



EXTRA CURRICULAR ACTIVITY CATALOG 2026-2027

SOCIAL AND COMMUNITY ACTIVITIES ON LUNCH TIME

ACTIVITY	DESCRIPTION	RESPONSABLE
ART CAFE	Hang out with friends while listening music	Mr Walker
AAL - AUTISM AND THE ARTS IN LAURENTIANS	AAL is a welcoming club where neurodivergent teens can explore creativity through hands on art activities. Each week combines creative exploration with opportunities to build life skills, boost confidence, and enjoy meaningful social interactions; all in a safe, inclusive environment.	Jaime Bisailon
BOOK CLUB	Love reading? Looking for a quiet place to escape the lunch-hour chaos? Or just want to hang out with people who get excited about books? Come join our Just One More Chapter Book Club!	Ms Jette
BOARD GAMES CLUB Drop in but you must sign up.	We want to provide a place where kids can go to socialize though playing board games and develop their skills and techniques.	Mr Young and Mr Patrick
CHESS CLUB	Learn the game, work on strategy and improve your chess mastery.	Mr Judd
CHILL LOUNGE (sec 1-2) Drop in	Bring your lunch and come chill with us. We will listen music while you can do any quiet activity that interest you (reading, drawing, chatting with friends, making bracelets...) A quiet and relaxing place to de-stress.	Ms McCullough
CHOIR	This club is open to all students. If to sing is your thing, this is the place for you!	Mr Stagg
DANCE PARTY Drop in	Get ready to move, dance and release your energy with loud, high-energy music to make you feel great! Prepare to rock hard!	Ms Denis

DAYS FOR GIRLS	You are invited to join the fight for menstrual equity, health, dignity and opportunity for girls and women around the world. We help create reusable menstrual kits for girls to be distributed internationally and also think of ways to raise money to fund these kits.	Ms Vero
EQUESTRIAN CLUB	Do you LOVE horses and would love to spend some time riding in the fresh air? This group has a planning meeting 1x per cycle at lunch, and a riding or horse related outing once per month. No riding experience required!	Ms Silverson
ETHIC	Ethics Bowl Canada is a nationwide competition where high school teams discuss and analyze complex ethical dilemmas in a collaborative, respectful format.	Ms Vero
FANTASY GAMING CLUB	Fantasy gaming club provides a fun environment for students who love all things fantasy! While many games are available to members, the club's biggest attraction is Dungeons and Dragons.	Ms Mittan
GAMING CLUB	VIDEO GAMES! Come and interact with others who love gaming as much as you do with this fun club! Talk games, play games and find new non-violent games to play?!	Mr Young
GIRLS GROUP	A safe meeting place for girls where they can express their feelings, their insecurities, their worries, their fears, talk about problems, ask questions, share successes, and understand that they are not alone.	Ms Mawdryk
GRAD COMMITTEE	The grad committee is responsible for organizing events, fundraisers and gifts for the grads of 2027. All we need to make this year one to remember.	Ms Malis
HOMEWORK CLUB Drop in	For those who want a different/quieter space to catch up on work or need some help and their teacher isn't available for remediation that day.	Ms Whicher
LEADERSHIP	This committee helps teachers to run and assist with activities at LRHS. Such as: Terry Fox Run, Variety Show, Theme Days, Dance and/or Music show.	Ms Sherry, Ms Kennedy, Ms Demers
NEXT GEN MEN	Build stronger friendships with your peers, explore new perspectives, and figure out the kind of young man you want to be — all while sharing lunch together.	Mr Efford
REMEMBRANCE DAY	An annual Remembrance Day ceremony is presented to students, staff and invited dignitaries by the Sec 5 Fact and Fiction class. Auditions will be held for singers, musicians and military cadets who wish to participate in this great show	Mr Foreman, Ms Vero
RESET ROOM	A calm, welcoming space where students can relax and recharge through activities like colouring, puzzles, vision boards, journaling, board games, and other low-stress	Ms Garon, Ms Lepore

	activities. Our goal is to support student well-being, creativity, and connection.	
RUNNING CLUB	30 min on lunch time	Ms Giguere, Mr Clark
TECH CREW	Learn how to run the sound, lighting and AV production to run shows at LRHS! Have the best view in the house of EVERY MAJOR EVENT while learning a trade that can open endless doors in the future.	Mr Foreman
THRIFT SHOP + SEWING CLUB	Do have a passion for fashion? Would you like to learn how to sew, alter garments and tailor clothing to your own unique style? Students will also run the school thrift shop selling new and gently used items as well as design, sew and create items for purchase.	Ms Crevier
WEIGHT ROOM	Learn about proper form to use free weights, universal machines and different exercises to increase core strength, flexibility and muscular strength. All skills and levels are encouraged to join.	Ms Madore, Ms Wicki, Mr Judd
YEARBOOK COMMITTEE	Learn about digital communications, photography, and graphic layout. Be part of student life by capturing amazing school memories that will be immortalized in the Yearbook! Great fun for creative minds, photographers and story tellers.	

EXTRA CURRICULAR ACTIVITY CATALOG 2026-2027

SPORTS AND SOCIAL COMMUNITY **AFTER SCHOOL ACTIVITIES**

ACTIVITY	DESCRIPTION	RESPONSABLE
BASKETBALL	One practice / week / team From October to April +/- 10 players / team	Teachers and staff
CROSSCOUNTRY	Competition on October 8	Ms Giguere
FLAG FOOTBALL	One practice / week / team From September to October and April to May +/- 10 players / team	Teachers and staff
FUTSAL	One practice / week / team From October to April +/- 10 players / team	Teachers and staff
HOCKEY	15-20 players / team 2 teams : junior and senior From October to April	Mr Cass
KITCHEN BRIGADE	A professional chef teaches budding foodies how to prepare, cook and present delicious, healthy food, and have competitions against other schools.	Ms Cere
VOLLEYBALL	One practice / week / team From October to April +/- 10 players / team	Teachers and staff
SWIMMING TEAM	5 days/week 3:30-5:00pm From September to June	Teachers

**TO MORE INFO OR TO REGISTER, PLEASE COME
AT MY OFFICE ON YOUR FREE TIME**