



COUGARTRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

NEED TO KNOWS

Click **Bold** Items for More

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

Crazy Hat Day - October 9

PJ Day - October 10

Grade 7 Open Classroom
October 10

Professional Learning Day
October 11 (no school)

Thanksgiving October 14

Academic Awards Night
October 16 at 7:00 pm

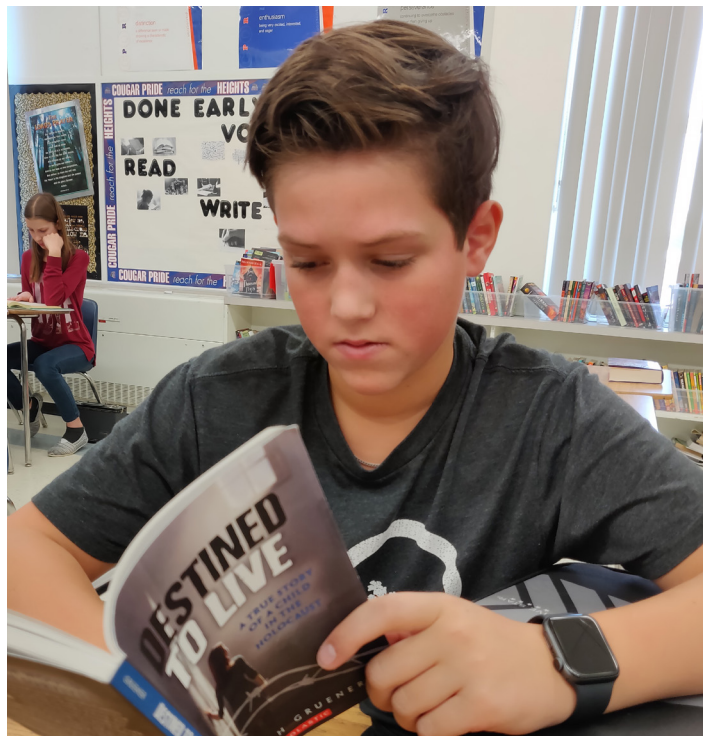
Photo Retakes October 21

School Council October 22

Read In Week

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."

This week, students will learn how stories have the power to teach lessons, broaden perspectives and foster empathy. Some of the activities planned at Sherwood Heights for Read In Week include author and librarian visits, several classes will be reading to community elementary students, Book Trivia in the library, Crazy Hat Day and PJ Day/Read My Shirt Day...[\(read more\)](#)



Ask your child what they are reading this week!



Meet our Counsellor

Hello! My name is Chantal Harry, and I am the new school counsellor here at Sherwood Heights. I am so excited to be here! My job here at the school is to help students become more able learners by supporting them in...[\(read more\)](#)



Bring It On!

The newest addition to Sherwood Heights Athletics is well underway - our cheer squad is hard at work preparing for their first competition in early 2020. This full-year sport means dedication and many extra hours from athletes, coaches, and staff.



Reppin' Heights

Students and staff were busy this weekend! The Jr. Volleyball teams were at the St. Theresa's tourney, the Sr. Girls were at the Jasper Place Tournament, and members of our Cross Country team ran in the Facey Flyer Road Race. Go Cougars!



Grade 7 Open Classroom Day

On October 10th, Heights is hosting an Open Classroom Day for Grade 7 Parents from Blocks 3 to 7 where you can drop in on your child's class and see them in their "school habitat"! If you would...[\(read more\)](#)



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 one day before symptoms develop and up to five 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 November 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: November 21, 2019
Time: 6:30 pm to 8:30 pm
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 4 and 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...

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 or st@eips.ca) directly.

Mental Health Awareness Week

Alberta Health Services has released an informational poster to help facilitate conversations for Mental Health Awareness Week, running from October 6 to 12. The aim of the week is to raise awareness about strategies to support mental health, reduce stigma associated with mental illness and to remind us that we can all be champions for Mental Health.

Take Our Kids To Work Day - Grade 9 Students

This year's Take Our Kids to Work Day will be held on Wednesday, November 6, 2019. Your child has received information and forms regarding this fantastic opportunity to learn about the world of work through first-hand experience with their parent, guardian, or family friend. This is a regular school day for Grade 7 and 8 students, and any Grade 9 students who are not able to find a work placement.

