

# Cougar Weekly News

Aug 30, 2010



## Sherwood Heights Junior High School

### Principal's Message

Welcome to a new school year at Sherwood Heights. The staff at Sherwood Heights School have been working extra hard to prepare for a great first day of school and for a great school year. My name is Mr. Schlacht and I am the new principal at Sherwood Heights School. I have heard many great things about our school, our students and our staff. I am looking forward to working and learning with you and your children. We have an awesome team here this year and your children are in for a real treat. Learning needs to be taken seriously, but students need to have fun and enjoy coming to school. There is definitely a balance that we need to create if we are going to keep our children excited about school and about their learning. All of our students are individuals and they are all unique in their own way, each with their own talents and interests. We need to tap into these talents and interests if we are going to maximize their success at school.

If we are going to maximize student learning we, need to work together as a school community. We encourage you to become a part of our school and participate in your child's learning. Our doors are always open and if you have any questions or concerns please do not hesitate to call the school.

### Option Changes

Option changes will only be done for educational purposes. Starting Wednesday, Sept 1 any students requesting option changes please do the following:

1. Pick up an option change form from the office
2. Have the form signed by a parent/guardian
3. Return the form to the office for consideration
4. Student will be called down to the office by their grade administrator to discuss the change.

Deadline to get your option change form into the office is

**Thursday, Sept 9.**

### Important Dates

Sept 1	Early dismissal
Sept 1	Band Parents Executive Meeting @ 6:00 p.m.
Sept 3	Leadership 9 retreat
Sept 6	Labor Day (school closed)

### School Fees



Due to a change to the Elk Island School student information computer system, school fee sheets and student demographic forms will not be distributed until mid September. School fees will then be due September 30th.

### Photo Day

School photos will be on Thursday, Sept 9th. Retakes are scheduled for October 12th.



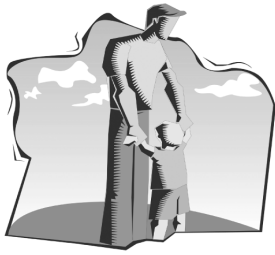
### New Staff

We would like to welcome new staff to Sherwood Heights: **Mr. Schacht** - Principal, **Mr. Fisher** - teaching P.E and Math, and **Ms. Hill** - teaching Art. We would also like to welcome back returning staff: **Mrs. Hauca** - teaching Logos English Language Arts and Logos Social Studies, **Mr. Koning** - teaching English Language Arts, and **Mrs. England** - teaching English Language Arts.



Visit our Website

[www.sherwoodheights.org](http://www.sherwoodheights.org)



A monthly publication provided by your child's school in recognition of your role as a partner in education.

# Resources for Families

## Reducing back-to-school stress

Parents often wait to the last minute to get everything in order for a new school year, but it need not be that way. Here are a few tips to squash back-to-school stress.

- Grab an extra school-supplies list. These are available at schools. Hold off buying any questionable item until after you've talked to the teacher.
- Ask for the teacher's e-mail address and a contact phone number. These come in handy in case you have a question about school or supplies needed.
- At least five days before school, take a trial run on getting up early. This will help solidify the new schedule and will help prevent cranky kids.
- Practice bus routes and bus-stop etiquette. If your children are riding the bus, walk with them to the bus stop and describe what type of behavior the school expects of them at the bus stop and on the bus. Plan to stay with your children until the bus arrives or share this duty with other parents whose children gather at the same bus stop.
- If you take your children to school for early-arrival programs or if they stay in after school programs, make sure you meet the directors of these programs and ask for written rules. Go over the rules carefully so you know exactly what to expect: arrival time, meals or snacks served, activities, and exception to rules.
- If you are planning to change your school routine, have a family meeting at least one week before school. This is the perfect time to implement a new school plan. For example, new homework rules, activities, as well as when and what to eat before and after school.
- Make sure you get a student handbook. Read it, and share the information with your children so they understand their schools' rules.
- Make plans for a tutor right away if you know your children will need extra help. Ask teachers for recommendations. Don't wait until a child is struggling.
- Get your car-pool team together well before school starts.



- Buy a family planner that you can use to keep everybody organized.
- Get all immunizations caught up. Call your local health clinic for a copy of the current immunization list if you do not have one.

## From the office

- If your child is anaphylactic, please contact the office for a form.
- Please contact the office if your child will be late or absent for any reason.
- If your child needs to leave the school for an appointment, please send a note with your child to hand into the office so they may get a release slip.

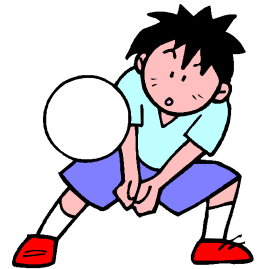
## School Visitors

Sherwood Heights welcome all parent visitors into the school. Please check in at the office upon arrival to sign in and receive a visitor id tag.



## Volleyball Tryouts

Volleyball tryouts will be starting this week. See Mr. Olsen for more information.



## Cross Country

Any students interested in joining the cross country running club see Mr. VanDrunen for more information.

