

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**

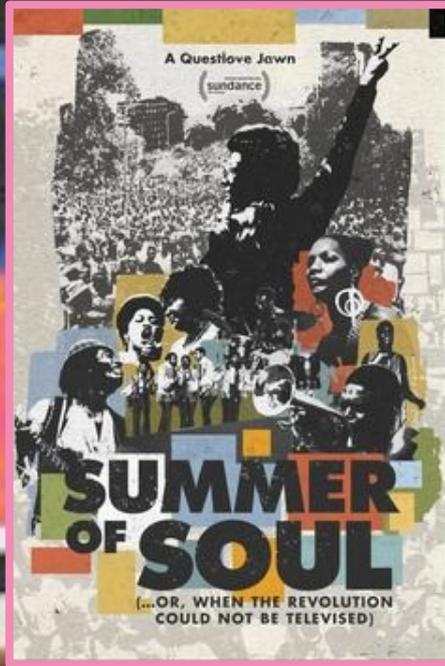
**February 23rd, 2026 | Day 5**

# *Motivational Monday*

**“We are the ones  
we’ve been  
waiting for.  
We are the change  
that we seek.”**

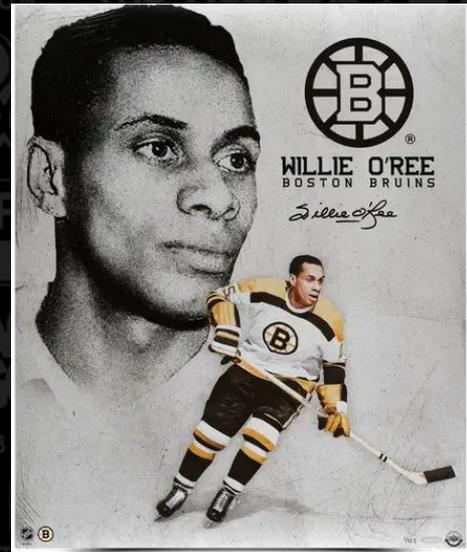
**BARACK OBAMA**

# Harlem Cultural Festival



**In the 1960s the black community faced many difficulties like the assassinations of many of their political activists. The community was on edge in 1969, they were scared of another riot breaking out, so a plan was formed. A free festival would be held in Harlem for the people. 6 weekends of music and peace, from artists like Stevie Wonder, Nina Simone and Gladys Knight.**

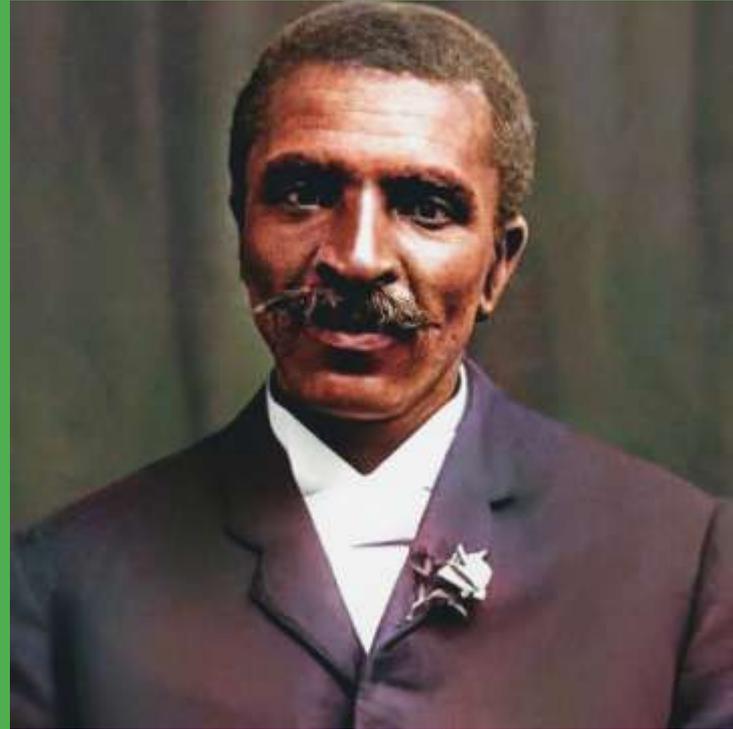
# The first black hockey player



Willie O'Ree was born in Fredericton, New Brunswick in 1935. O'Ree started playing hockey at the age of five. At 15, he met Jackie Robinson whom was often considered to be O'Ree's predecessor. In 1954, O'Ree started playing in Quebec and Ontario, mid way through his season with the Quebec Aces in 1955 he was called to Boston. O'Ree having been blinded in his right eye a few years earlier hid this from the team and made his NHL debut with the Boston Bruins in 1958. Willie O'Ree holds a place in the hockey hall of fame and Canada's sports hall of fame.

George Washington Carver was most famous for inventing 300 uses for peanuts. For his impressive achievement they called him the "Peanut Man". Another achievement was that he was the first African American to earn a bachelor's degree at Iowa State University.

## George Washington Carver



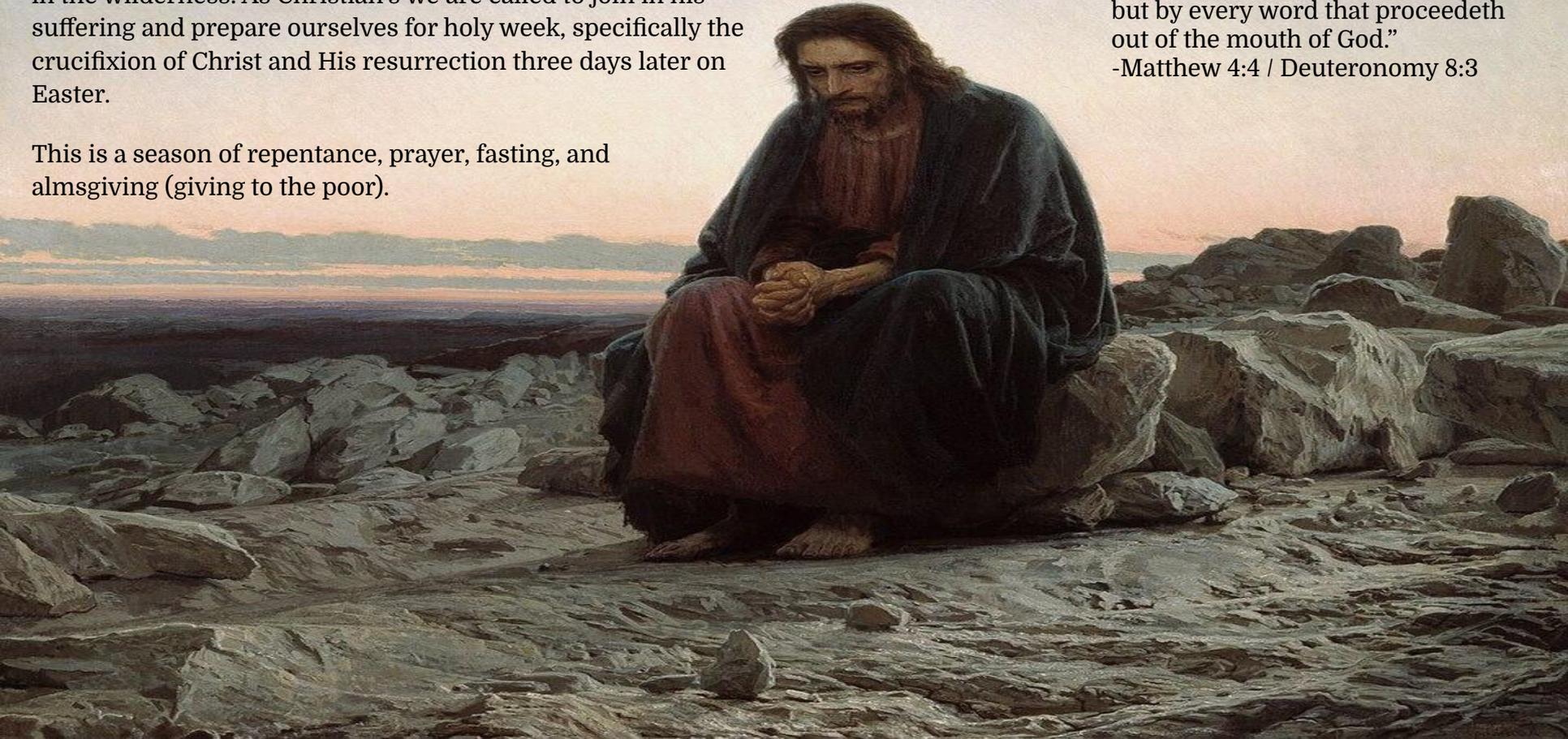
# 40 Days Of Lent

Lent is a period of 40 days where Jesus fasted and was tempted in the wilderness. As Christians we are called to join in his suffering and prepare ourselves for holy week, specifically the crucifixion of Christ and His resurrection three days later on Easter.

This is a season of repentance, prayer, fasting, and almsgiving (giving to the poor).

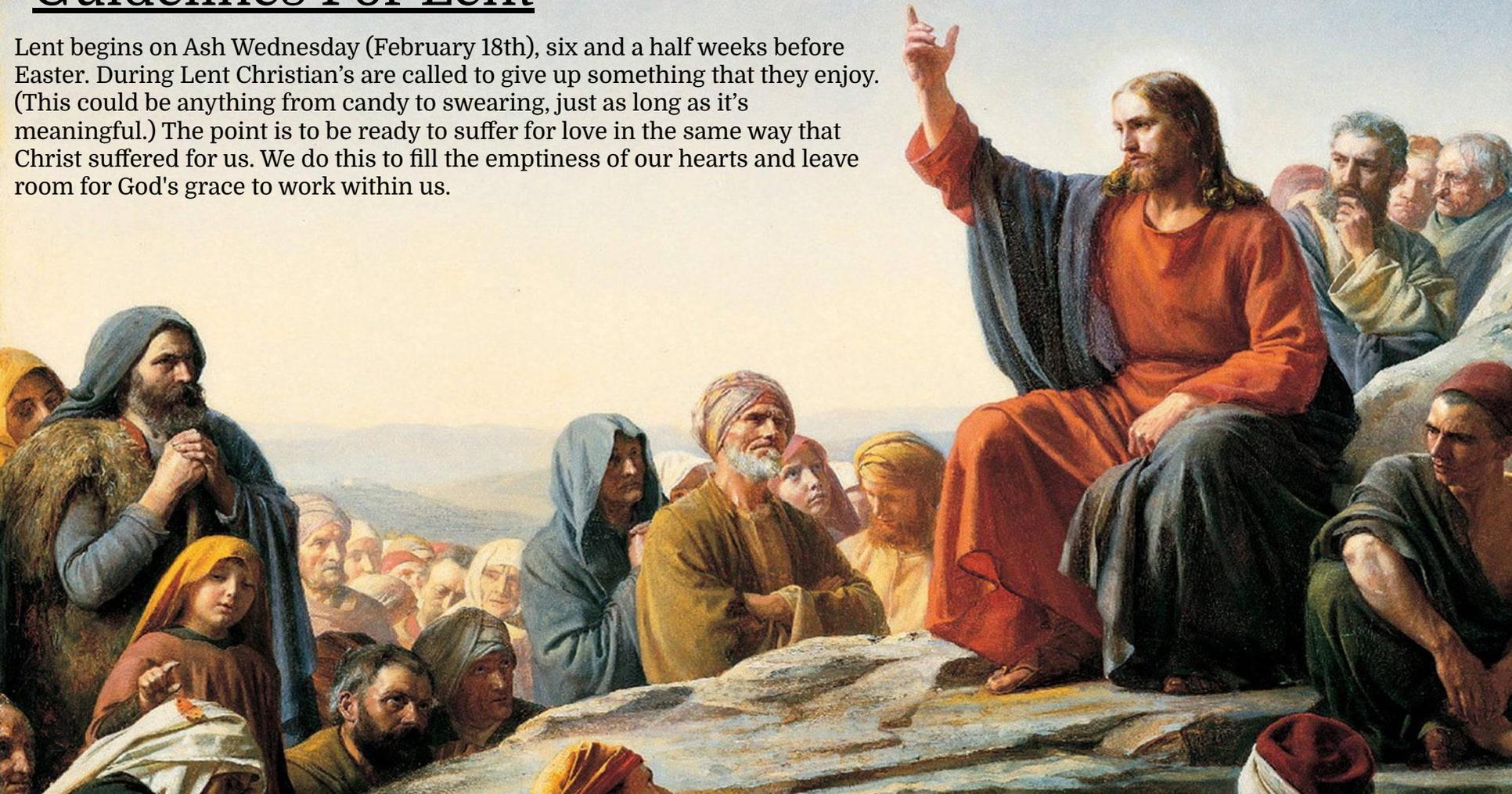
“Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”

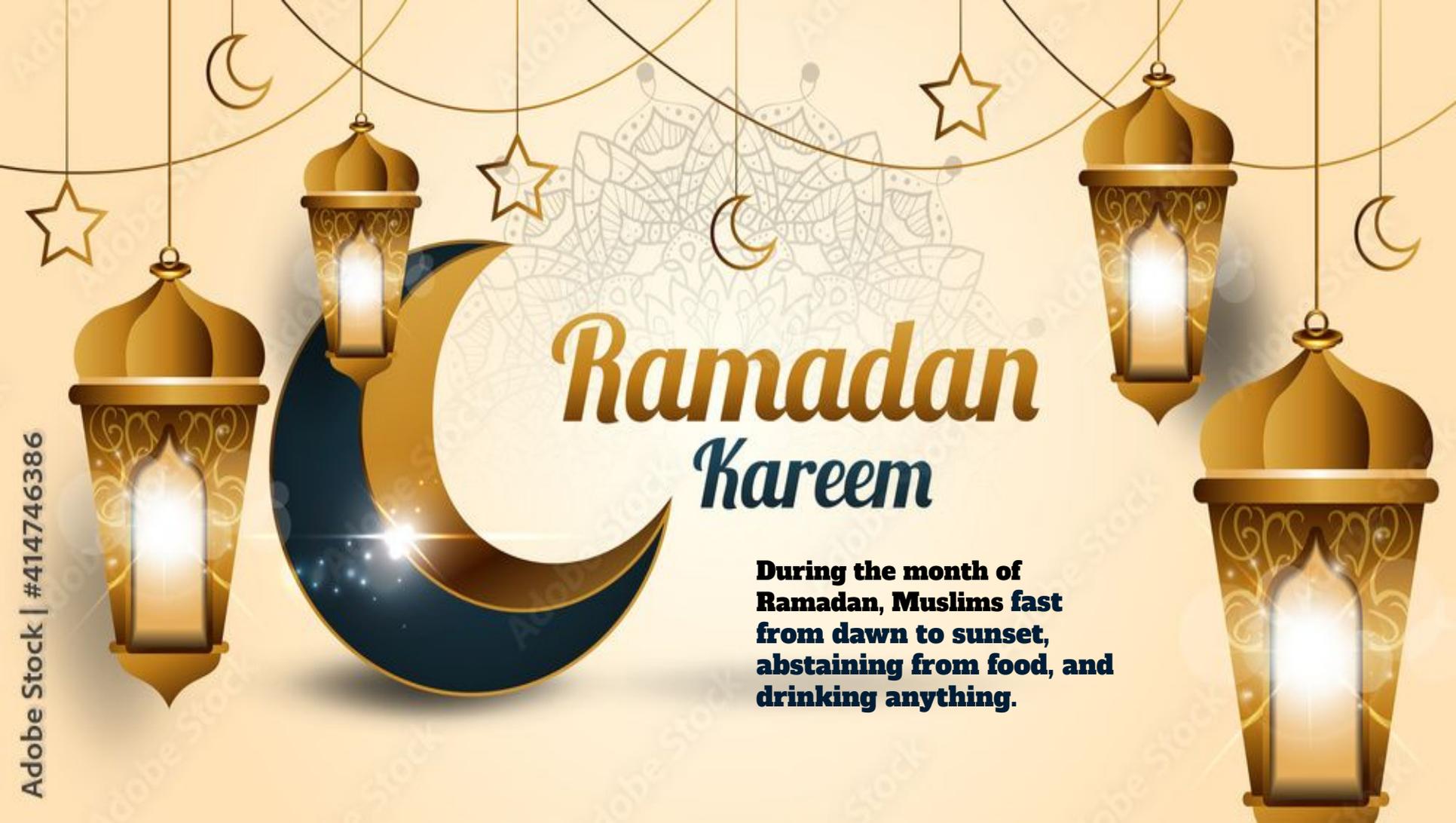
-Matthew 4:4 / Deuteronomy 8:3



# Guidelines For Lent

Lent begins on Ash Wednesday (February 18th), six and a half weeks before Easter. During Lent Christians are called to give up something that they enjoy. (This could be anything from candy to swearing, just as long as it's meaningful.) The point is to be ready to suffer for love in the same way that Christ suffered for us. We do this to fill the emptiness of our hearts and leave room for God's grace to work within us.





# Ramadan Kareem

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



Today

# 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



WINTER CARNIVAL 2026  
Wednesday, February 25

# HEY TUBERS !!!

- Meet at LCCHS: **8:15 AM**
- **Bring your lunch!** The canteen is quite expensive!
- Wear snowpants & winter boots! STAYING DRY IS FUN!
- Depart time from hill: 3:00 PM (back by 4:30 PM)
- Questions? [svarinsky@lpearson.ca](mailto:svarinsky@lpearson.ca)

WINTER CARNIVAL 2026  
Wednesday, February 25

# HEY SKIERS !!!

- Depart: **7:30 AM** (yikes!)
- **Bring your lunch!** The cantine is quite expensive!
- Bring goggles or sunglasses
- Depart time from hill: 3:00 PM (back by 4:30 PM)
- Questions? [svarinsky@lbpearson.ca](mailto:svarinsky@lbpearson.ca)



**TAKING A LESSON?**  
YOU NEED TO HAVE YOUR  
PARENTS SIGN A WAIVER.  
PICK IT UP IN C-213

**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

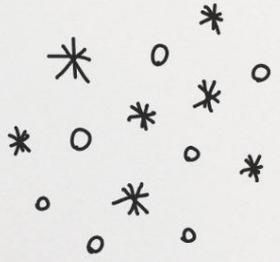


You must sign-up either at lunch outside the Innovation room or see Mr. Dort in room C260 Thursday and Friday of this week.

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](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)



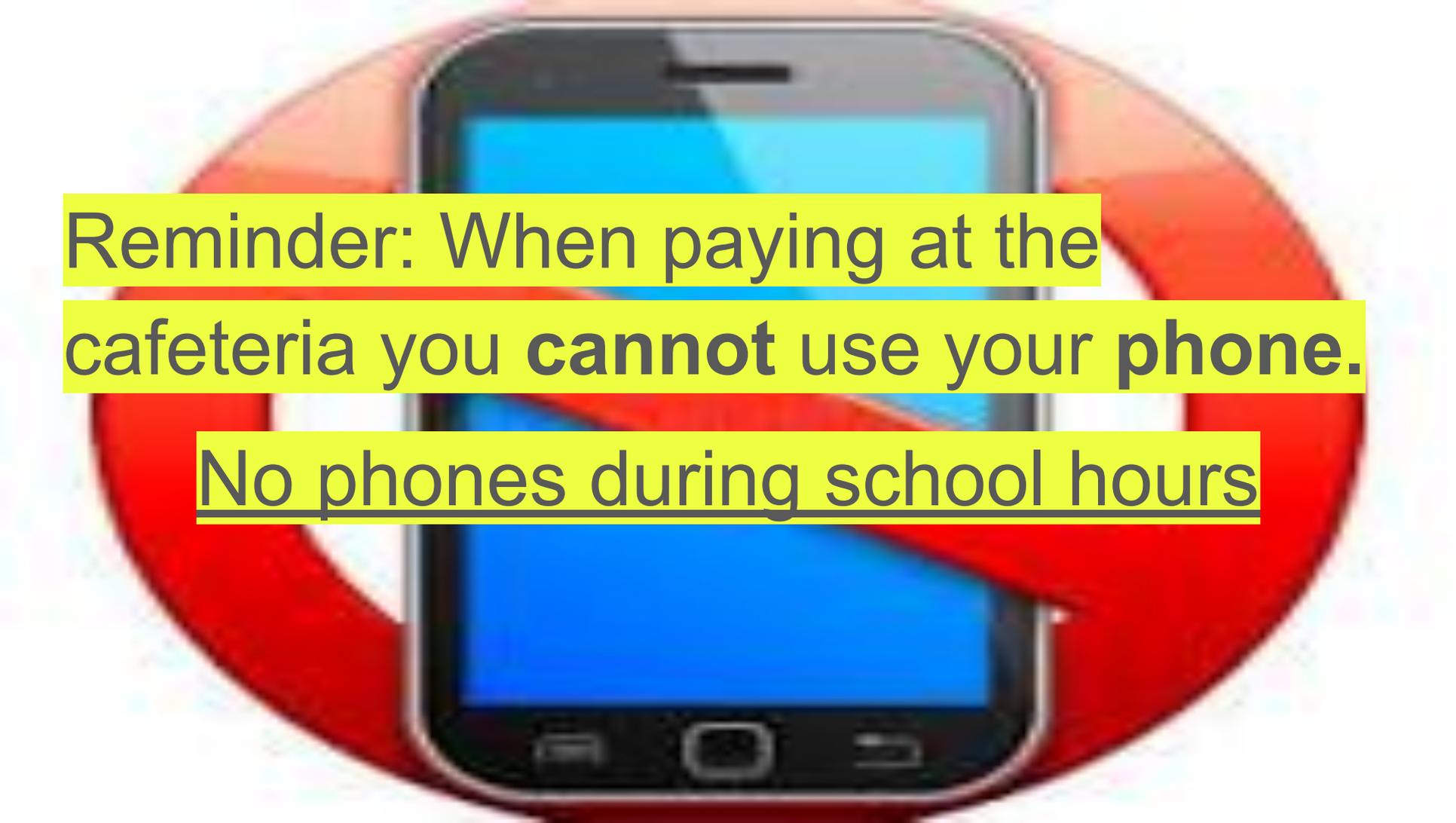
# Our Guidance Counsellor, Ms. Rachelle, is back at LCCHS *5 days a week*

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**

**TUESDAY**

**WEDNESDAY**

**BOARD GAMES  
C211**

**MINI DAY**

**THURSDAY**

**FRIDAY**

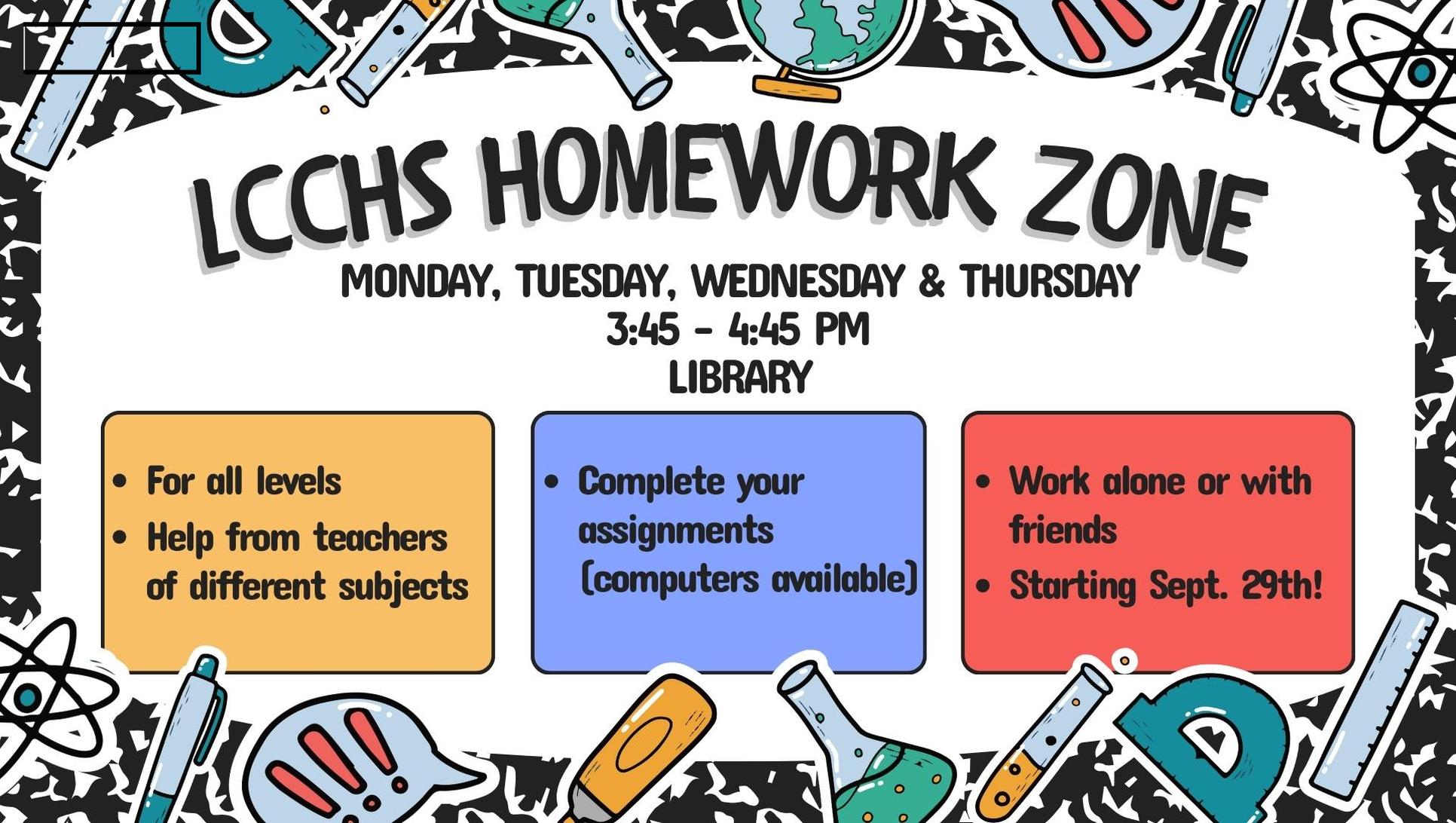
**\*\*NOTE\*\***

**BOARD GAMES  
C211**

**Please be quiet in hallways**



**After  
School  
Activities**



# LCCHS HOMEWORK ZONE

MONDAY, TUESDAY, WEDNESDAY & THURSDAY

3:45 - 4:45 PM

**LIBRARY**

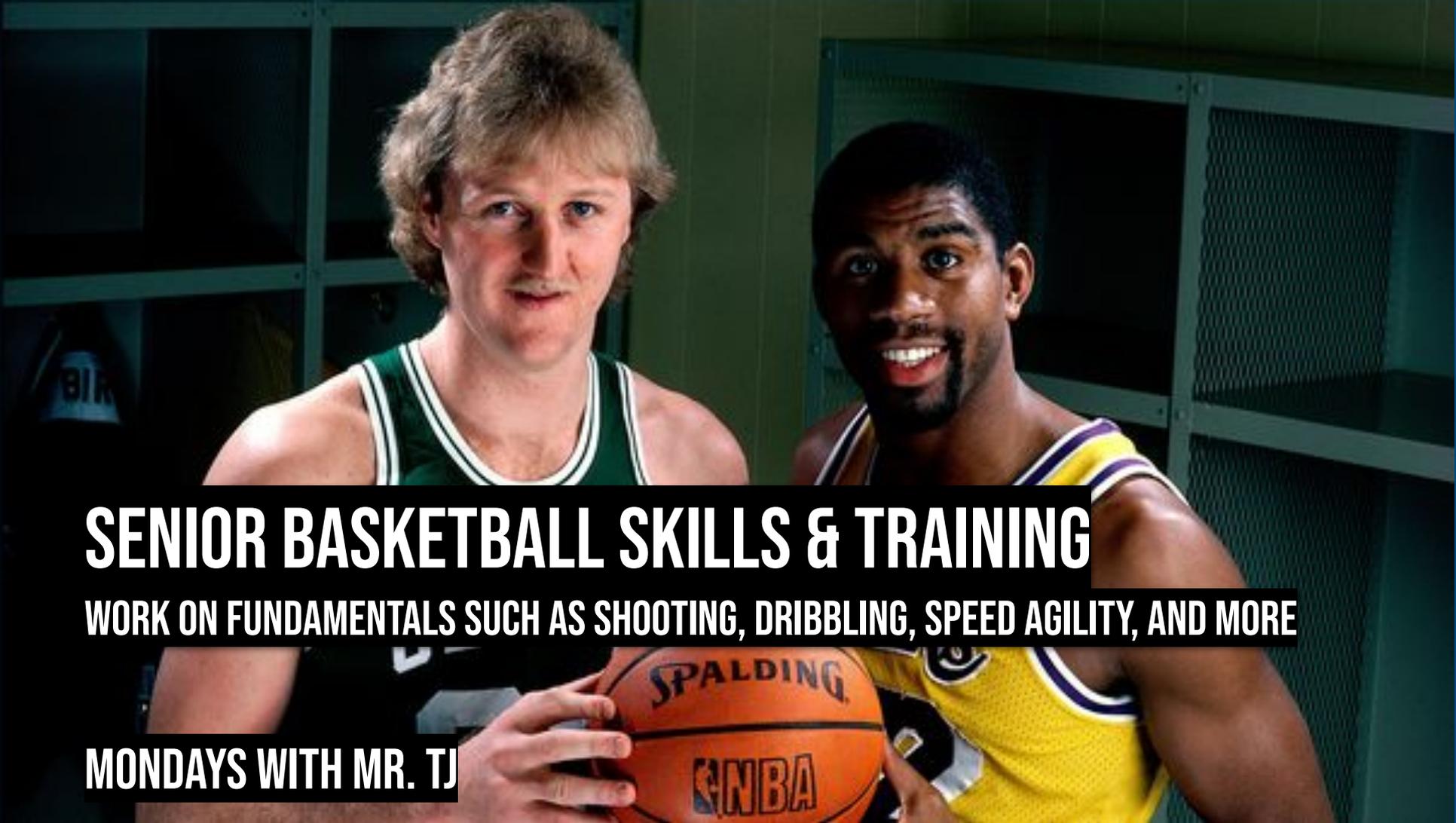
- For all levels
- Help from teachers of different subjects

- Complete your assignments (computers available)

- Work alone or with friends
- Starting Sept. 29th!

# AFTER SCHOOL ACTIVITIES **NEWS**

**MONDAY**

A promotional image for a basketball training program. It features two young men in a locker room. The man on the left has a mullet and is wearing a green jersey. The man on the right is wearing a yellow jersey and is smiling while holding a Spalding NBA basketball. The background shows green lockers.

# SENIOR BASKETBALL SKILLS & TRAINING

WORK ON FUNDAMENTALS SUCH AS SHOOTING, DRIBBLING, SPEED AGILITY, AND MORE

MONDAYS WITH MR. TJ



# *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 bodybuilder with dark hair and a bright smile is flexing his right arm and shoulder. He is wearing a red tank top and red shorts. The background is a solid, vibrant blue. The lighting is bright, highlighting the contours of his muscles.

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



**The Creative Drip  
w/ Ms. Lorine  
Mondays, C132  
Starting February 2nd**

# 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 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**

# 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

# ★ 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

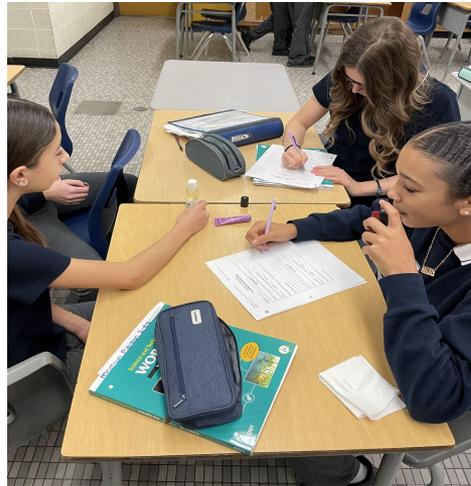


**THINKING  
SKILLS**

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

# COMMUNICATION SKILLS

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



# SOCIAL SKILLS

- Give and receive meaningful feedback



# THINKING SKILLS

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



## SEC 2 IB SCENT DESIGN PROJECT

