



PERSEVERANCE - RESPECT - INTEGRITY - DEDICATION - ENTHUSIASM

COUGARTRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

NEED TO KNOWS

Click **Bold** Items for More

Lost and Found Items

Hot Lunch December 10

AHS Mental Health News

Mandatory Bball Parents Meeting Dec 12 6:30pm

Saffron Cyber Second

Free MedicAlert for Students

Christmas Break Dec 22 - Jan 6

School Calendar

EIPS Calendar

Cougars Give

On Dec 4 the grade 9 Logos class visited the Mustard Seed Church in downtown Edmonton to help sort clothes, prepare and serve a meal to approximately 250 community members, many of whom are homeless or the working poor. It costs \$1000 to feed all the people - money raised by the students and parents in a bottle drive. Mr. Basisty, Ms. Hauca and Mr. Bouwers supervised, "It was amazing to see these students work so hard and unselfishly to serve others in need", said Mr. Bouwers. One of our [school goals](#) is to that students are engaged, active and positive citizens who exemplify Cougar PRIDE, and these students certainly were fantastic examples of this goal in action!



Heights students volunteering at the Mustard Seed.

Christmas Concert

What a fantastic display of Christmas cheer and musical talent! Highlights included "Christmas Africans" and special guest Rob Clark (who sings the national anthem for the Edmonton Oilers) to help us with O Canada! Thanks for your support!



Full Court Press

With volleyball season over, Basketball takes centre stage and our Cougars are getting ready to fire it up! Now that teams are selected, there is a mandatory parent meeting on Wednesday December 12 at 6:30 in the library. Get ready for a great season!



Volleyball ALL STARS

The 3rd Annual Junior High Volleyball All-Star Game on November 28 was hosted at Sal. Representing Sherwood Heights were Andrea Howden, Breanne Otto, Anna Bunting, Kai Rosnau, Van Tooke and Andrew Baldt. You make us proud!



12 Days of Mystery

Each morning, Sherwood Heights has been treated to a mystery staff member or group who sings a Christmas song - students have been challenged to guess the secret identity of the person who is bringing good cheer to the hallways and holidays.

