



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

Hold & Secure Drill
February 26th

Pink Shirt Day
February 27th

SPT Interview Bookings
Open - 3 PM March 4

Professional Learning Day
(no school) - March 8

SPT Interviews
March 12 & 14

School Calendar

**EIPS 2019-2020
Calendar Now Available**

Kindness Rules!

In honour of our kindness-themed month of February, Cougar Tracks has turned pink! Whether it be Valentine's day sweetheart messages, morning high fives and treats, or just everyday kindness in our interactions, February has been a great month here at Sherwood Heights. Our students have been focusing on the many opportunities to show daily kindness to themselves and each other as part of Random Acts of Kindness week (Feb 17 - 23). The month culminates in our annual Pink Shirt Day (February 27th) where we collectively stand together against bullying in all forms and choose kindness. We encourage all students to participate. What a great month!

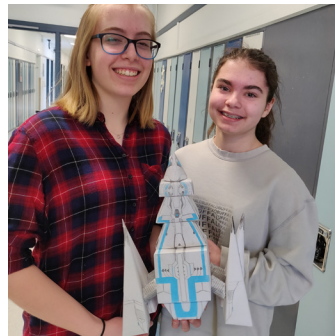


Leadership 9 Students Spreading the Love



N'oubliez pas l'ananas!

Les élèves de Foods ont démontré leurs compétences en leadership en créant des pizzas avec nos amis de la garderie Les Petits Soleil! La meilleure partie était le test de goût! ([en L'anglais](#))



Scratching the Surface

Math students in Grade 9 are busy creating amazing castles, houses, and even Voltron-inspired rockets all in their investigation of surface area of complex figures. See more on [facebook!](#)



Science is Cool - Literally!

Our Science 7 students incorporated creativity and design principles as they modelled their own insulated thermoses for the Heat and Temperature unit. See a full gallery on our [instagram!](#)



Finding Balance

Our staff took some time to learn about an indigenous perspective on keeping balance in life between the spiritual, physical, emotional and mental aspects of health and wellness. Modelling the teaching of the Medicine Wheel, staff... ([read more](#))

