



PERSEVERANCE - RESPECT - INTEGRITY - DEDICATION - ENTHUSIASM

COUGAR TRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

Science Challenge 7 - Egg Drop Experiment

Mr. Gobbel's Science Challenge 7 Classes had a fun and creative experiment to see if they could create a container that would protect an egg from cracking or breaking from a high fall, which happened to be the school roof! Thank you to Mr. Reid and Mr. Rivard for using their super throwing powers to see if their containers were a success or a bust! The kids had a blast with this challenge!



50 percent of the students' eggs being dropped from the school roof survived!

NEED TO KNOWS

Click [Underlined](#) Items for More Info

"Fear of Heights" Halloween Activities
October 30 (afternoon)

Halloween
October 31

Daylight Savings Time (Clocks go Back 1 Hour)
November 1

Early Dismissal - 2:00 PM
November 4

Fall Break (No School)
November 9 to 13

Remembrance Day
November 11

Bullying Awareness & Prevention Week
November 16 to 20

School Council Meeting
November 17

Picture Retakes
November 18

[SWH School Calendar](#)

[EIPS 2020 - 2021 Calendar](#)

A Note from our School Nurse

Dear Grade 7 Parents,
A letter from AHS regarding any grade 7 students that did not complete their immunizations in the 2019-20 school year has been posted ... [\(read more\)](#)



Inclement Weather

With the winter season almost here, we want to remind families to dress children appropriately for the weather when getting ready for school or the bus. The weather often changes unexpectedly throughout the day, so please select suitable outerwear and ensure your child is prepared for changing conditions. If inclement weather conditions occur... [\(read more\)](#)



Halloween

Halloween is just around the corner, and we are excited to host our "Fear of Heights" Halloween activities on Friday, October 30th! When planning your costumes this year, please consider other people's feelings and cultures when choosing a costume for Halloween. Also be sure to choose a costume that will be compatible with wearing your masks and avoid props so there are fewer high contact items in the school/classroom.

Students, please stay tuned to announcements this week for all the details and most up-to-date information! It's going to be a great afternoon, with lots of fun activities!

