

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 text. 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 10th, 2026 | Day 3



Tuesday Trivia



Known as the “Queen of Soul,” which singer’s 1967 hit Respect became an anthem for civil rights and feminism?

00:30



Answer

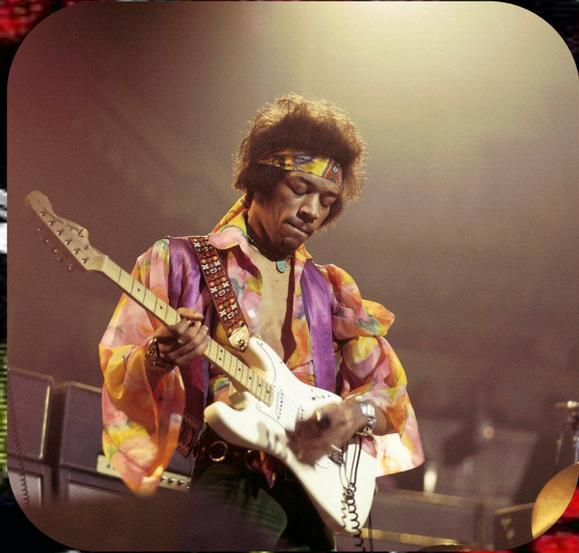
Aretha Franklin

Rock and Roll

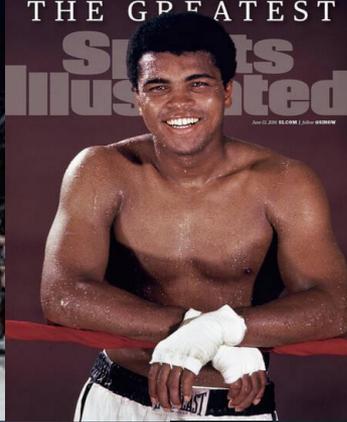


Rock and Roll emerged in the 40s and 50s blending Blues with Jazz, Country and Gospel music to create an upbeat and rebellious sound popularised by Fats Domino, Little Richard and Chuck Berry.

Rock honorable mentions



Other influential rock artists are Jimi Hendrix, known as one of the greatest guitarists of all time, Tina Turner, known for her striking vocals, she was named the Queen of rock n roll and Sister Rosetta Tharpe, who mixed gospel music with the electric guitar, creating her own unique sound.



Muhammad Ali

Muhammad Ali was an iconic American boxer and social activist, considered the greatest heavyweight of all time. He was celebrated for his boxing skills as well as his advocacy for civil rights and anti-war stances.





*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!



Today

Quebec City Trip Meeting

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.

Upcoming

February is worlds international heart month

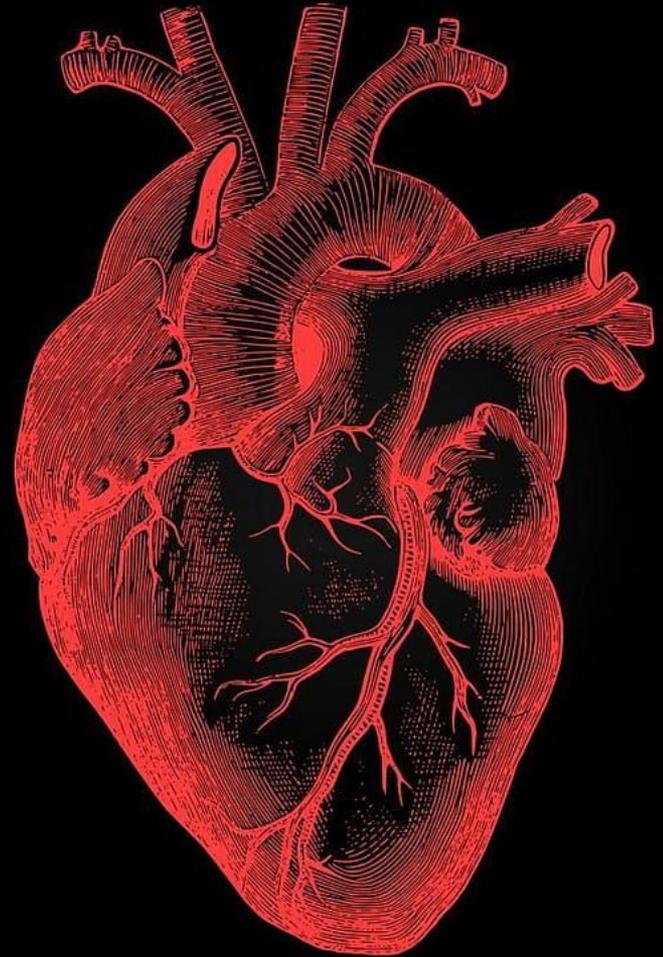
On February 13th we will have a Valentines dress down day.
(Red, Pink and white colours)
All the money will go to the
Fondation En Coeur

“ 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



**Hot Chocolate for sale
Tuesday, February 24th
ONLY \$1**



Pink Shirt day

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

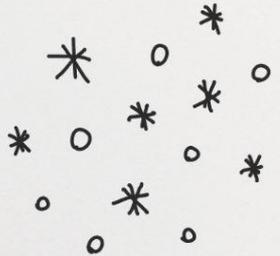
Tuesday, February 24th



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**



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



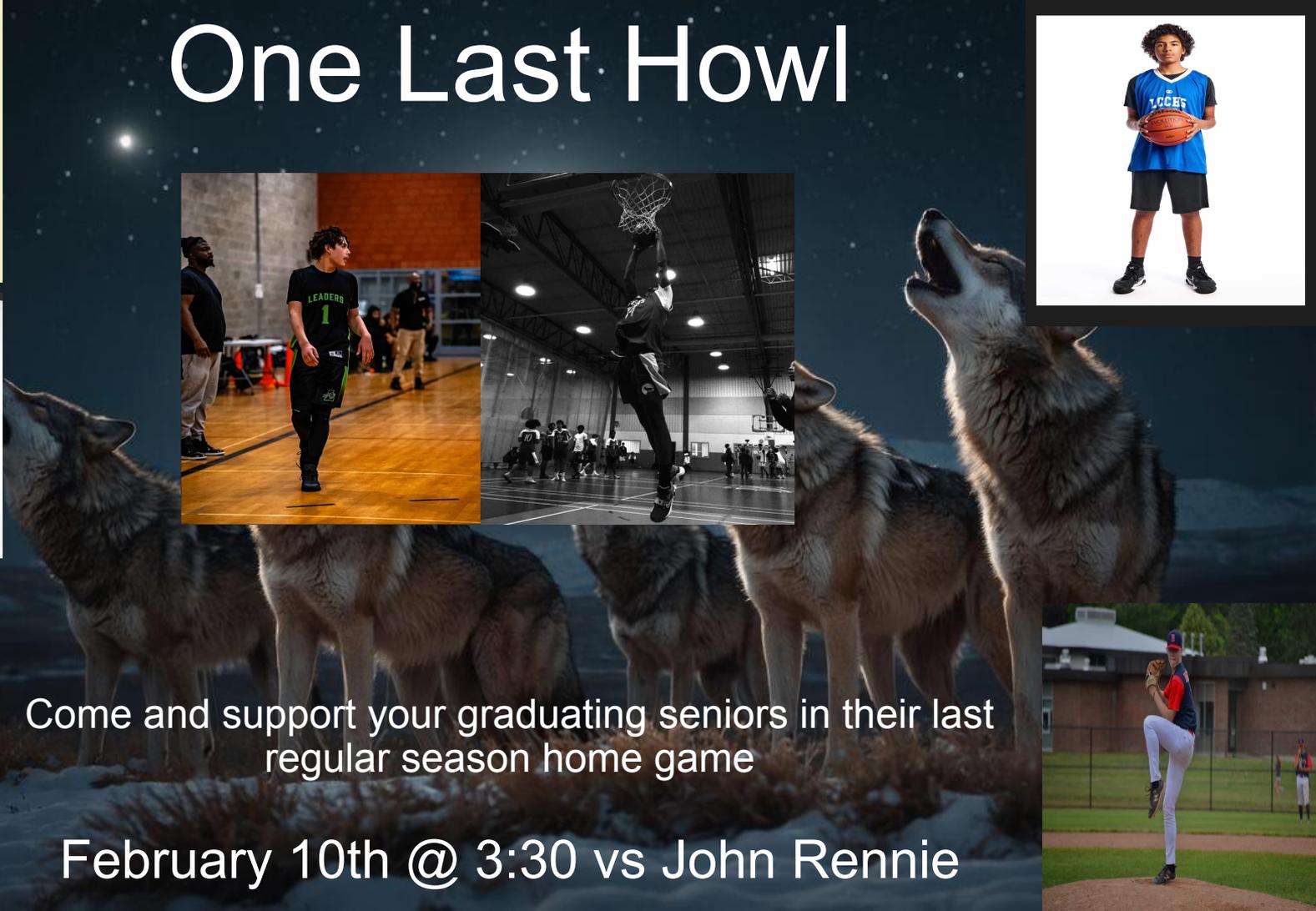
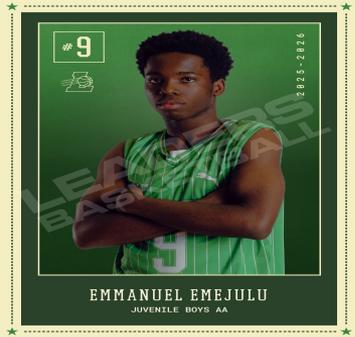
ATHLETICS

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

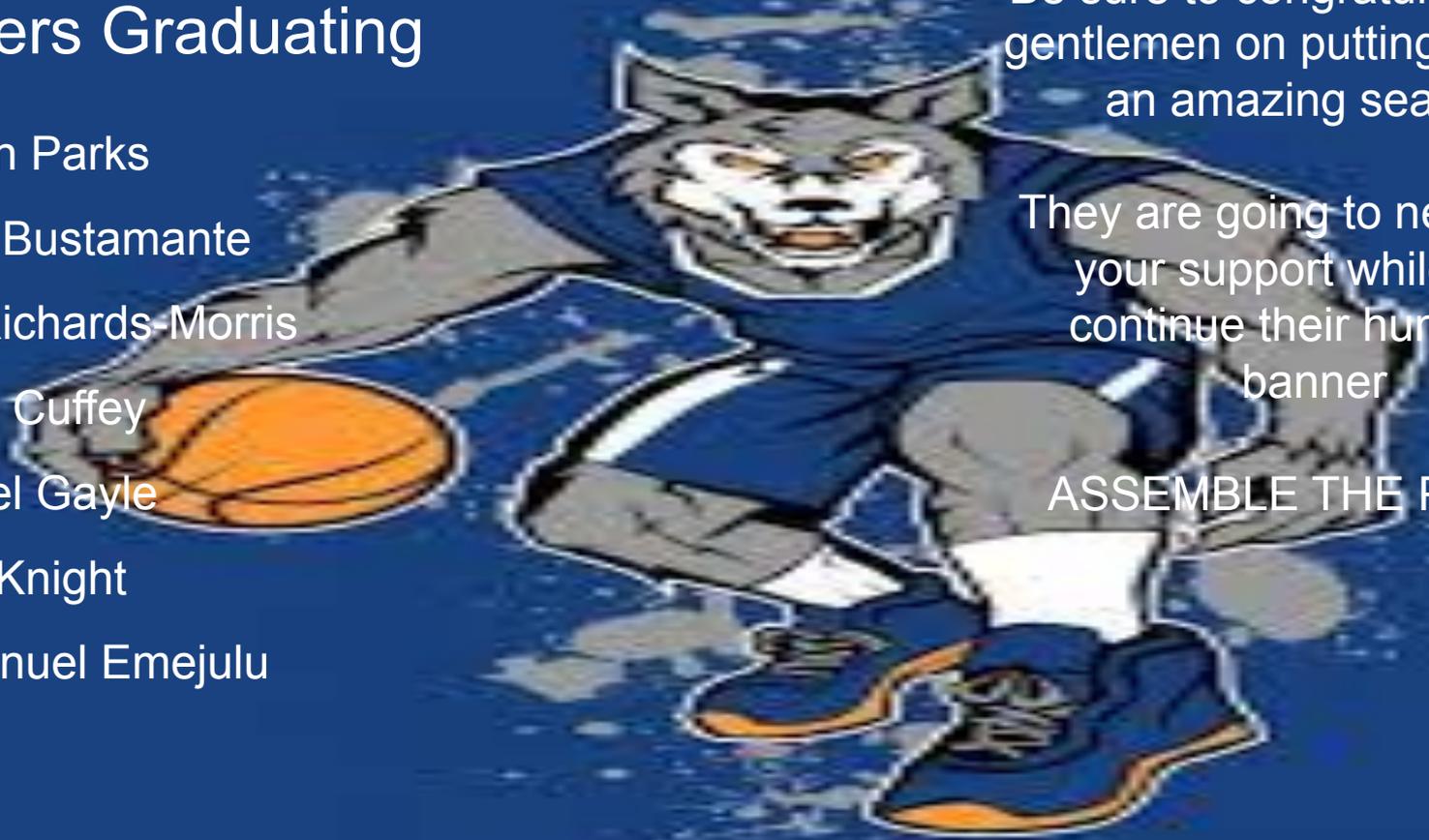
Zion Richards-Morris

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**

Please put your bins in the hallway on
Wednesday, February 11, **Period 1**



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
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

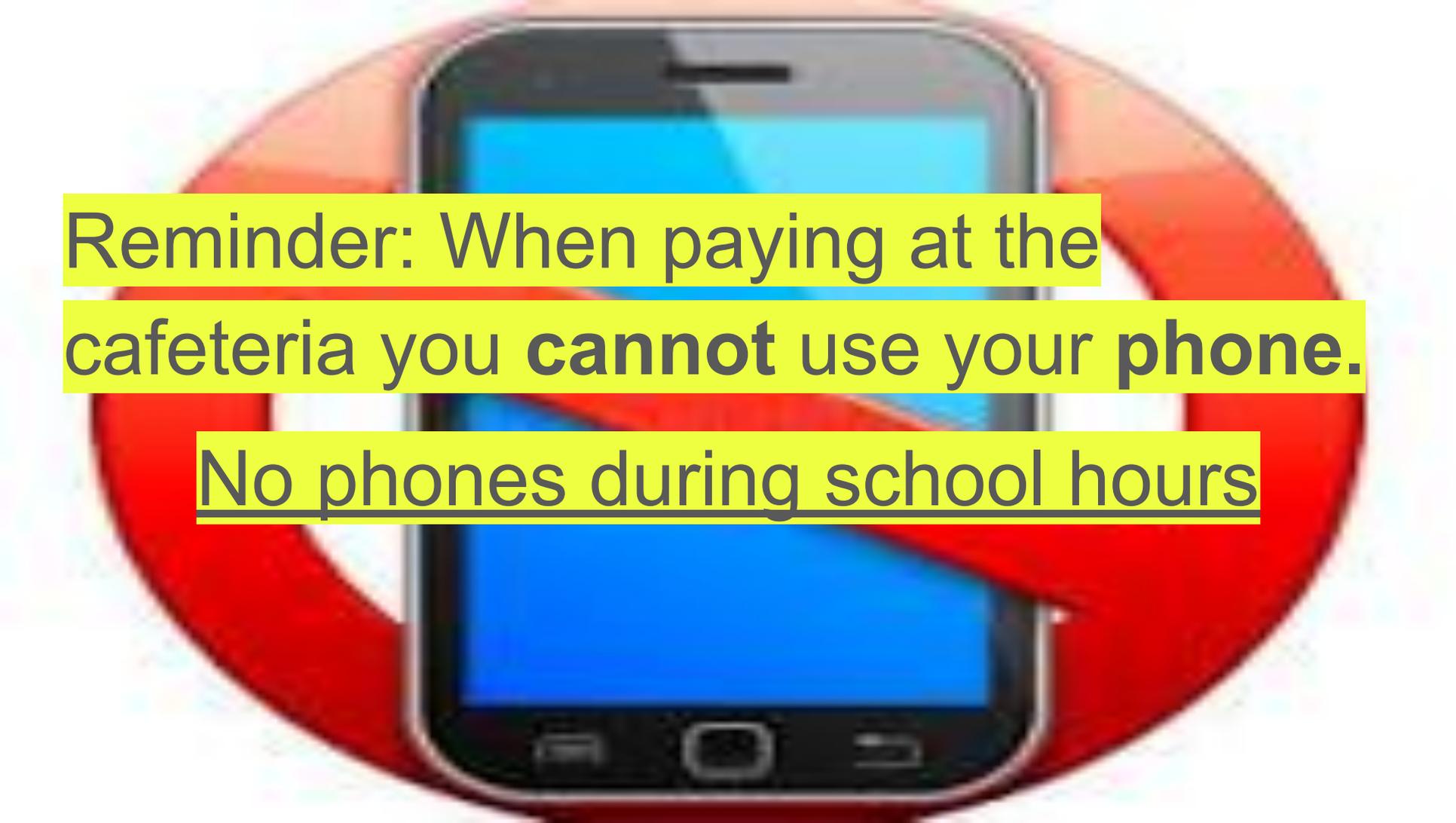
You can call me or text me when I am not present in school!

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

*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



**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

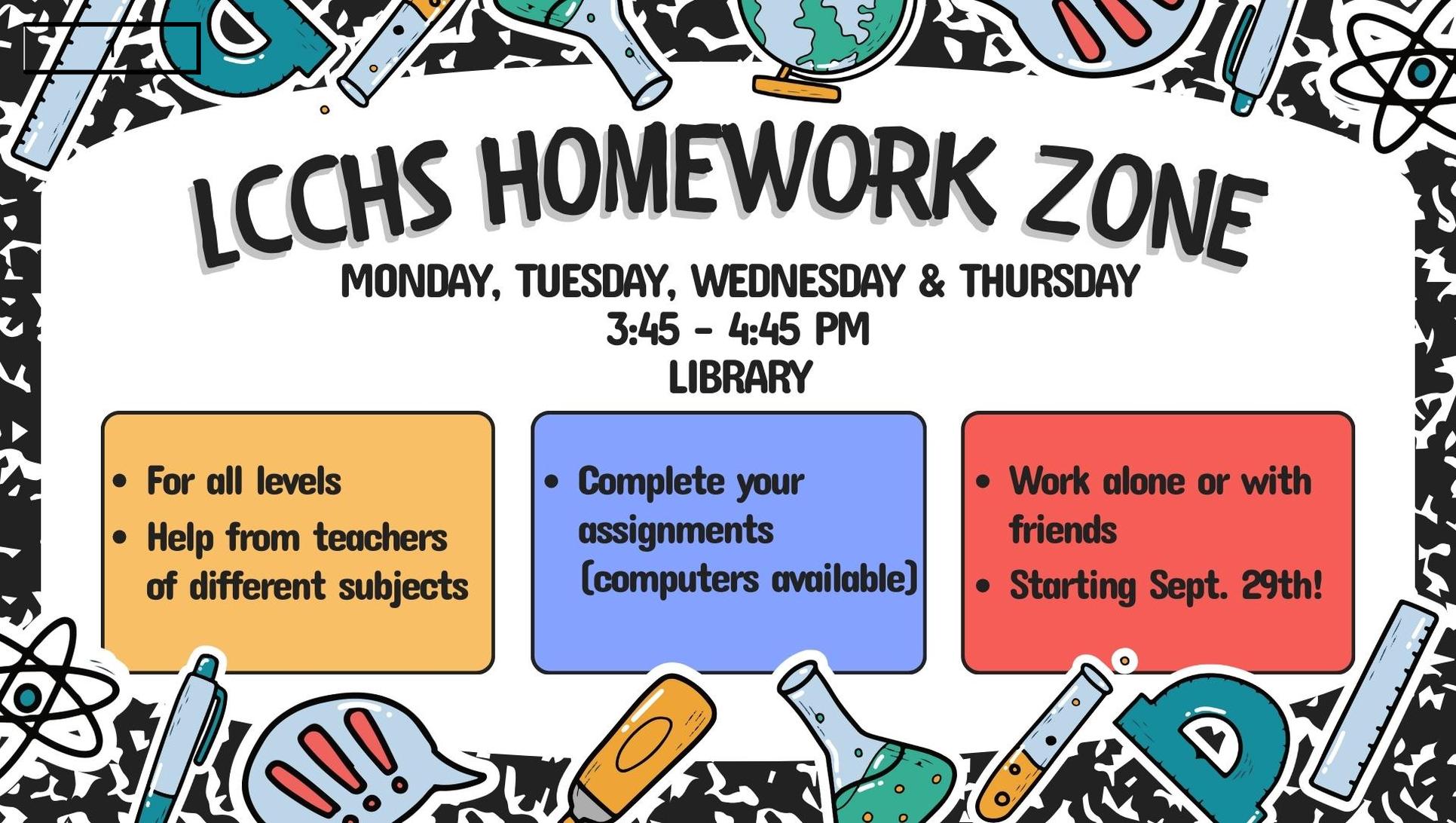
****NOTE****

**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!



GUITAR IS CANCELLED



TUESDAY



Junior Board Game Club

Tuesdays
in C211
With Ms. Hughes



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!



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