



COUGARTRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

NEED TO KNOWS

Click **Bold** Items for More

Guide for Reporting Student Achievement

Hot Lunch Nov 26

Basketball Tryouts Begin the Week of Nov 26

Volleyball Finals Nov 27

School Council Meeting November 27

Great Kids Award Deadline November 30

Christmas Band Concert December 4

School Calendar

EIPS Calendar

Choose Kind

This week was National Anti-Bullying week, and Sherwood Heights celebrated our motto of "Reach for the Heights". Every day we have a choice to be kind.

Each day, the students watched videos on taking **PRIDE** in how they treat themselves and others. Great conversations were had about simple act of kindness, such as a kind word, can help a person feel empowered to stand up to bullying and how an unkind word can dramatically impact others. Students worked together to write statements that were posted throughout the whole school that gave a reason to make someone smile... ([read more](#)).



Riley with mom won the TOKTW Instagram contest!

Ready for Finals!

Our Senior Boys and both Junior Vball teams are headed for the EIPS finals after solid wins in the semis. Both boy's teams defeated Lakeland Ridge and our girls defeated FR Haythorne. Finals this Tuesday will be streamed live on...([read more](#))



Our Kids At Work

From the Italian Centre to the University of Alberta to the Fire and Rescue 911 Dispatch Centre - our grade 9 students headed to work with Parents, Guardians and family friends on November 7th. What a great day of learning for everyone!



A Good Home for Used Books

One of our school literacy goals is to enrich our Classroom Libraries and ensure there are books in every classroom - and there's an easy way that you can help! ([read more](#))



What are These Things?

Students may have noticed strange devices hanging from the ceilings throughout our school starting this week? What are these mystery devices? The answer is simple... ([read more](#))

