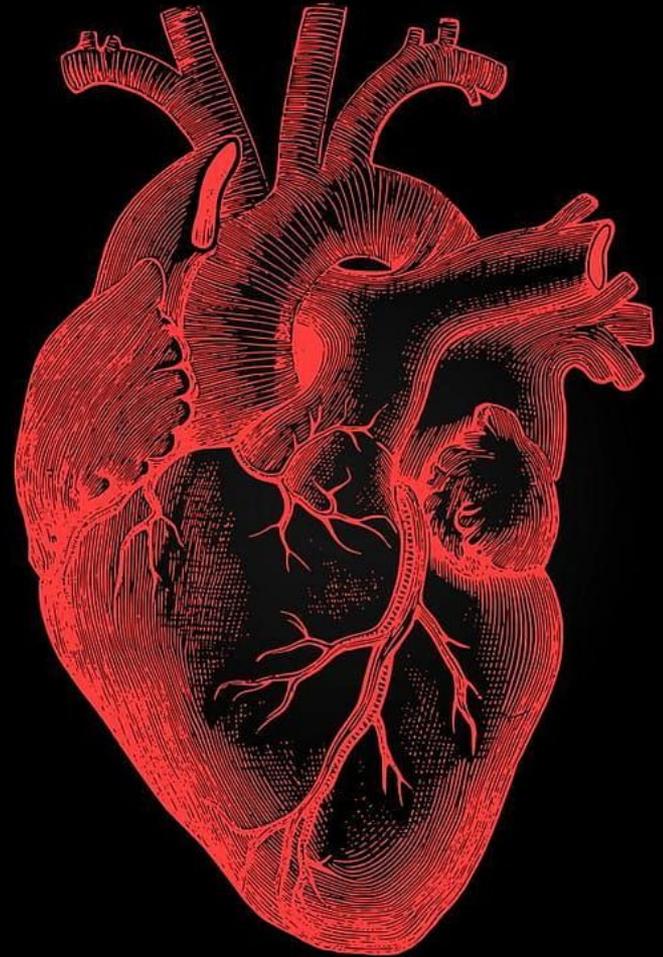
On February 13th we will have a Valentines dress down day.  
(Red, Pink and white colours)  
All the money will go to the  
Fondation En Coeur

“ 1 in 100 children are born with a heart disease or defect that will require medical care” “we have a mission of helping children with congenital heart disease and their families by offering them information and support services.” fondation en coeur



[Your donation, your way to make a difference](#)  
[- Site web](#)

With your help this fondation can help many  
people



# Pink Shirt day

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

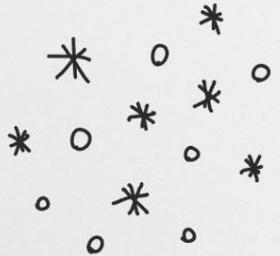
**Tuesday, February 24th**



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**

# School Trips



Information



# Quebec City Trip Meeting

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There will be a meeting for all students going to Quebec City on **Tuesday, February 10th at 3:45** in Mr. Abracen's room, **B219**. All students on the trip are expected to attend.



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](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



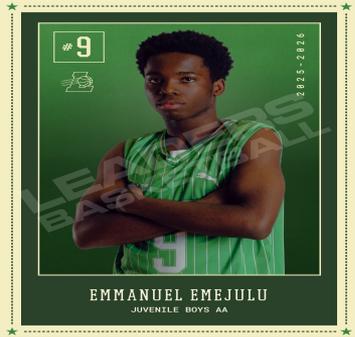
# ATHLETICS

HOME

GUEST



# 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

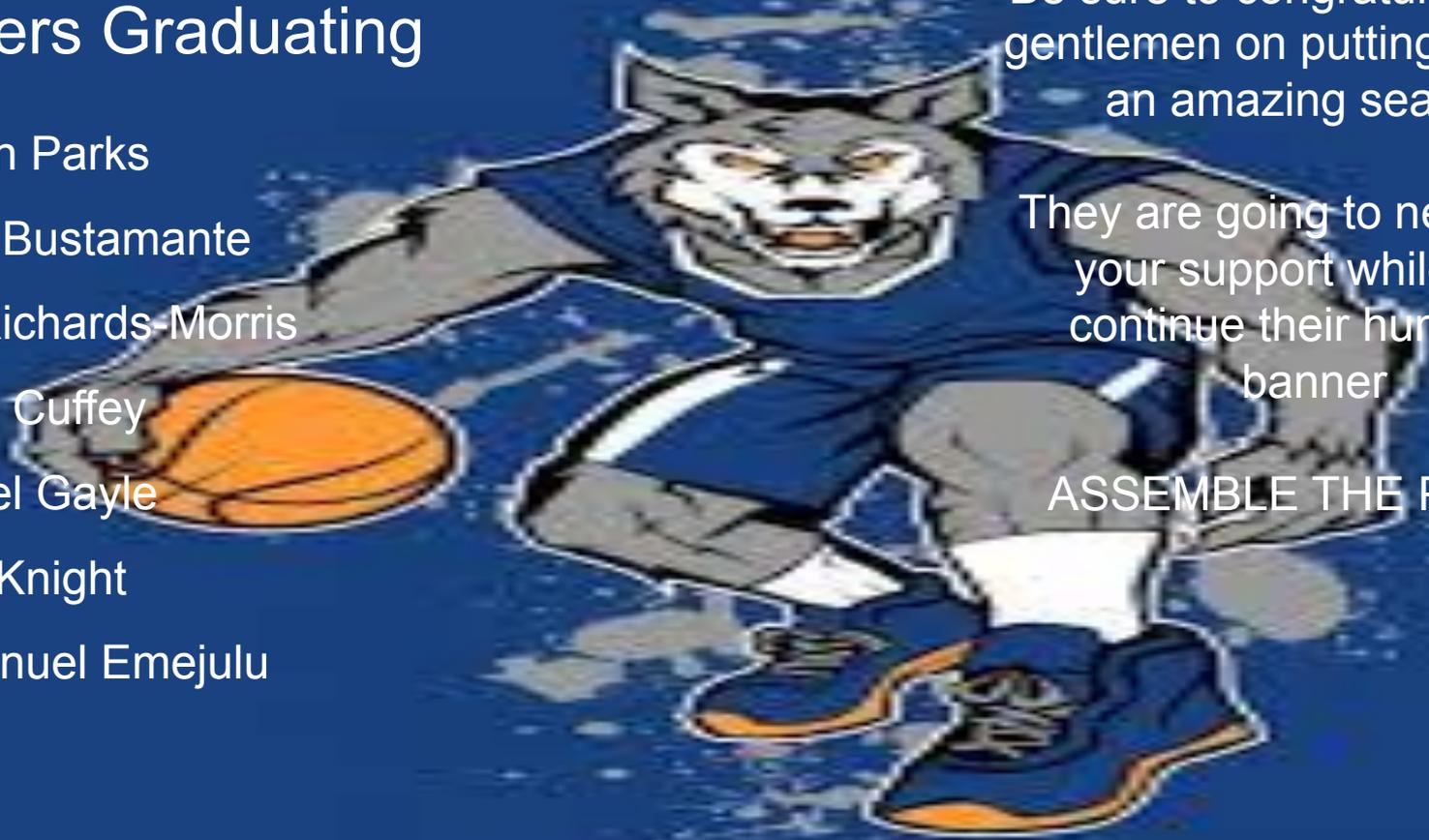
Zion Richards-Morris

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 19<sup>th</sup> 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. 3<sup>rd</sup>, (T)

Feb. 10<sup>th</sup> - 12<sup>th</sup> (T-Th)

Feb. 17<sup>th</sup> - 19<sup>th</sup> (T-Th)

Feb. 24<sup>th</sup> - 26<sup>th</sup> (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
09 CLSC	10 CLSC Youth Clinic	11 AM Present  PM Present	12 CLSC Youth Clinic	13 Congé

Text Me!

**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

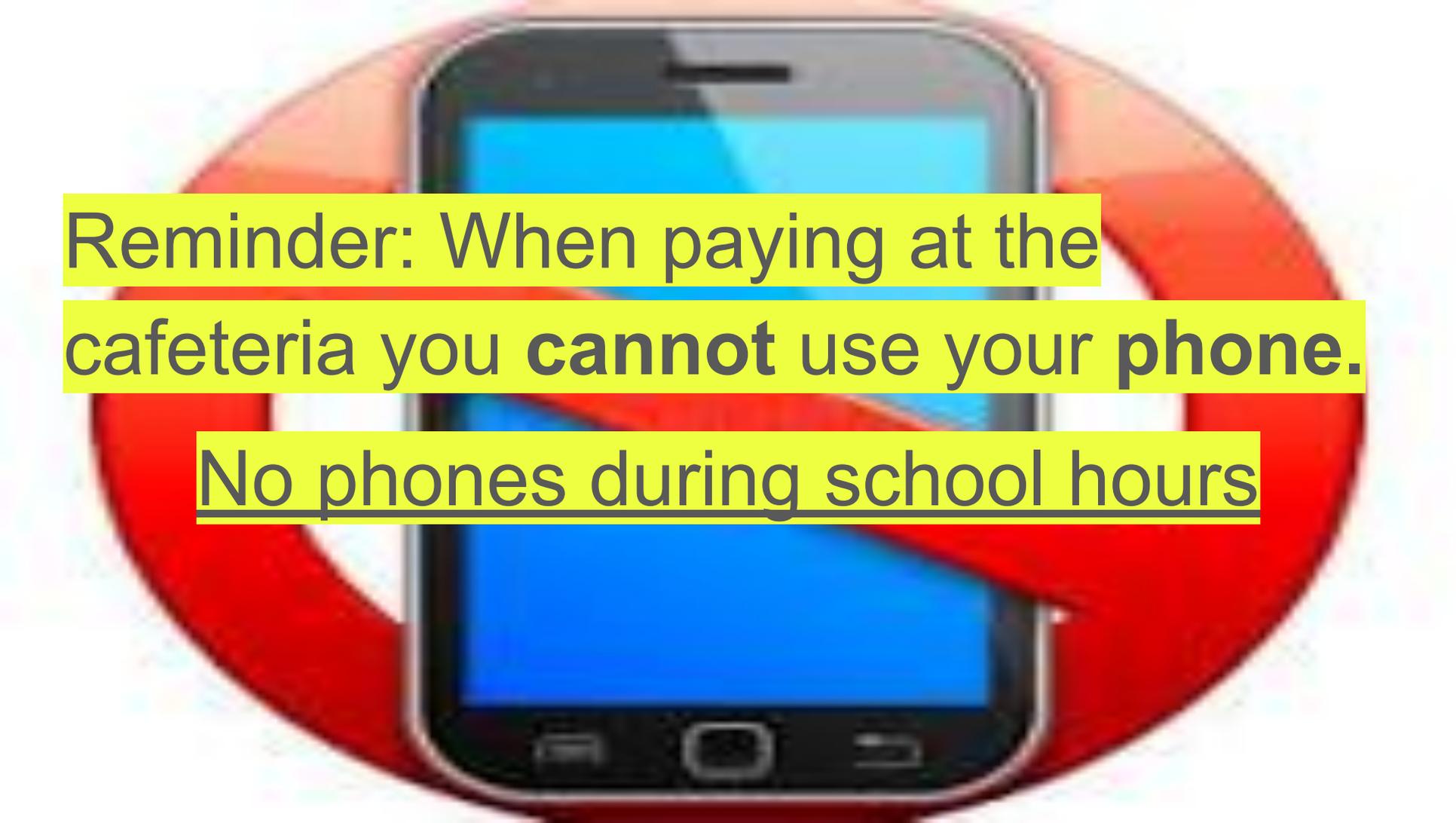
You can call me or text me when I am not present in school!

Sabrina James 514-820-9564 [sabrina.james.comt@ssss.gouv.qc.ca](mailto:sabrina.james.comt@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](mailto:MTEYEO2@LBPEARSON.CA)



**Lunch  
Time  
Activities**

Come join us in the innovation room



Lounging area and games available during

JR and SR Lunch



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

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

# Junior Lunchtime Activities



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**BOARD GAMES  
C211**

**MINI DAY**

**THURSDAY**

**FRIDAY**

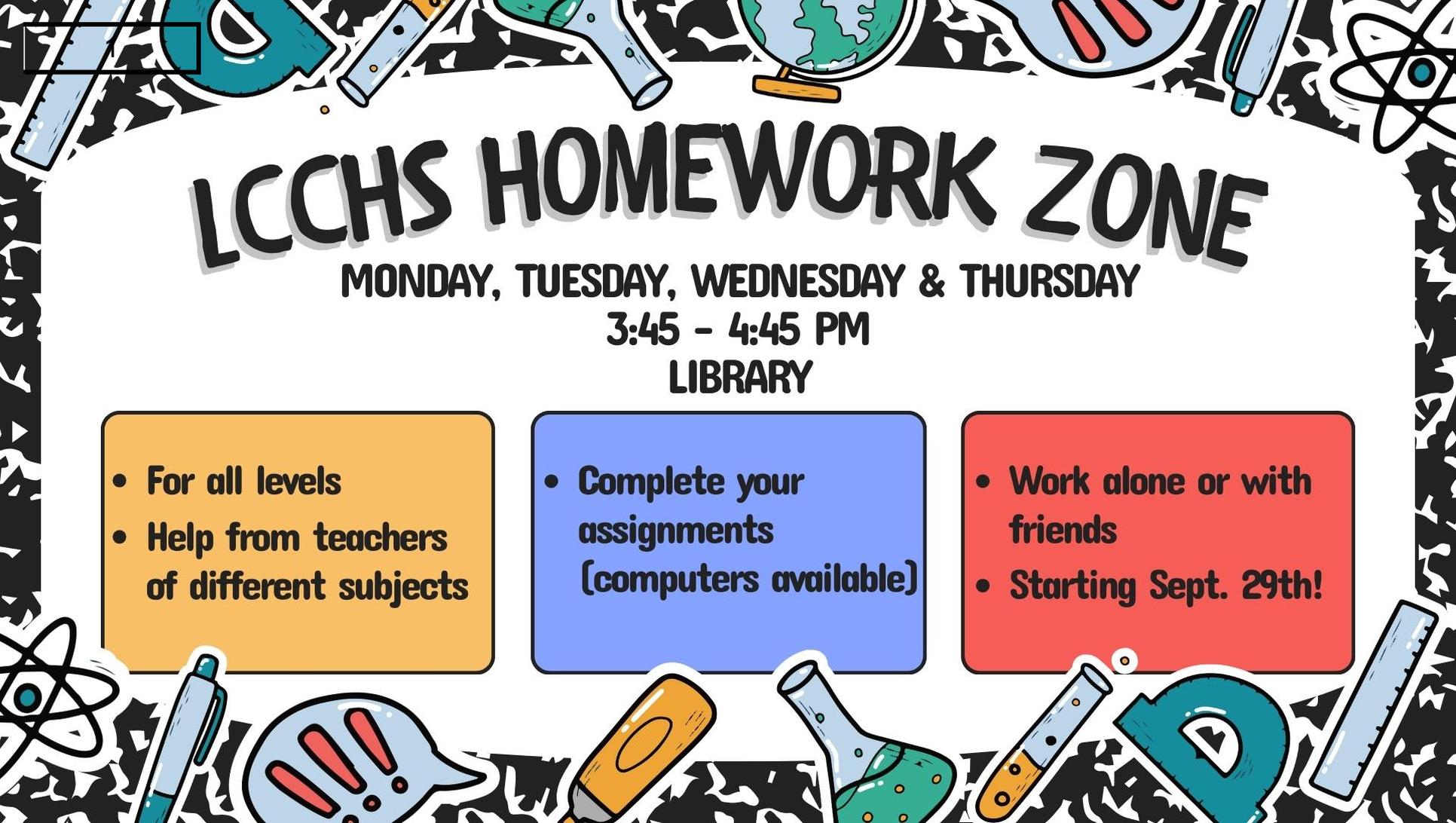
**\*\*NOTE\*\***

**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!



**MONDAY**



# *Cooking Club* *In the Kitchen*

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*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**



**The Creative Drip  
w/ Ms. Lorine  
Mondays, C132**



# CURL LOVE

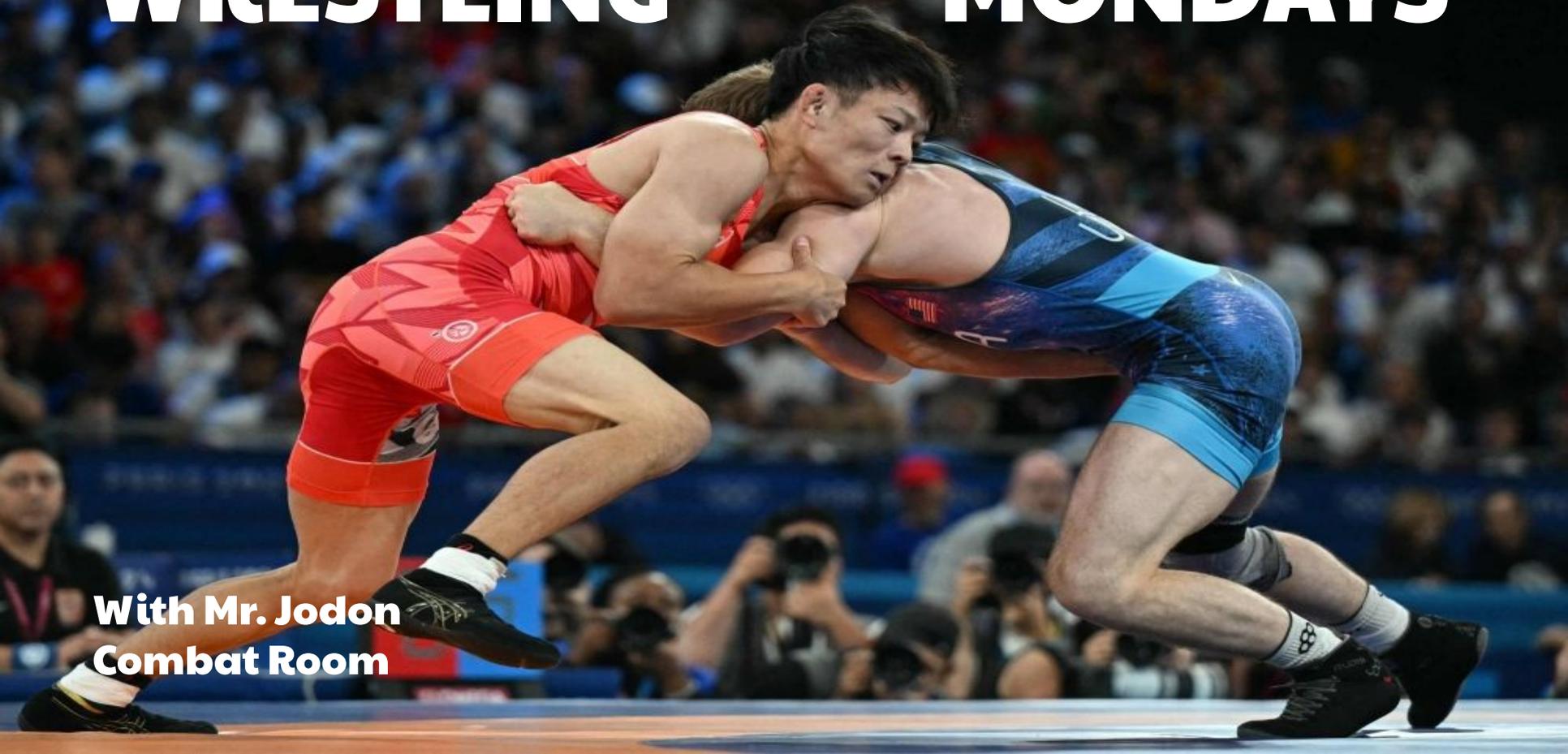
**LEARN ALL ABOUT TAKING CARE  
AND STYLING OF YOUR HAIR. ALL  
HAIR TYPES ARE WELCOME.**

**MONDAYS  
3:45PM - 4:45PM  
WITH MS. RENEE  
THRIVE ROOM**

# WRESTLING

# MONDAYS

**With Mr. Jodon  
Combat Room**



# DRAMA CLUB

**MONDAY**

**MEET IN CAFETERIA  
THEN YOU WILL MOVE TO THE  
AUDITORIUM**

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

**With Montreal's own actor  
TRISTAN LALA**



步步惊心