

The image shows the exterior of a school building with a grey, textured facade and brick accents. A large blue circle is overlaid in the center, containing text. A Canadian flag is visible on the left side of the building. The text inside the circle reads:

**LaSalle Community
Comprehensive High
School**

DAILY HOWL

February 19th, 2026 | Day 3

Throwback Thursday

Can you name this throwback song?

Hip-Hop & R&B Hits

1990	1991	1992	1993	1994
100	100	100	100	100

Hip-Hop & R&B Hits

400	400	400	400	400
500	500	500	500	500

Episode 30



Throwback Thursday

Can you name this throwback song?

Hip-Hop & R&B Hits

1990	1991	1992	1993	1994
100	100	100	100	100

Hip-Hop & R&B Hits

400	400	400	400	400
500	500	500	500	500

Episode 30

Oscar Peterson (1925-2007)

Oscar Peterson was an Canadian jazz pianist and a composer. He was considered one of the best jazz pianist of all times. Oscar Peterson released over 200 recordings and won 8 grammy awards also a lifetime achievement award from the Recording Academy. His career lasting more than 60 years.





First black principal dancer



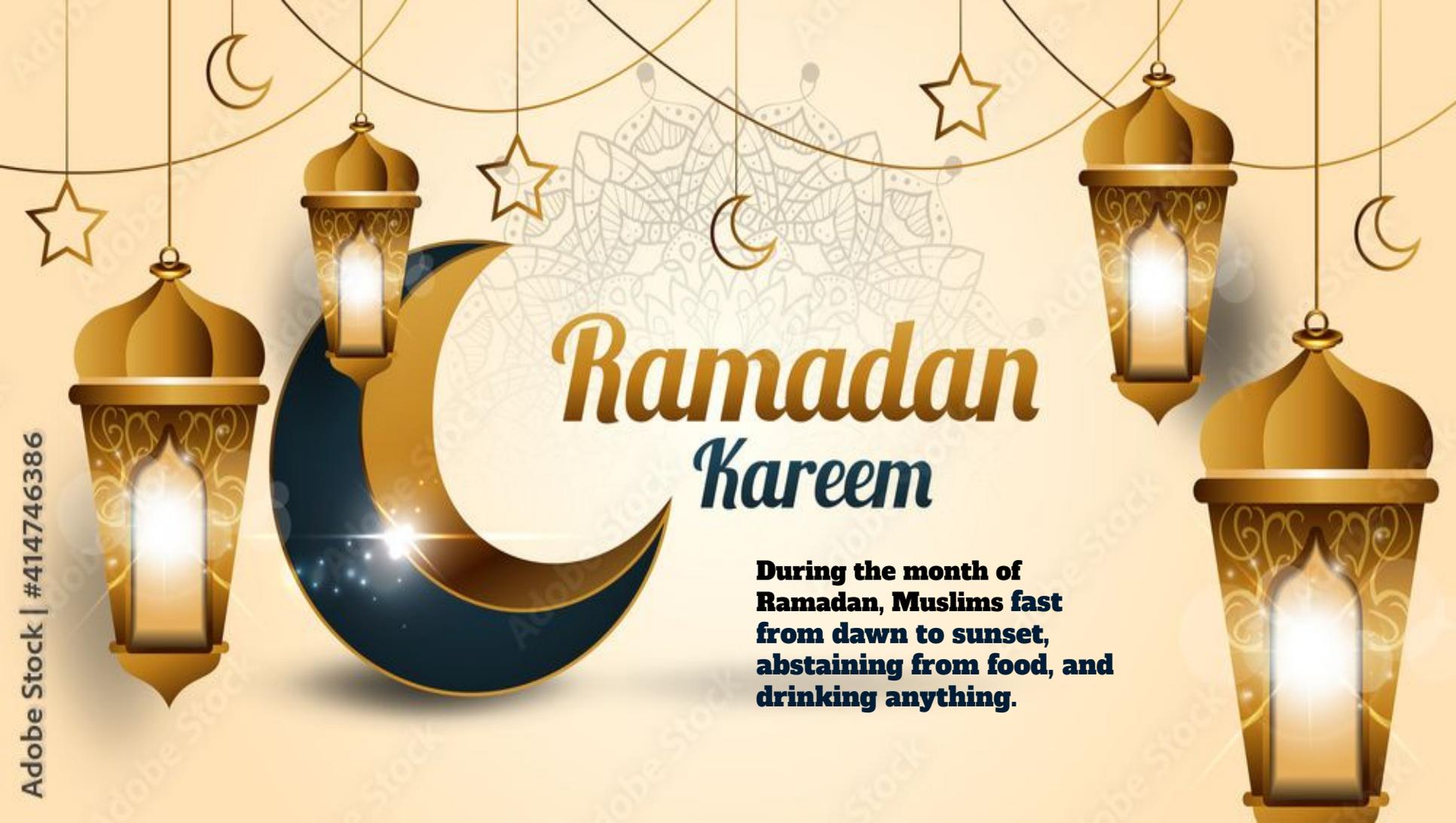
Misty Copeland became the first African American ballet dancer to become a principal dancer in the American Ballet Theatre's 75-year history. Copeland was considered a prodigy, despite starting ballet at 13. At 15 she won the Los Angeles Music Center spotlight award as the best dancer in south California. Copeland is now an accomplished author, public speaker and stage performer.

FREDERICK DOUGLASS

1818-1895



Abolitionist, orator, and author who escaped slavery in Maryland in 1838 to become a leading voice for human rights. Renowned for his intellectual brilliance and powerful speeches, he challenged pro-slavery arguments by publishing his 1845 autobiography



Ramadan Kareem

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

Today

JUNIOR Gender & Sexuality Alliance (GSA)



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

Day 3: Junior Lunch

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

TODAY!

Bring your lunch and join us in the library.





WOMEN'S HOCKEY



CANADA



US



GOLD MEDAL GAME

1:10 PM

Juniors

Will watch the game in class
Must go to their P5, 6 and 7

Seniors

Game starts 1:10 pm in the Auditorium
for those who want to watch. P6 all
seniors report to the Auditorium.

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!!!

Winter Carnival

Free Skate

When: Wednesday, Feb 25th
Where: Jacque Lemaire Arena
Time: 10:00 am - 12:00

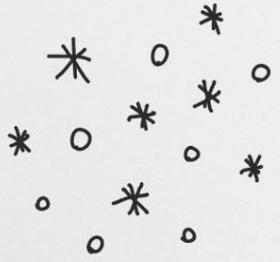


You must sign-up either at lunch outside the Innovation room or see Mr. Dort in room C260 Thursday and Friday of this week.

You must have skates and proper helmet to participate.

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**

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
16	17	18	19 AM PRESENT	13 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.

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)



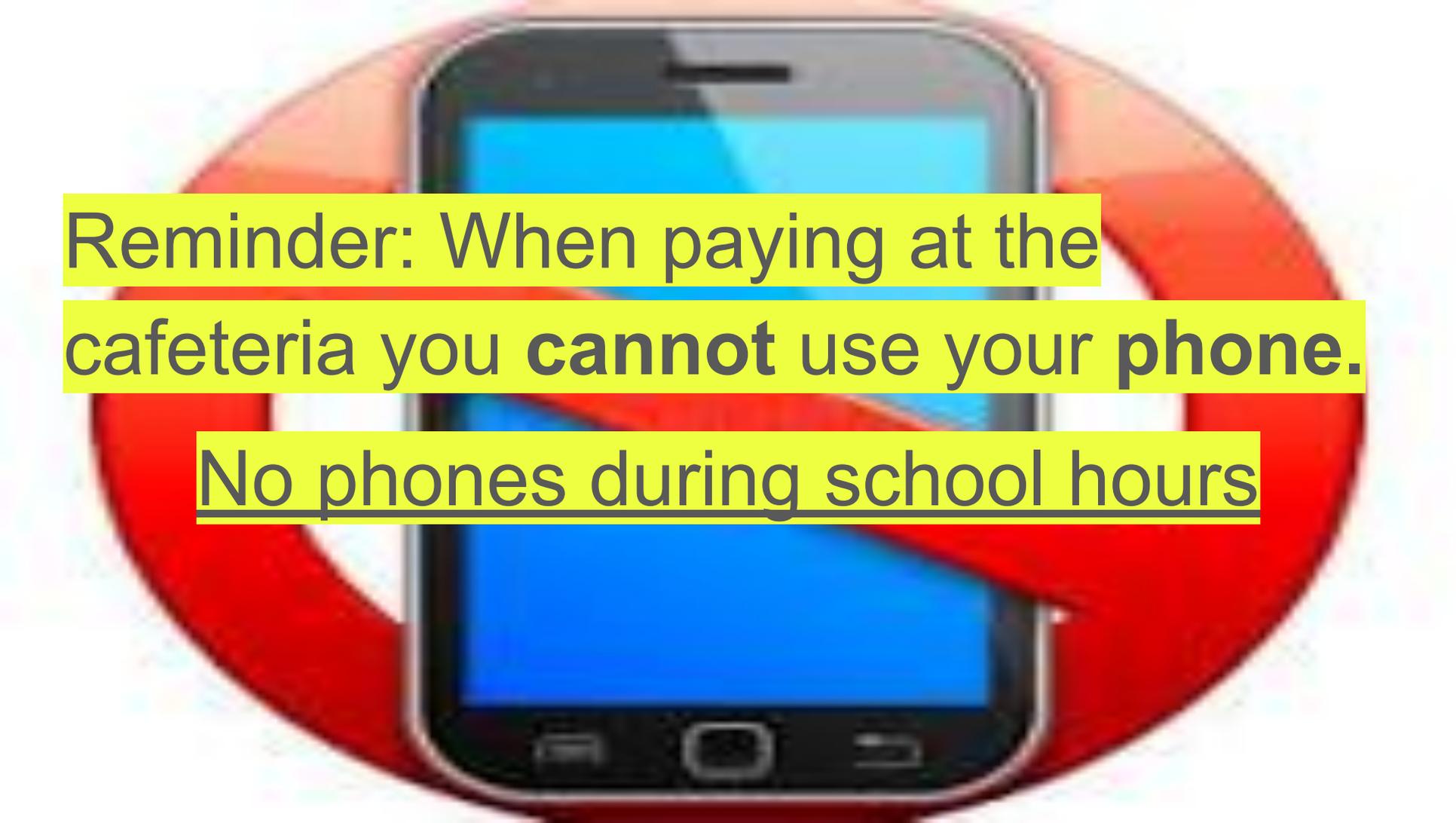
Our Guidance Counsellor, Ms. Rachelle, is back at LCCHS *5 days a week*

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

PED DAY

TUESDAY

**BOARD GAMES
C211**

WEDNESDAY

**BOARD GAMES
C211**

THURSDAY

FRIDAY

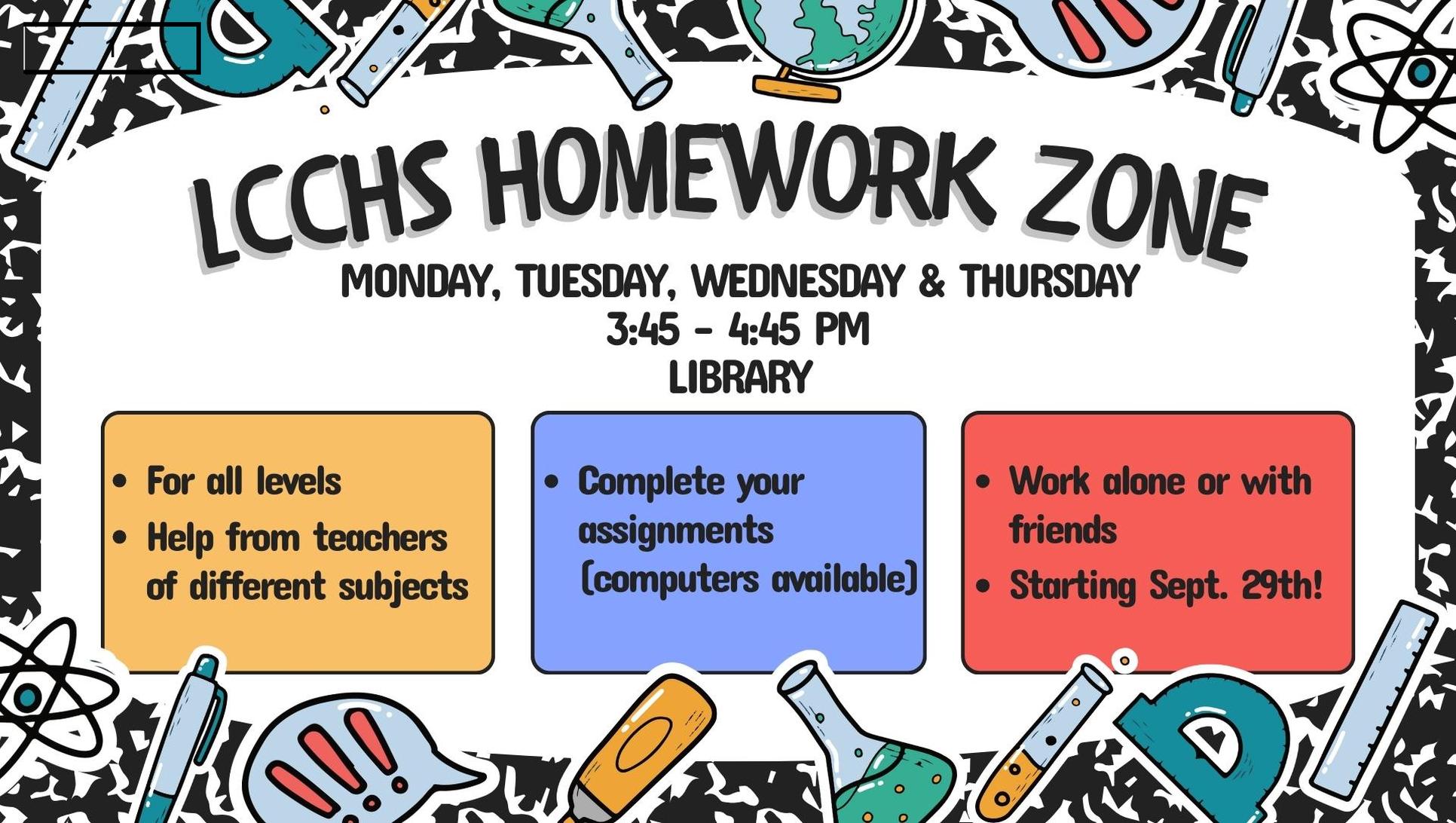
**BOARD GAMES
C211**

****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!

The background of the image consists of numerous thin, wavy, horizontal lines in a vibrant purple color. These lines are set against a dark, almost black background, creating a sense of motion and depth. The lines vary in thickness and intensity, with some appearing as bright, glowing streaks and others as faint, ethereal traces. The overall effect is reminiscent of a digital or liquid texture.

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. 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

★ STUDENT RECOGNITION



IB LEARNER PROFILE



December 2025 - BALANCED Arts - Drama

LEVEL 1	Viviana Anderson Romero
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LEVEL 2	Vincent Crevier
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LEVEL 3	Reemna Hagos
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LEVEL 4	Sarina Turner
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LEVEL 5	Lynx Patten
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IB LEARNER PROFILE



January 2026 - PRINCIPLED Design

LEVEL 1	51 - Harmony Knight 52 - Victoria Vetro
LEVEL 2	51 - Keegan Cousins 52 - Emily Collins
LEVEL 3	51 - Adam McLachlan 52 - Andrei Ignatin
LEVEL 4	35 - Matias Cofré, Nicolas Furgieule & Nathan Rossi 36 - Ishana Ahamed, Sydney Chicoine & Megan Too

ATL SKILLS IN ACTION - January 2026

Design

SEC 1 IB - EGG LANDER PROJECT



COMMUNICATION SKILLS

- Read a variety of sources for information
- Find information using a variety of media



RESEARCH SKILLS

- Identify primary and secondary sources

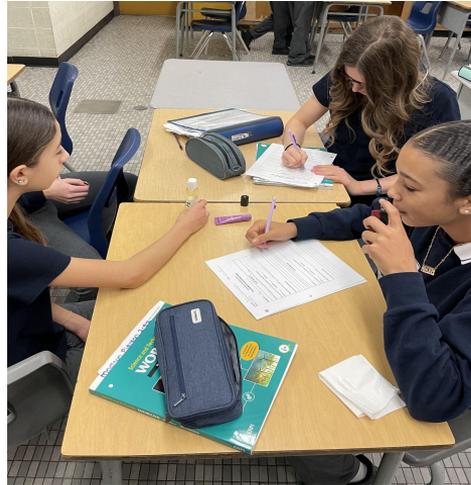


THINKING SKILLS

- Apply existing knowledge to generate new ideas, products or processes



- Read a variety of sources for information
- Find information using a variety of media



- Give and receive meaningful feedback



- Apply existing knowledge to generate new ideas, products or processes

