



PERSEVERANCE - RESPECT - INTEGRITY - DEDICATION - ENTHUSIASM

COUGAR TRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

NEED TO KNOWS

Click **Bold** Items for More

Saffron Cyber Second

It Takes A Village: Parent Connector Event - Jan 19

Hot Lunch - Jan 21

**Grade 7 Parent Day
January 24**

School Council - Jan 24

**EIPS High School Info
Evening - Jan 28**

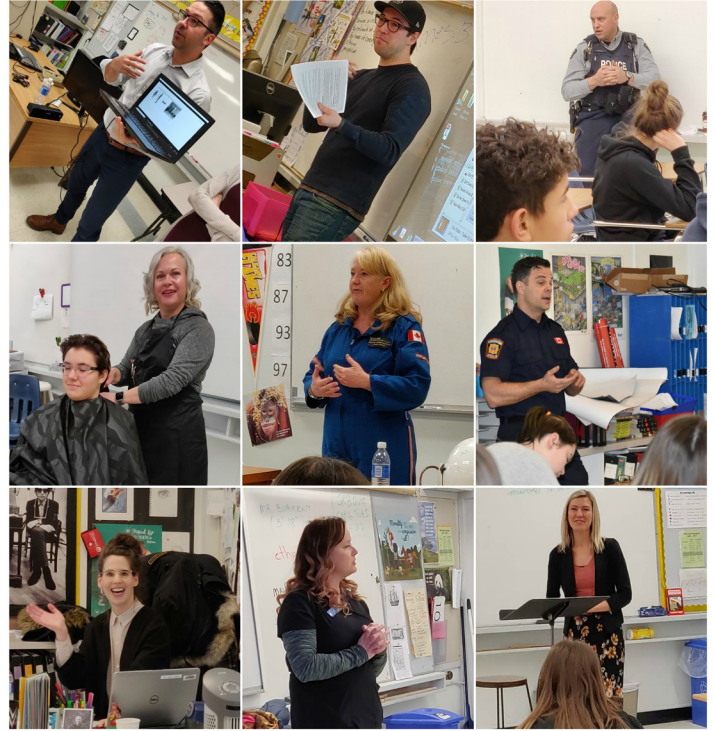
**Last Day of Semester 1
January 30**

**Teachers Convention
February 7-8**

School Calendar

Sharing Passion

Grade 9 Careers Day was a big success! 170 students participated in 4 sessions with 50 guests. Speakers brought photos of bridges, newborn babies, and ultrasound scans. They checked spines and shared building blueprints. They wore uniforms, talked about how to manage money and showed a trailer of their new horror film. Best of all, they shared their personal stories and journeys. Our students left with new insights and in one case, a new haircut as part of a live demo! We are extremely grateful that so many caring community members were willing to give of their time and expertise to help inspire our Grade 9s as they prepare for high school and their futures...[\(read more\)](#)



Just some of the fifty presenters at Career Day.



Calling All Grade 7 Parents!

We are excited to invite you to a special Grade 7 Parent Engagement Event on January 24. Come join your child for a classroom experience, discuss school goals, and meet with...[\(read more\)](#)



Cougars Write!

Congratulations to Estella Glowacki who has been published in *Thrive, A Collection of Poems and Short Stories Written by Young Canadians*. Her work, "Wings" is a story of a fox who finds his special gift when faced with challenging circumstances.



Indigenous Art

In indigenous communities, learning is connected to land, culture, and spirit. Students in Mr. Basisty's Social Studies classes have been celebrating the art of indigenous peoples and working to produce their own art in the iconic Haida style.



Changes to Remind App Service

If you use the Remind system for your child's classes or teams, please note that due to changes with service providers, you may not be receiving important notifications through text (SMS). To remedy this...[\(read more\)](#)

