



COUGARTRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

NEED TO KNOWS

Click **Bold** Items for More

Quebec Trip Parent Meeting Oct 1 at 6:30 pm

School Photo Day Oct 7

Read-In Week
October 7 - 11

Logos Society Meeting
Oct 8 at 7:00 pm
(at Brentwood School)

Professional Learning Day
October 11 (no school)

Thanksgiving Oct 14

**Academic Awards Night
October 16 at 7:00 pm**

Photo Retakes Oct 21

Academic PRIDE

On October 16th at 7:00 pm, Sherwood Heights recognizes excellence in academics at our annual Awards Night. Awards will be given to the top student in each subject area, both in core and complementary (option) courses, as well as awards for students receiving Honours and Honourable Mention, the top academic student in each grade, and the Logos Award. The evening will culminate in the awarding of the coveted Cougar Award, which recognizes a student in grade 9 who has contributed to the school above and beyond academics and sports to make our school a better...[\(read more\)](#)



Today at Heights we know that #everychildmatters



Author's Conference

The Student-to-Author Conference is a new event aimed at connecting junior and senior high school students with authors, illustrators and industry professionals who can share experiences, advice and tricks of the trade. You can visit...[\(read more\)](#)



School Council

We had a great turnout at our first School Council Meeting! Ashley Frayn was elected as our Chair, and there were 14 parents, two teachers, three administrators and our Board Chair in attendance. Next meeting on October 22nd! See you then!



It's Hiking Season!

Our Outdoor Education classes are making the most of the fall colours and the "warm for Alberta fall" weather we've been having! Field trips to Elk Island National Park and Strathcona Wilderness Centre are keeping us active!



Pay School Fees Online!

School fee information for the 2019-20 school year is now posted on the Power-School Parent Portal. To access your fee information, simply log in to the Parent Portal and go...[\(read more\)](#)



TRACKING FURTHER...

Influenza

Influenza, commonly known as “the flu”, is a highly contagious infection of the airways caused by influenza viruses. It is often referred to as “seasonal” influenza because these viruses change and circulate annually in the winter season in the northern hemisphere. Influenza is among the top ten leading causes of death in Canada.

Influenza A and B viruses cause seasonal epidemics, while type C viruses cause mild respiratory illness. Influenza is a respiratory disease - not a stomach or intestinal disease. The virus is spread mainly from person to person through coughing and sneezing. People can also become infected by touching a surface that has the virus on it and then touching their mouth, eyes or nose. Individuals with influenza are infectious 1 day before symptoms develop and up to 5 days after becoming ill.

Handwashing, proper cough/sneeze etiquette and annual influenza vaccination are the key components of flu prevention. This year’s flu vaccine is available for free starting October 21 at public health and medical clinics, doctors’ offices and community pharmacies.

Your Future: Post-Secondary and Career Fair — 30+ Exhibitors. Together in One Place.

Thinking about attending post-secondary school after graduation? Not sure on the career or sector? Plan to attend this year’s Your Future: Post-Secondary and Career Fair on Nov. 21, 2019.

Hosted by Elk Island Public Schools (EIPS), in partnership with the Educational Liaison Association of Alberta, Your Future is an annual educational fair that brings together more than 30 colleges, universities, polytechnic and private schools, and sector experts in one place—the largest event of its kind in Alberta.

The event is free and open to all students in grades 9 through 12 from both EIPS and Elk Island Catholic Schools. Both students and family members will have the opportunity to meet with representatives from each attending post-secondary institutions; ask questions; talk to experts about various career sectors; learn about future career trends; and much more.

Event Details:

Date: Nov. 21, 2019

Time: 6:30 p.m. to 8:30 p.m.

Location: Clarion Hotel and Conference Centre 2100 Premier Way, Sherwood Park

No Child Without: Free MedicAlert for students

In our ongoing effort to provide safe and caring schools for our students, Sherwood Heights continues to be registered in the Canadian MedicAlert Foundation’s No Child Without program. The program is a national initiative that provides no-cost MedicAlert services to children—between the ages four of 14—who have chronic health conditions. The goal is twofold: to help children with severe allergies, medical conditions or special needs and to assist schools with medical-emergency plans for students.

Once a child is registered, their school is provided with advice on a medical-emergency plan for that student and given a list of medications, allergies and medical conditions the student has. If your child has a serious medical condition or allergy and could benefit from MedicAlert services, contact the school office at 780-467-5930. To learn more about the No Child Without program, visit www.nochildwithout.ca.

TRACKING FURTHER...

Read In Week - October 7-11

Read In Week 2019 returns, marking its 30th anniversary, on October 7-11. The theme this year is "30 Years of Read In: Celebrate with Stories/Célébrons avec des Histoires 30 Anniversaire de Read In."

Through various activities, students will spend the week learning how stories have the power to teach lessons, broaden perspectives and foster empathy. Some of the activities planned for Read In Week include:

- Thursday September 26th - Author Visit (Grade 8s and 9s)- Shane Peacock
- Monday October 7th - Author Visit (Grade 7s and 8s) - Robert Feagan
- Tuesday October 8th - Book Talk with a Librarian from the Strathcona County Library (various classes)
- Wednesday October 9th - Cat In The Hat Crazy Hat Day - Book Trivia in the library at lunch
 - French Immersion 91 students visit Ecole Campbelltown to read
- Thursday October 10th - Read My Shirt / PJ Day
- Throughout the week - Administration will be reading to their grade classes
 - Sherwood Heights students travelling to elementary schools to read

Read In Week is an Elk Island Public Schools Divisionwide initiative held annually to encourage a lifelong love of reading and to enhance literacy awareness among students, staff, parents and community members. We invite all our families to participate in Read In Week with us by reading yourself, with your child or with someone in the community.

School Bus Safety Week: October 21-25

Schools throughout Elk Island Public Schools (EIPS) are celebrating School Bus Safety Week October 21-25. The theme: Ready to Ride, which focuses on being a responsible rider. Throughout the week, various activities are planned, including information sessions, bus-safety lesson plans and bus-evacuation drills.

As part of School Bus Safety Week, we'd like to remind students and families all of the Division's school buses are equipped with a bus-pass scanner and GPS technology, which allows Student Transportation to better monitor and manage its more than 156 buses and 594 bus routes. Thanks to this technology, parents and students also have access to the Versatrans My Stop app, a mobile tool to help determine the location of a bus, projected arrival times and when a child is scanned onto a bus.

For more information about School Bus Safety Week and EIPS Student Transportation services visit www.eips.ca/transportation or contact Student Transportation (780-417-8151, st@eips.ca) directly.

Celebrating World Teachers' Day: October 5

October 5 is World Teachers' Day! Launched in 1994 by the United Nations Education, Scientific and Cultural Organization (UNESCO), World Teachers' Day is celebrated annually around the world to recognize teachers and the integral role they play in providing quality education to students. On October 5, Elk Island Public Schools (EIPS) encourages all of its students, parents and community members to show their appreciation for their teachers and the positive impact they make on our lives.

New this year, to honour the day, EIPS kick-started a new contest inviting friends, family, students and staff to share a story about how a teacher inspired them. Thank you to all those who have shared stories to date. Collectively they tell a story about the vital role teachers play in shaping the minds of youth and supporting their journey of success.