

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 12th, 2026 | Day 5

Throwback Thursday

Can you name this throwback song?

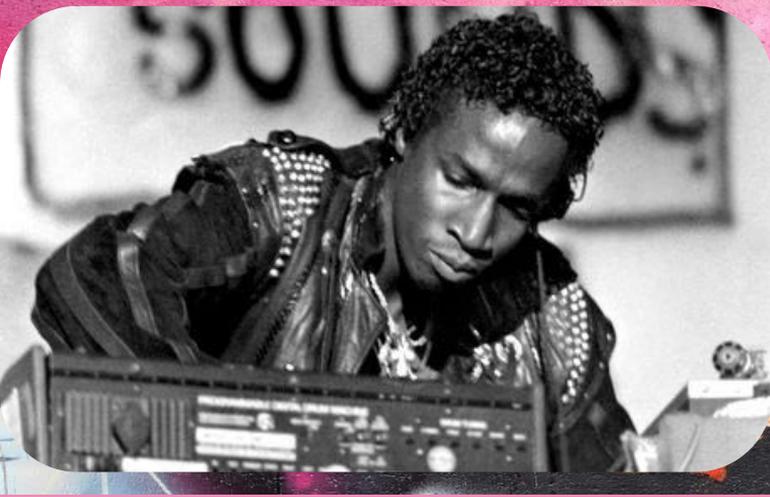


Throwback Thursday

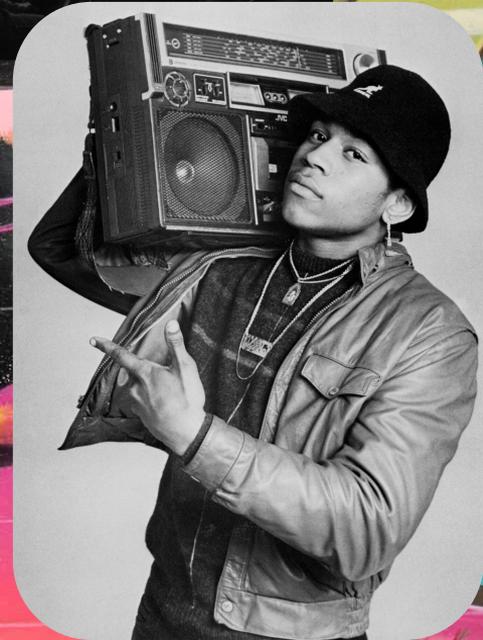
Can you name this throwback song?



Rap



Rap emerged in New York city in the 70s. It came from the black communities and is a part of hip hop culture along with DJing, graffiti, and breakdancing. Rap was a way for black people to voice their struggles, talk about politics and make themselves heard. Rap later became a way for many to end their struggles and rise out of poverty. Many of the artists who became popular with rap did so to escape their situations. Some of the first rappers were Grandmaster Flash, Run-DMC, LL Cool J



Rap honorable mentions



While not entirely rap Quincy Jones is one of the greatest names in music having worked with Michael Jackson, Tupac Shakur and Stevie Wonder, Quincy Jones was the one who ran the industry nothing happened without him. Queen Latifah is an insanely talented woman who broke every barrier she faced throughout her career and life. Queen Latifah has starred in many movies and has been awarded over 15 times in her career.

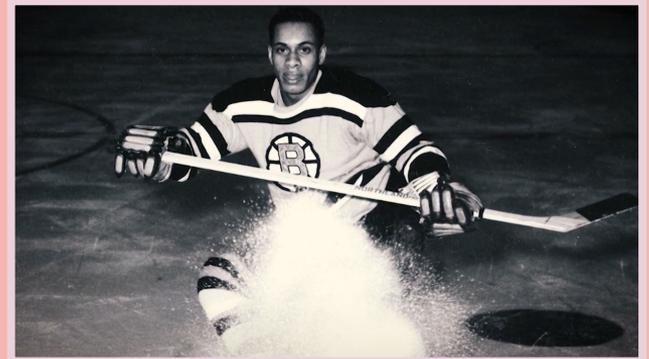
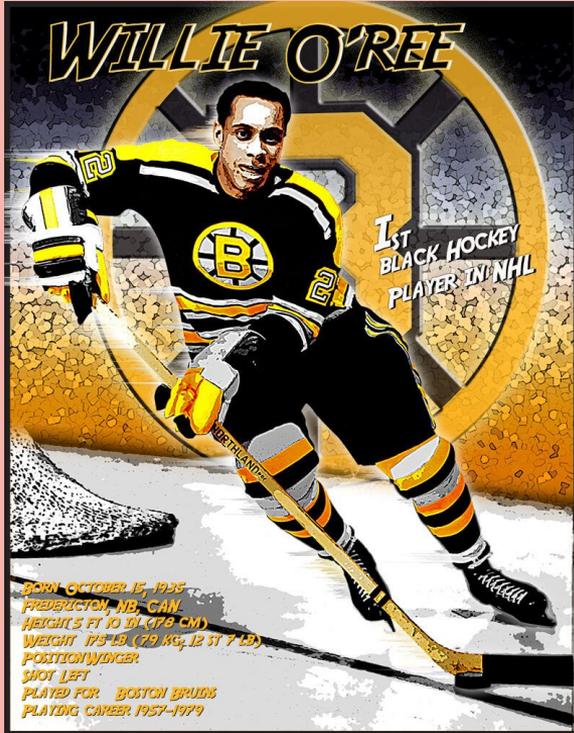


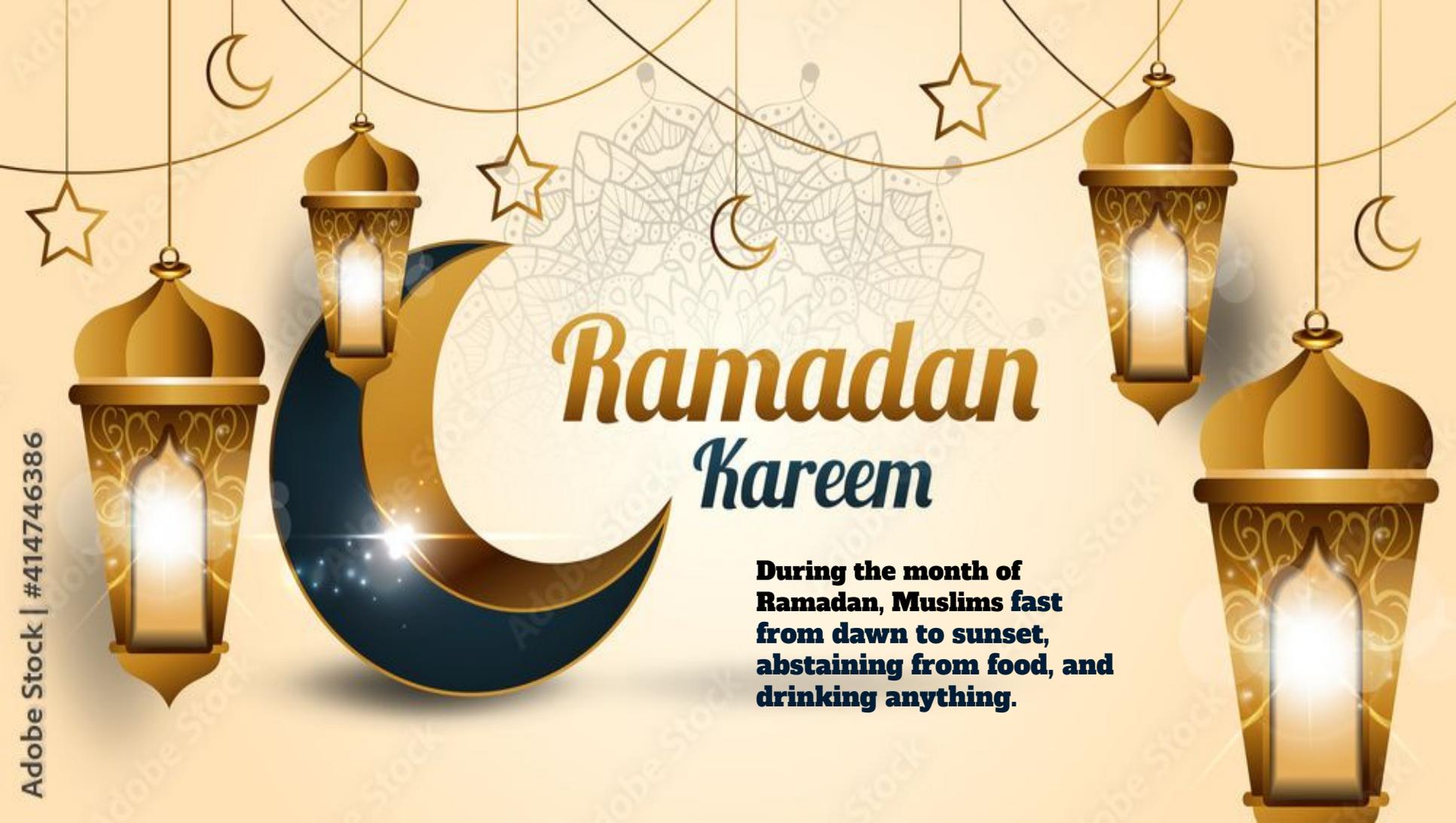
Willie O'Ree

Willie O'Ree is the first black hockey player to play in the National Hockey League.

O'Ree made history on January 18, 1958 as he was called up to play for the Boston Bruins to play against Montreal and captured at win (3-0).

On January 1st 1961, he became the first black person to score a goal in the NHL in a 3-2 win against the Montreal Canadiens.





Ramadan Kareem

**During the month of
Ramadan, Muslims fast
from dawn to sunset,
abstaining from food, and
drinking anything.**



*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

Valentines Day Announcement

February 12th junior and senior lunch
Valentines day cards are available to write!!
Don't forget to write a message of kindness to
your friends, classmates and teachers.
Cards will be handed out Friday



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!



Upcoming

February is worlds international heart month

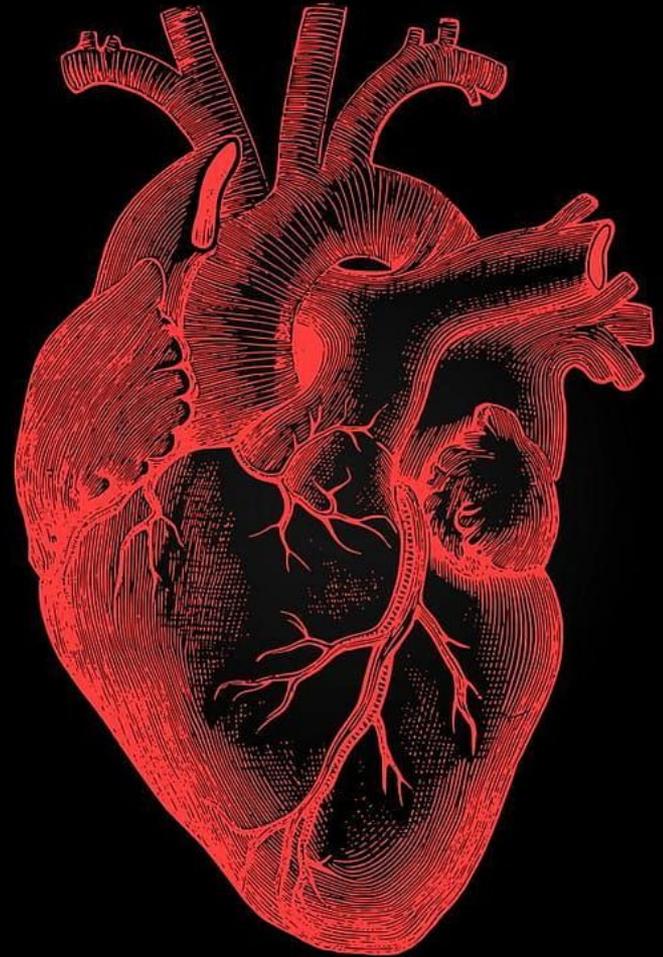
On February 13th we will have a Valentines dress down day.
(Red, Pink and white colours)
All the money will go to the
Fondation En Coeur

“ 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!

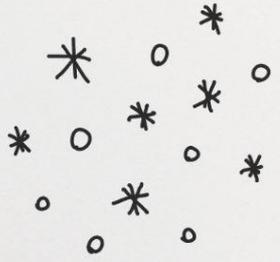
Tuesday, February 24th



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





**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
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%

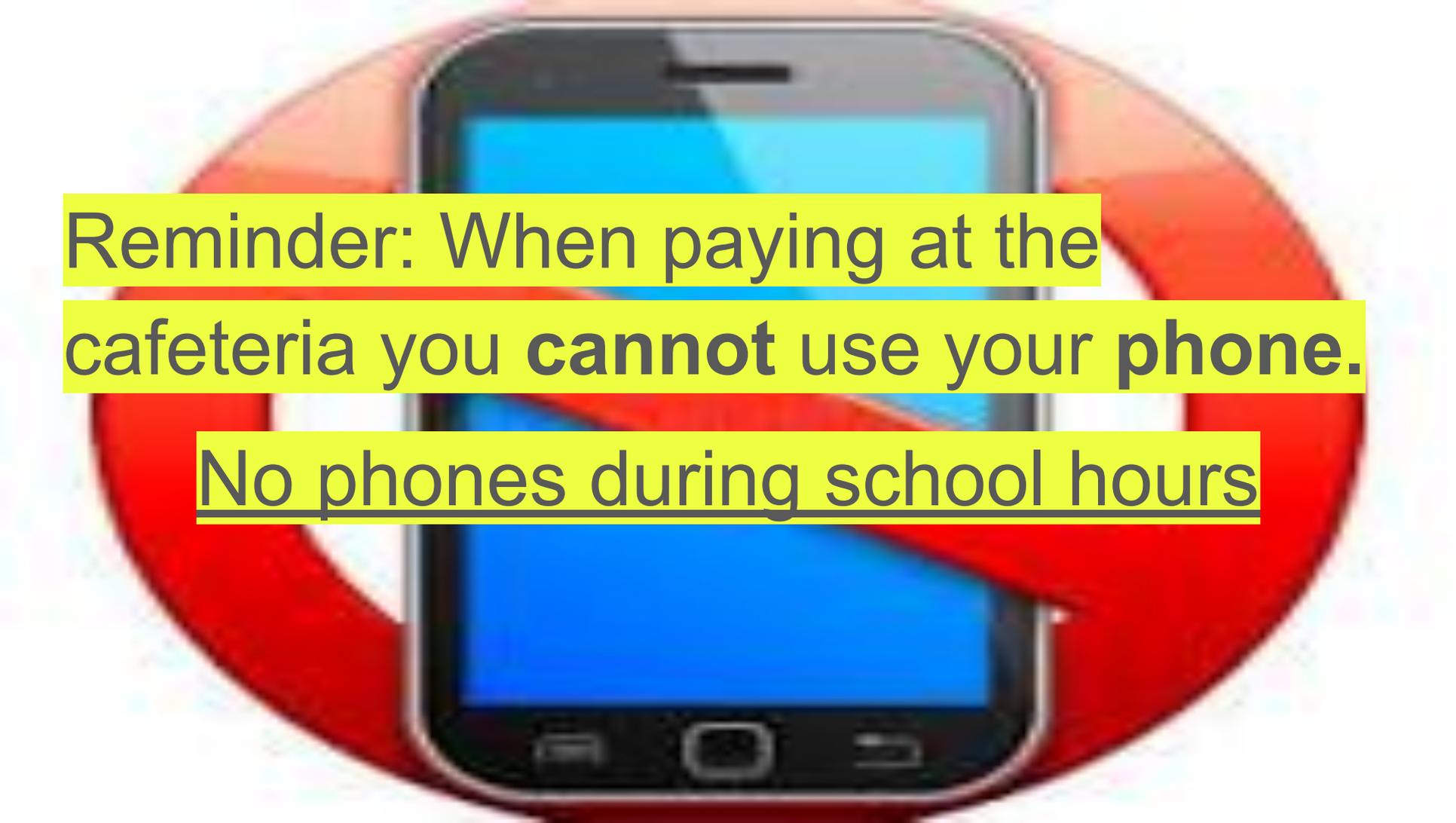
Our Guidance Counsellor, Ms. Rachelle, is back at LCCHS *5 days a week*

Book an appointment for:

- Cegep applications (deadline: March 1)
- Trade school applications
- Career exploration

<https://calendly.com/lcchs>
rdoucet03@lbpearson.ca

Office located in the Main Office area



Reminder: When paying at the cafeteria you **cannot** use your **phone**.

No phones during school hours



**Lunch
Time
Activities**

Come join us in the innovation room



Lounging area and games available during

JR and SR Lunch

Junior Lunchtime Activities



MONDAY

TUESDAY

WEDNESDAY

**BOARD GAMES
C211**

MINI DAY

THURSDAY

FRIDAY

****NOTE****

**BOARD GAMES
C211**

Please be quiet in hallways

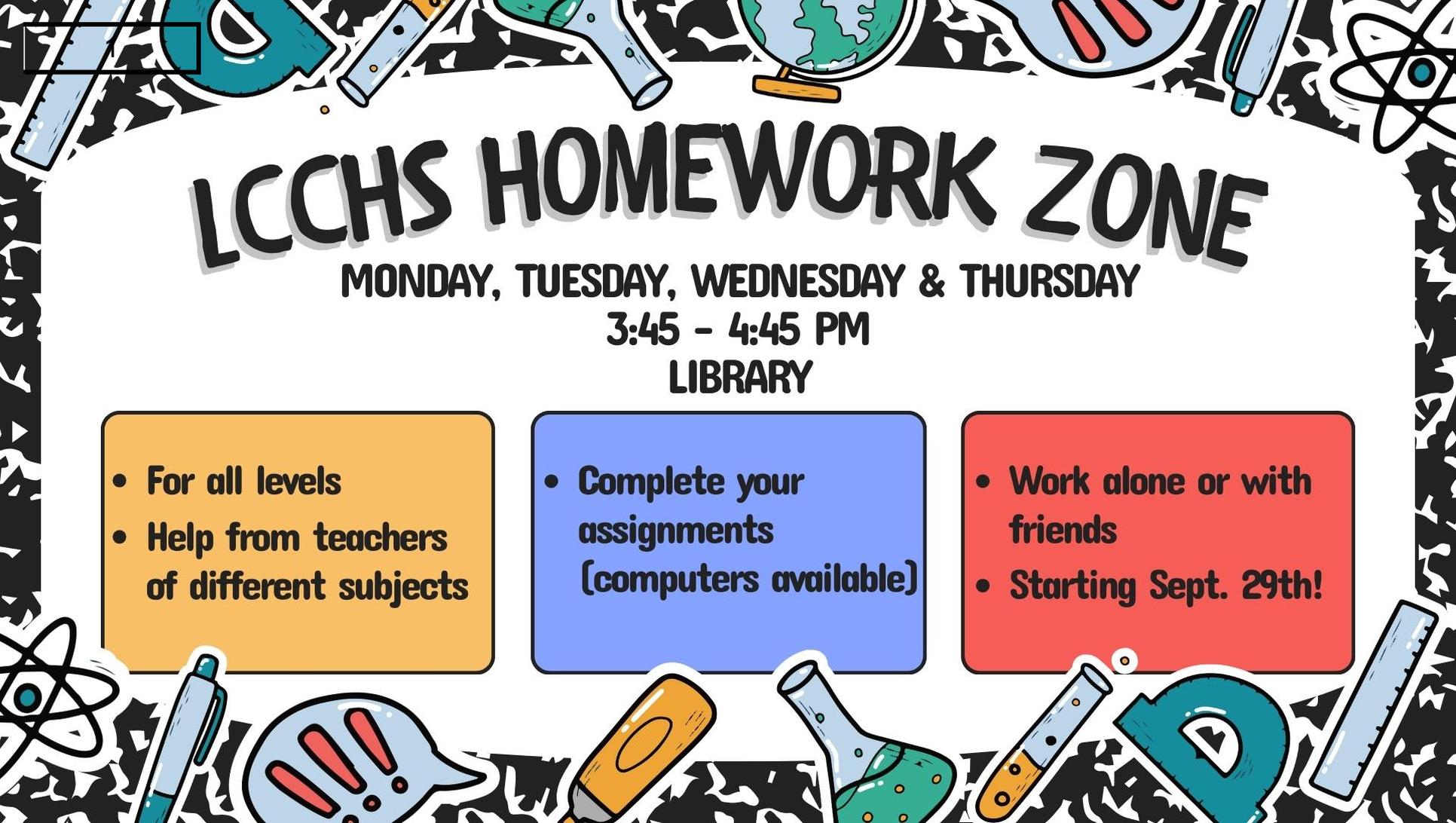
**After
School
Activities**

AFTER SCHOOL ACTIVITIES NEWS

**After school activities in the small gym will start back on
Tuesday February 17th!**

**Sign ups will be during lunch (first 15 mins) on Friday
February 13th for:**

- **Senior Basketball (Mondays)**
- **Senior Volleyball (Tuesdays)**
- **Badminton (Wednesdays)**
- **Junior Volleyball (Thursdays)**



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!



THURSDAY



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

WRESTLING MON & THURS

A photograph of two male wrestlers in a physical struggle during a match. The wrestler on the left is wearing a red singlet with a geometric pattern and black shoes. The wrestler on the right is wearing a blue singlet with a pattern and black shoes. They are both leaning forward, with their arms wrapped around each other's waists, in a classic wrestling stance. The background is a blurred crowd of spectators in a large arena.

With Mr. Jordon
Combat Room

JUNIOR

ROOM C268



DUNGEONS AND DRAGONS