



COUGARTRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

NEED TO KNOWS

Click **Bold** Items for More

School Council
October 22 at 7:00 pm

Waste Reduction Week
Shoe Drive October 21-27

Halloween Dance
& Activities October 31

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

Celebrating Excellence

It was a packed house at the F.R. Haythorne gym last Wednesday night as Sherwood Heights students, staff, families and friends celebrated our annual Academic Awards Night. The unprecedented number of guests who wished to attend the event necessitated a last-minute venue change as the 650 person limit of the Sherwood Heights gym and overflow library was exceeded in a matter of days. The night certainly lived up to the hype - we celebrated excellence in core and complementary courses as well as the two major awards of the evening - the ...[read more](#)



One of our fabulous awards recipients. Well done!



This is Halloween

Our Halloween dance is fast approaching! In addition to the ever-popular costume dance and photobooth, the Logos Society is bringing RIZN to our school for some alternate activities including Fear Factor. Other events include movies...[read more](#)



SWH Spirit Wear

Searching for a Christmas gift for your favourite Heights student? Want to show your Cougar Pride while cheering on the teams? Our Spirit Wear store is open until November 1! All your favourites AND retro 60th anniversary gear - [click here](#) for more!



Got Shoes?

Bring in your old shoes! Did you know that Canadians produce more than 31 MILLION TONNES of waste annually?! That's 2.7 kgs per person per day! October 21st - 27th is Waste Reduction Week. Bring in shoes of any ...[read more](#)



Literacy Treasure

Literacy includes interpretation of all kinds of text - including maps. Students in Grade 7 Literacy Core+ class developed treasure maps to build vocabulary and see the relationship between nouns, adjectives and symbols to communicate.



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.

Date: November 21, 2019

Time: 6:30 pm to 8:30 pm

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

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.

TRACKING FURTHER...

You can now purchase your items online in 3 easy steps:

1. Go online to <https://swhschoolspirit.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Friday November 1st, 2019 (11:59pm MDT)

Champion Long Sleeve Tee



2 Colors

Champion Basic Tee



3 Colors

Champion Youth Jersey Tee



2 Colors

Champion Double Dry Action Fleece Pullover Hood



3 Colors

Champion Youth Double Dry Action Fleece Pullover Hood



Champion Raglan Baseball T-Shirt



2 Colors

Champion Youth Raglan Baseball T-Shirt



Champion Women's Authentic Originals Triblend Varsity Tee



Champion Youth Eco Fleece BB Pant Without Pockets



Champion Double Dry Eco Fleece Pant



Odessa Youth Bucket Hat



2 Colors

Champion Carry Sack

