



COUGAR TRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

NEED TO KNOWS

Click **Bold** Items for More

Guide for Reporting Student Achievement

Hot Lunch December 3

Christmas Band Concert December 4 - 7:00 pm

Early Dismissal - Dec 5

Basketball Parents Meeting December 12

Saffron Cyber Second

Free MedicAlert for Students

School Calendar

EIPS Calendar

Champions!

Tuesday marked the end of another banner year for Cougar Volleyball as the Junior Boys defeated F.R. Haythorne to take Gold in the EIPS playoffs. This marks back-to-back Championships for our Jr Boys teams. Our Sr Boys and Jr Girls volleyball teams also performed incredibly well, earning silver medals in the playoffs. Our developmental teams and Sr Girls also had strong seasons, with the Sr Girls narrowly missing the finals in five sets. Overall, an amazing year for our teams and definitely deserving of Cougar PRIDE! Many thanks to the amazing coaches, liaisons and parents who helped our athletes reach for the heights. On to basketball!



Another Banner Year for Sherwood Heights Volleyball



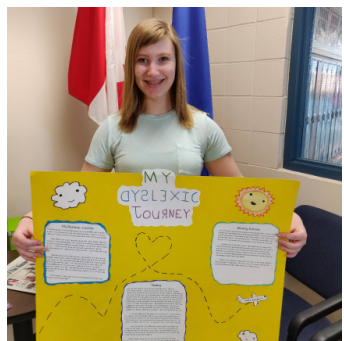
Music to Your Ears

Have you ever heard an Elf Dance?? You will when you come to our spectacular first band concert of the year! A wide variety of Christmas music will fill your senses - from traditional favourites to "Christmas Africans"...([read more](#))



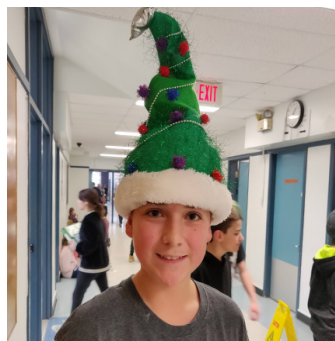
Number Talks

On Wednesday our math classes began a new approach to strengthening their numeracy skills and being able to share their thinking about numbers. Our Elk Island Schools Numeracy Specialist, Amaya Ortigosa, spent the day...([read more](#))



It's in Your Genes

One of our Grade 9 Science classes has been working on a project to investigate the effects that genetic disorders have on people - and in some cases, themselves. Each student investigated a genetic condition - either common or rare...([read more](#))



Secret Santa!

Next week on Wednesday, Thursday, and Friday, students will be able to purchase a treat and send a Secret Santa message to someone in the school. During the lunch hour, students can write a message on a card with a...([read more](#))

