



PERSEVERANCE - RESPECT - INTEGRITY - DEDICATION - ENTHUSIASM

# COUGARTRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

## NEED TO KNOWS

Click **Bold** Items for More

### Grade 7 Week of Welcome Sept 16 - 20

VBall & Cheer Parent  
Meeting Sep 17 6:00pm

Fire Drill September 19

**School Council Meeting**  
**September 24 7:00 pm**

Band Parent AGM &  
Rental Sep 25 6:30pm

Band 8 & 9 Jumpstart Night  
September 27 6:30pm

Orange Shirt Day  
September 30

**School Calendar**

## 30 Years of the Cougar Mile!



### Warm Up to Math!

This year the teachers at Sherwood Heights will be incorporating daily math warm ups at the start of each class period. The warm ups have a different focus depending on the day (e.g. estimation, analysis, mental mathematics, reasoning)...([read more](#))



### Volleyball Power

Our Senior and Junior Cougars are off to a great start! Senior boys have won the gold in the last two weekends and the Senior Girls captured the bronze in both tournaments! Junior teams play this weekend. Check the [athletics calendar](#) for info.



### Principal's Message

Welcome back to school! We have had a great start to the 2019-20 school year here at Sherwood Heights. Grade 7s had the opportunity to attend school and get acquainted on August 30. It was a pleasure to meet new students and....([read more](#))



### Calling All Parents!

Our school council is in need of great parents who want to make a difference in our great school! Our first meeting is September 24th at 7pm in the library - for more information, please contact the office or check out our [School Council page](#).