



# COUGAR TRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

## NEED TO KNOWS

Click **Bold** Items for More

No Stone Left Alone  
November 4

**Take Our Kids To Work Day**  
**November 6**

Visit from Elder Wilson  
November 7

School Remembrance Day  
Ceremony November 8

Fall Break November 9 - 17

Emergency Evacuation  
Drill November 19

Parent Teacher Interviews  
November 26 & 28

**School Calendar**

## Volleyball Playoffs!

Our volleyball teams have had a very successful season so far, and now it's time to showcase our Cougar Determination at the EIPS playoffs! Due to our excellent standing in league play, Sherwood Heights will host all semi-final games on Tuesday, November 5th. Since three of the four games occur during the school day, we are live streaming the games on our [facebook page](#). Here are the game times:

- Jr. A Girls vs SCA 10:00 am
- Sr. Boys vs FR Haythorne 1:00 pm
- Jr. A Boys vs Ardrossan 2:30 pm
- Sr. Girls vs Ardrossan 4:00 pm

Finals for winning teams are on Thursday.

**Go Cougars!**

## Student Parent Teacher Interviews

Student Parent Teacher Interviews are set for November 26th from 4:00 - 6:30 pm and November 28th from 5:00 - 7:30 pm. We will once again conduct interviews via [schoolinterviews.ca](#). The booking site will be open at 9:00 am on Tuesday November 19th. We will send out a message via email and post on the website with the web link and a reminder on Monday, November 18th.

## In The Know: PEP Talks

This week's In The Know will focus on a series of articles for parents called "PEP Talks" - the monthly newsletters published by the Parents Empowering Parents (PEP) Society of Strathcona County. This month's PEP Talk deals with facts about, terms for, and the side effects of Cannabis on the teen brain. You can access November's PEP talk as well as archived issues on our website under [Community Supports](#).



Thanks to Ms. Fleck for the great team photos!



Halloween Activities at Heights were UnBOOlievable!



A proud member of Elk Island Public Schools.

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