

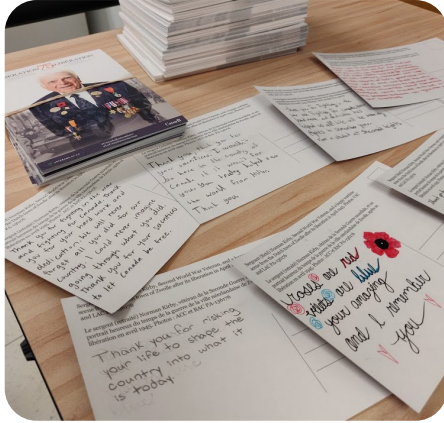


PERSEVERANCE - RESPECT - INTEGRITY - DEDICATION - ENTHUSIASM

COUGARTRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

Sherwood Heights Pauses and Remembers



On Friday, November 6, staff and students honoured and remembered all the brave men and women who have served, and continue to serve Canada during times of war, conflict and peace.

Due to the current pandemic we were not able to have a formal ceremony this year. We did however, hold a virtual ceremony in Period 3 in each class, and held a moment of silence at the eleventh hour to honour and remember the sacrifice of the men and women who have passed in the service of our beautiful country, and to acknowledge the courage of all those who still serve for our freedom.

As an act of remembrance, our students wrote postcards to active Canadian members of the military, thanking them for their service. We are truly thankful for all our Veterans and Canadian Armed Forces! Lest we forget.

Virtual Scholastic Book Fair

The Virtual Book Fair is almost here, and the countdown is on! Just 2 days left until the grand opening of our website... ([read more](#))

Anti-Bullying Week

SWH students and staff spent the week discussing bullying for bullying awareness and prevention... ([read more](#))



Your Future Post-secondary and Career Fair

Your Future Post-Secondary and Career Fair is going VIRTUAL! While we are limited in our ability to gather together in person... ([read more](#))



Mo-vember

We are well into Mo-vember and once again Mr. Uniat is raising money for this great cause supporting Men's mental health. He's always had great support from the school community - and this year our amazing Office Staff have these fabulous masks to promote the project!

If you're interested in finding out... ([read more](#))

Please Save Your Save-on-Foods Receipts

Sherwood Heights and Save-On-Foods on Wye Road are happy... ([read more](#))

Upcoming Events & Need to Knows

Click Underlined Items for More Information

Virtual Scholastic Book Fair

November 22 to 30

Hot Lunch

November 23

Parent / Student / Teacher Interviews

November 24, 25, 26
3:30 PM to 5:30 PM

Post-secondary Career Fair

November 24 - 25

SWH Swag is Now Available!