



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 17

Youth Recreation Survey

AHS Mental Health News

Saffron Cyber Second

**Free MedicAlert
for Students**

**Christmas Break
Dec 22 - Jan 6**

**It Takes A Village: Parent
Connector Event Jan 19**

School Calendar

EIPS Calendar

Christmas Fun

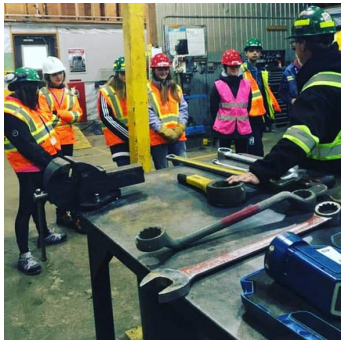
Thursday afternoon was filled with fun and frolic as students were treated to a wide variety of activities to celebrate the season with each other. Aside from the always popular Christmas dance, students were able to choose activities such as Christmas baking, ornament making, karaoke, or they could pay a visit to the library that was filled with board games supplied by Table Top Café. Another huge hit was a shinny hockey game organized by Messrs. Uniat, Bouwers and Rivard. The focus of the afternoon was to encourage social interaction - part of our school goal to help "students develop proactive social, emotional and personal health skills." What a fun way to do it!



It was a very merry Christmas at Heights this week!

Focus on Careers

What do a lawyer, a plumber and a film director have in common? They are all coming to our school to talk careers! Grade nine students should mark their calendars for the morning of January 16th, when Sherwood Heights is... [\(read more\)](#)



Locker Delights

Santa's elves (or maybe Heights students?) have been busy decorating their lockers to reflect the Christmas Spirit! Congratulations to first place winner Austyn in 75 for her "Polar Express" themed entry complete with lights and a train whistle!



Seniors vs Seniors!

The Senior Boys and Girls volleyball teams faced off against the staff to a packed gym last week in a dazzling show of age and agility! The games were close, with the Sr Boys winning a nail biter and the Girls narrowly falling to an exhausted staff team!



Messages of Cheer

Leadership students are spreading seasons tidings to members of Cloverbar Lodge Seniors Centre. Each senior will receive a personalized card from a student wishing them a Merry Christmas to make their season a bit brighter this holiday.

