

The image shows the exterior of LaSalle Community Comprehensive High School. The building has a modern design with a grey, textured facade and large windows. A Canadian flag is visible on the left side of the building. In the foreground, there are concrete steps leading up to the entrance, flanked by metal railings. A large blue circular overlay is centered on the image, containing the school's name and the title of the publication.

**LaSalle Community  
Comprehensive High  
School**

**DAILY HOWL**

**February 13th, 2026 | Day 6**

# COMMUNITY

## Spotlight

During Black History Month, we want to highlight the achievements of the members of the black community in Montreal. This week we are proud to spot light:

## MARK - ANTHONY ROACHE

**MARK-ANTHONY HAS HAD A LASTING IMPACT ON QUEBEC'S WRESTLING COMMUNITY. A FORMER OLYMPIC WRESTLER AND DEDICATED COACH, HE FOUNDED A NON PROFIT ORGANIZATION, CLUB DE LUTTE LASALLE AND HAS HAD A PROFOUND IMPACT BY INTRODUCING WRESTLING TO BLACK YOUTH BOTH AT LCCHS AND IN THE COMMUNITY. HE CONTINUES TO VOLUNTEER HIS TIME WHENEVER THE SCHOOL CALLS. HIS LEADERSHIP AND COMMITMENT TO YOUTH DEVELOPMENT HAVE LEFT A POWERFUL LEGACY BOTH ON AND OFF THE MAT.**



# Funk



Funk is derived from a mix of R&B, soul, jazz, and gospel. Funk is upbeat and vibrant the genre emerged in the mid-60s. Funk is the parent genre of disco and hip hop and influenced other genres like R&B, rock and pop. The sound is characterized by drums, base, guitar and keyboard. Some of Funk's most well known artists include James Brown, Stevie Wonder and the band Earth, Wind & Fire.

# Funk honorable mentions



**Funk is the genre of some big names in music like Prince, the Temptations and Rick James. Prince was one of the most accomplished entertainers of the century as he was a singer, songwriter, musician, dancer and actor. The Temptations were one the most influential groups of their time winning many awards for their incredible sound. Rick James was an amazing artist, he wrote and performed the song super freak and was credited for the song U Can't Touch this.**

# Serena Williams

- Considered as one of the greatest women's tennis player of all time.
- Williams has revolutionized tennis for women since the time of 1990s.
- Has won more Grand Slam singles titles than any woman in history
- Began practicing at 3 years old, and became a professional player in 1995





# *Ramadan Kareem*

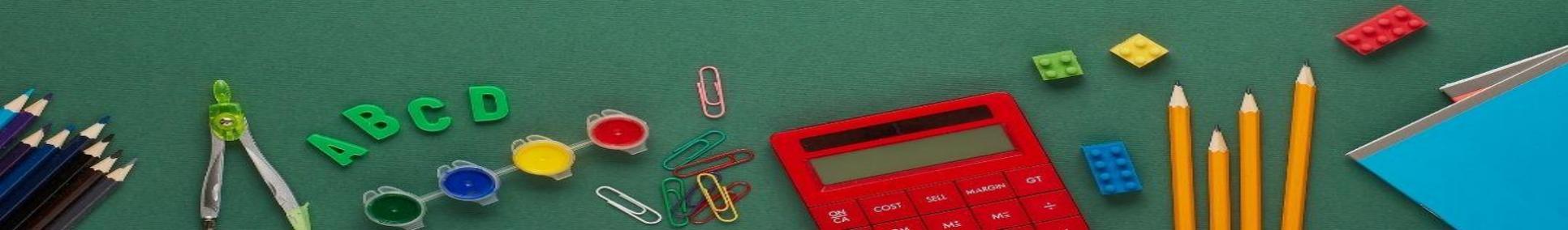
**During the month of  
Ramadan, Muslims fast  
from dawn to sunset,  
abstaining from food, and  
drinking anything.**



*Thank you to  
our teachers and staff*

Staff Appreciation Week  
February 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

# February is worlds international heart month

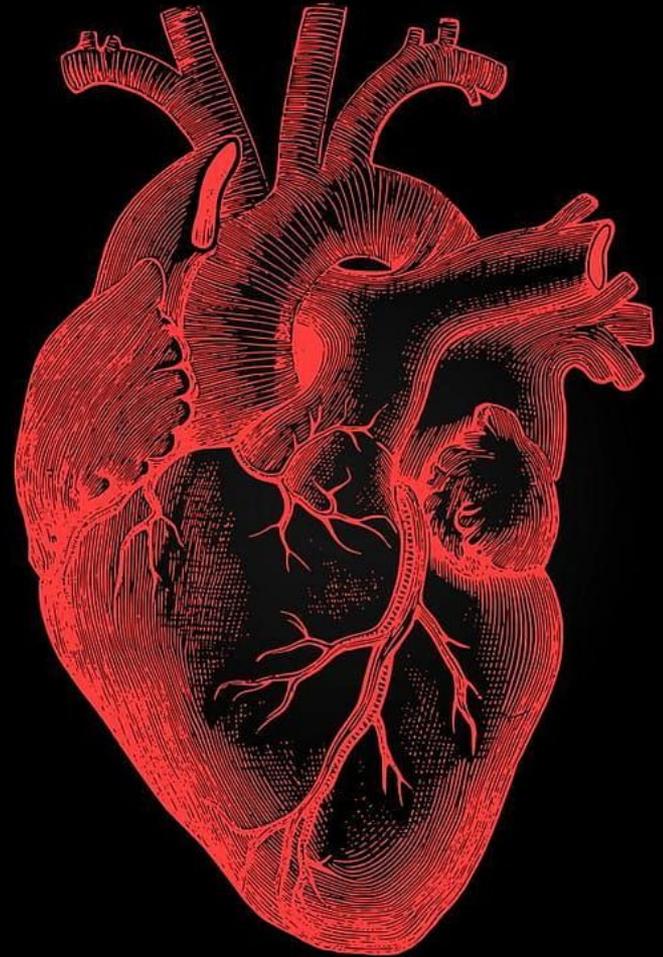
On February 13th we will have a Valentines dress down day.  
(Red, Pink and white colours)  
All the money will go to the  
Fondation En Coeur

“ 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



Upcoming

**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!

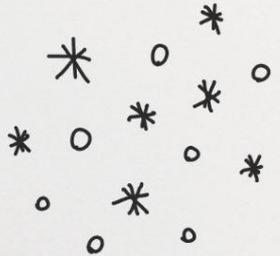
**Tuesday, February 24th**



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**

# ATHLETICS

HOME

GUEST



## Unbelievable Comeback!

Talk about a "never say die" attitude! Our Cadet Girls Futsal team battled back from a daunting 4-2 scoreline yesterday, clawing their way back and finding the back of the net twice in the very last seconds of the match to secure a thrilling 4-4 tie against Lester B. Pearson High School.

The incredible comeback was fueled by clinical finishing from the following players:

- Ella Graham-Roache (2 goals)
- Lilliana Sicoli
- Eva Marisa Esposito

Players of the Match: Huge credit to the entire squad for playing until the final whistle!

Way to go, Wolves!!





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





**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)



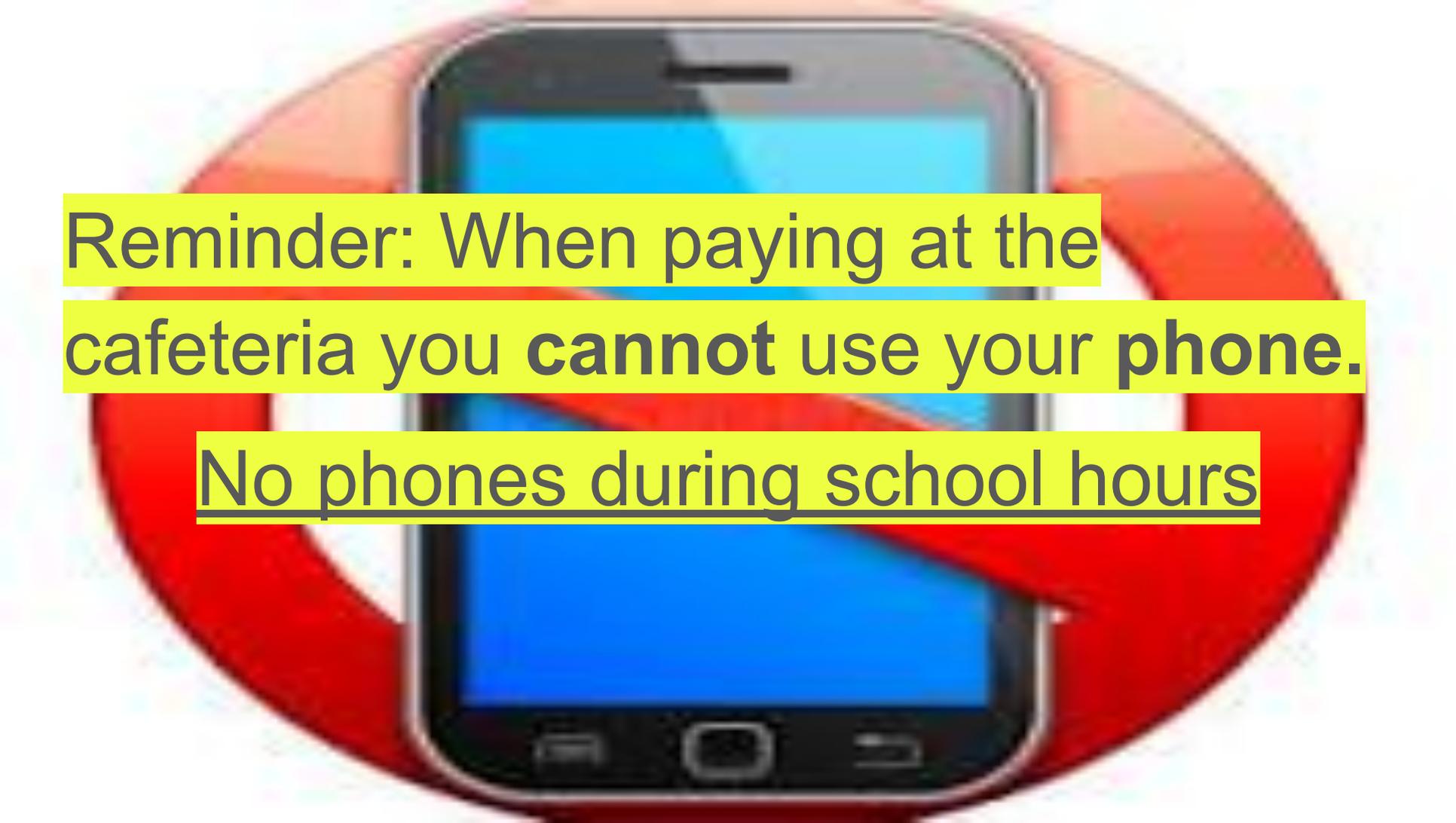
# Our Guidance Counsellor, Ms. Rachelle, is back at LCCHS *5 days a week*

Book an appointment for:

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

<https://calendly.com/lcchs>  
[rdoucet03@lbpearson.ca](mailto: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



**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**

**PED DAY**

**TUESDAY**

**BOARD GAMES  
C211**

**WEDNESDAY**

**BOARD GAMES  
C211**

**THURSDAY**

**FRIDAY**

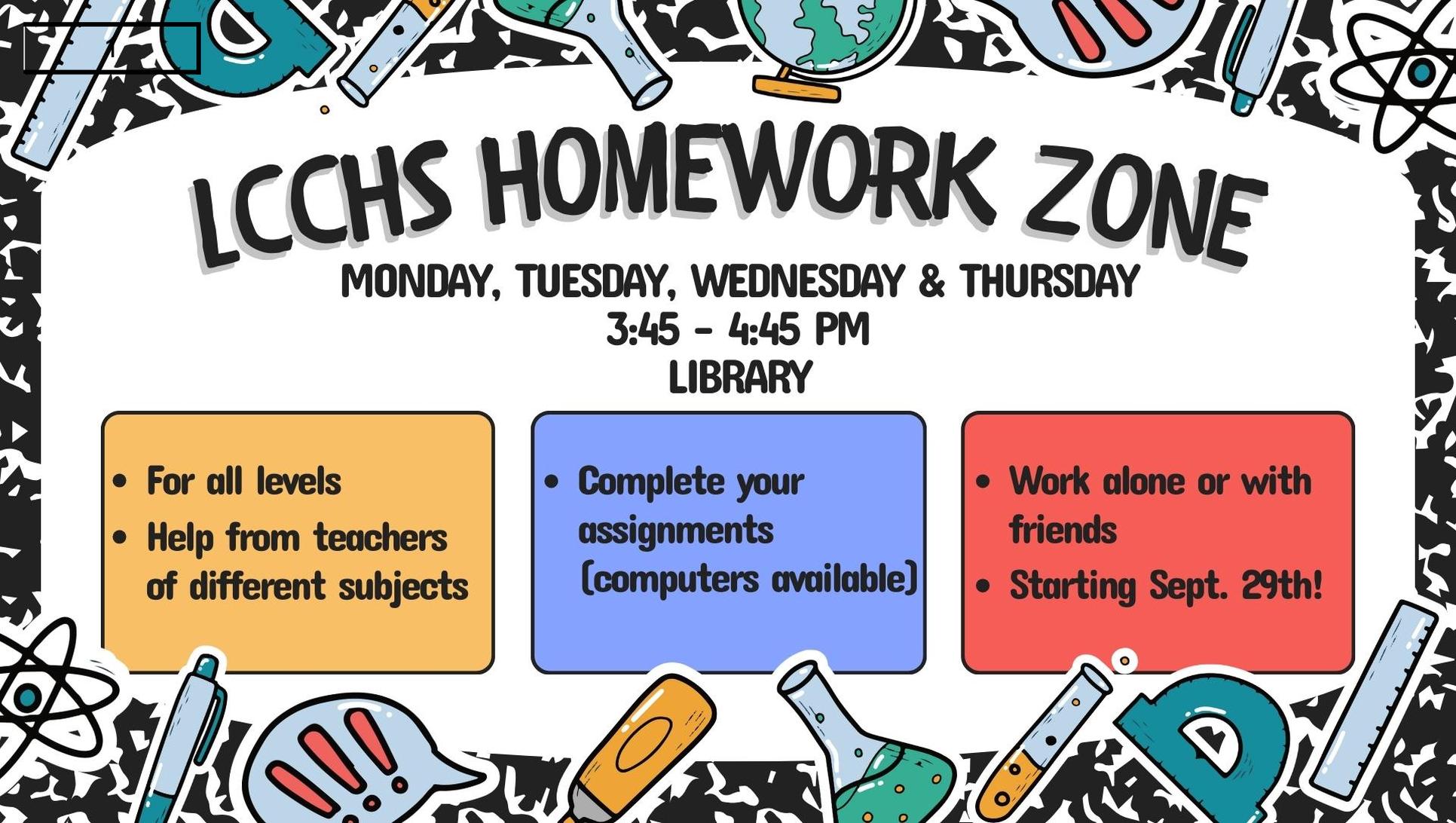
**BOARD GAMES  
C211**

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

**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!



**Tuesday**



# *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 days and trainers.

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

**SENIOR VOLLEYBALL CLUB**  
**TUESDAYS AFTER SCHOOL**



**ANY AND ALL SKILL LEVELS WELCOME**  
**SMALL GYM**

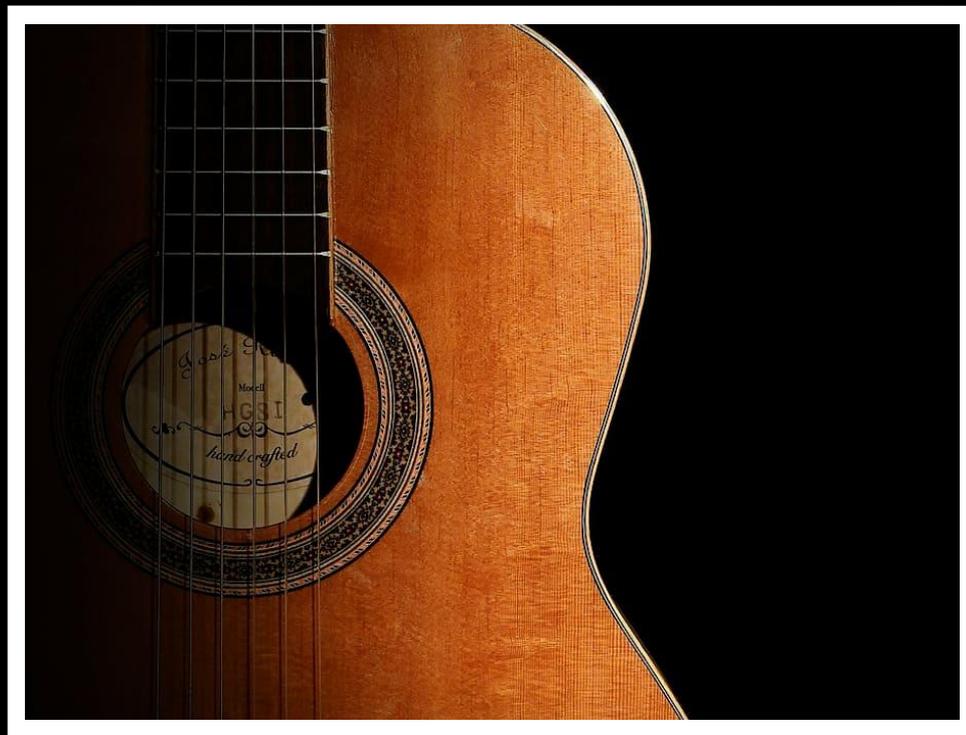




# Junior Board Game Club

Tuesdays  
in C211  
With Ms. Hughes





# Guitar Club

With Mr. Elkin

Tuesday's at 3:45-4:45

Music Room

# THE VOICE LAB

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!**