



PERSEVERANCE - RESPECT - INTEGRITY - DEDICATION - ENTHUSIASM

# COUGAR TRACKS

SHERWOOD HEIGHTS JUNIOR HIGH SCHOOL - HOME OF COUGAR PRIDE

## Upcoming Events & Need to Knows

Click **Underlined** Items for More Information

**Daylight Savings Time**  
(Clocks spring ahead 1 hour)  
March 14

**Week of Inspirational Math**  
March 15 to 19

**Summer School Registration**  
**Opens**  
March 16

**Hot Lunch - Purple Perogy**  
March 16

**School Council Meeting**  
March 16 at 6:30 p.m.

**EPS First Nations, Métis and Inuit Parent Engagement Series (Series 1 - Session 3)**  
March 16 at 7:00 p.m.

**Hot Lunch - Nitza's Pizza**  
March 24  
**(RESCHEDULED to April 12)**

**Spring Break - No School**  
March 26 to April 5

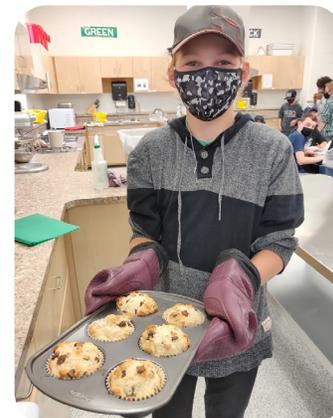
**Classes Resume**  
April 6

**SWH School Calendar**

## Grade Eight and Nine Option Selections

Now that returning school registration is complete, students will begin making choices about what options they wish to take next year, and whether they will apply for our Academic Excellence (Honours) program. The following dates are important as we look toward next year:

- March 15th (noon) – Parents and students currently in Grades 7 and 8 can select their option courses by accessing the Parent Portal in PowerSchool. If you do not have a PowerSchool login, please call the school and we will assist you.
- March 15th – Students in Grade 7 and 8 who wish to apply for the Academic Excellence (Honours) Program can pick up an application form at the office. Applications are due... ([read more](#))



## Sherwood Heights Celebrates Pi Day!



March 14 is a special celebration in the mathematical world. Not only is it Albert Einstein's birthday but also the fourteenth day of the third month (3.14).

Pi, also known by the Greek letter " $\pi$ ", is a constant value used in math that represents the ratio of a circumference of a circle to its diameter, which is just about just about 3.14159265359 . . . (and so on).

This year students created colorful mandalas in math class, ate individually wrapped Pi cookies, and received special pencils and tattoos.

## Cell Phones

A reminder that students have no access to cell-phones or personal devices during class time—the only exceptions, students with a diagnosed medical condition or an identified inclusive-educational need, and when given permission by a teacher for a specific educational task or purpose. Students can... ([read more](#))



## Water Bottles

Hydration has been correlated with physical stamina and energy levels, as well as concentration and focus. To enable our children to get the most out of every day, staying hydrated is therefore very important.

Please have your child remember to bring a water bottle to school every day.

