



COUGARTRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

NEED TO KNOWS

Click **Bold** Items for More

Academic Awards Night
October 16 at 7:00 pm
at F.R. Haythorne School

Photo Retakes October 21

School Council October 22
October 22 at 7:00 pm

No Stone Left Alone
November 4

Take Our Kids To Work Day
November 6

School Remembrance Day
Ceremony November 8

Fall Break November 9 - 17

Parent Teacher Interviews
November 26 & 28

A Mathematical Project

Last Thursday, angles were calculated, radii were measured, and LOTS of stakes were hammered by our Grade 7 Core+ Mathematics Challenge and Numeracy Booster classes. The result was a beautiful collision of mathematics, construction and art as students crafted wonderful string art creations on our soccer field. Students used mental mathematics and estimation, visualization, technology, problem solving, connections, communication and reasoning - all of the seven mathematical processes described in the Math Program of Studies to create these works...([read more](#))



Math and art merged for our Core+ classes last week!



Take Our Kids To Work Day

Every day our students are moving toward the world of work. At Sherwood Heights, we are supporting our students in planning for their future in many ways, such as our Health...([read more](#))



Open Classroom

Thanks to the 30 parents, and other family members who visited our school for Open Classroom day! We are excited that you were able to share your time with us and see what makes our school so special. Stay tuned for more events like this one!



Une Semaine Super

Les élèves de la 9e année qui lisent aux élèves de l'élémentaire pour la semaine de la lecture. Un grand succès pour tous! Our Grade 9 French Immersion students visited Ecole Campbelltown for Read In Week. A great success for everyone!



Academic Awards

Excitement is building for our annual Academic Awards Night! Just a reminder that we will host this extremely popular event in a NEW VENUE - the F.R. Haythorne gym. The doors open at 6:30 and the program begins at 7:00 sharp. See you there!



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.