



COUGARTRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

NEED TO KNOWS

Click **Bold** Items for More

School Council Meeting
Sept 24 at 7:00 pm

See You At The Pole
Sept 25 at 8:00 am

Band Parent AGM
Sept 25 at 6:30 pm

Author Visit
Shane Peacock Sept 26 am

Bus Evacuation Drill
September 30 at 1:30 pm

Band Jumpstart Night
Sept 27 4:00 pm

Orange Shirt Day
September 30

School Calendar

Welcome to our Grade 7s!

Last week was all about welcoming our Grade 7 students to the Sherwood Heights family! Grade 9 Leadership students, Mrs. Sparrow, and Mrs. Fiddler-Berteig organized many events for our newest Cougars to enjoy! On Monday, all students were greeted by the smell of warm toast generously donated by COBS, Sherwood Park. We played soccer and dodgeball, games in the gym and held a school-wide scavenger hunt which had students scurrying around learning about their new school. Pictured at right is the ever-popular Fly On The Wall competition. What a fantastic week of fun! More pics on our social media.



Grand Finale of Week of Welcome - Fly On The Wall



Orange Shirt Day

Wear your orange shirt next Monday to make a statement that every child matters! Orange Shirt Day is an event that started in 2013 inspired by Phyllis Jack Webstad. It was designed to educate people and promote awareness of... ([read more](#))



See You At The Pole

"If my people...will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. (2 Chronicles 7:14) On Wednesday Sept 25 at 8:00 am... ([read more](#))



Starting the Conversation

Teens (and their parents) are under many pressures these days - and we want to help! There are many resources for parents to access when working with their teens to navigate the...([read more](#))



Medals Galore!

Heights athletics is off to an amazing start! Last week, our Volleyball teams won gold (Jr Girls), two silvers (Jr Boys and Sr Girls) and a bronze (Sr Boys). As well, Charlotte (pictured here) captured third at EIPS Cross Country. Go Cougars!

