



COUGARTRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

NEED TO KNOWS

Click **Bold** Items for More

**Halloween Dance
& Activities October 31**

**Cougar Wear Deadline
November 1**

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

School Calendar

Thinking Careers: TOKW Day

Take Our Kids to Work Day (TOKW) is on Wednesday November 6th for all grade 9 students! Preparation for lifelong learning and the world of work is an important part of this day and in fact is part of our Health program in all grades. One of the goals of our Health class is to ensure that students are taught attitudes and behaviors to be successful at work when they leave school. These attitudes are as important in grade 7 as they are when schooling is complete. We encourage you to find out how your child is learning these skills in Health. ([read more](#))



A Sherwood Heights student embracing #worklife

Operation Christmas Child

Logos students are helping children in the developing world by filling shoeboxes with toys, hygiene items, school supplies, and other goods. Any student can participate! More info from Mr. Bouwers or the office.

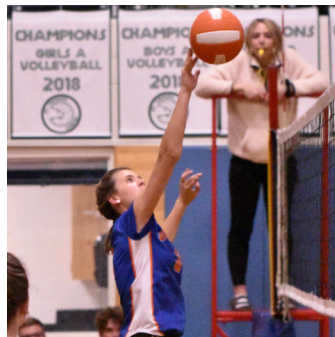


Announcements

Did you know that you can read the Daily Announcements online? You can find them in the "Quick Links" section on the main page of sherwoodheights.org. Keep up on the latest and greatest information from Sherwood Heights by 11:00 am.

In The Know: Caregiver Series

Welcome to the first article in a series called "In The Know" designed to help parents, guardians and other adults in the Sherwood Heights community navigate the waters of supporting...([read more](#))



Athletics Update

Our Volleyball teams continue to impress. Jr. and Sr. Boys teams are ranked first, and Jr. and Sr. Girls teams are ranked 2nd in the large school standings. Rankings will be finalized after league games on October 29th. Playoffs begin on the 30th!

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

