



# DAILY ANNOUNCEMENTS

Thursday, September 29, 2022

## Athletics Schedule September 26-September 30

	Monday September 26	Tuesday September 27	Wednesday September 28	Thursday September 29	Friday September 30
Away Games:			Jr Volleyball @ CLB  Girls @ 4:00 Boys @ 5:00		
7am-8:15am	Senior Boys Practice	Junior Boys Practice	Jr B Girls Practice	Jr B Girls Practice	X
3:15-4:00		Cross Country		Cross Country	
3pm-4:45pm	Senior Girls Practice 3-4:30pm	Senior Volleyball Lakeland Ridge @ SWH Girls - 4:00 PM Boys - 5:00 PM	Senior Boys Practice	Junior Boys Practice	X
	Volleyball parent meeting 4:30-5pm				
4:45pm-6:15pm	Junior Girls Practice 5-6:15pm		Senior Girls Practice	Junior Girls Practice	X

**Jazz band:** Our first meeting and rehearsal will be Tuesday, October 4. Please bring your lunch to eat in the Band Room

**Grade 9 Band:** Our first meeting and rehearsal will be Wednesday, October 5. Please bring your lunch to eat in the Band Room

**Running Club/Cross-Country Team:** Could all Run Club participants please meet in the Gym at 12:22 pm on **TODAY** for a quick meeting. We would like to go over the Cross-Country team and all required information.

**Name our Mascot Survey:** Everyone knows our mascot, but nobody knows its name. That could be changed by YOU! There are posters made by our Leadership 9 class that have been put up all over the school with a QR code, which will lead you to a form that'll give you the opportunity to VOTE on the name for our cougar. Voting closes **TODAY**, and the winning name will be announced next Monday. If you do not have a phone to scan the QR code, come see Mrs. Shiloff in the office and cast your vote with her.



**Chess Club:** Do you enjoy playing mind games? Do you want a chance to exercise your brain? Come on down to Mr. Go's room (Room 105) on Tuesdays during the second half of lunch to play chess. You might even get a chance to challenge the master, Mr. Go.

**Library:** Students, please remember to bring your Student ID card whenever you are coming to the library to look for or exchange books.

**Noon Hour:** Just a friendly reminder to students that you are to either eat in your homerooms or go outside for the first half of lunch. If you choose to be outside, you must remain there until the bell rings for the second half of lunch. The same rules apply if you choose to eat in your home room.

Please remember to be good neighbours in our community. When you are off campus, please do not go on people's property, do not litter, and conduct yourself appropriately when in establishments.



**Scents:** Students, please refrain from spraying perfume, body spray, cologne and any scented sprays in the school as we have staff and students who are allergic

**Library News:** The Library will be **CLOSED** as a Grade 9 Homeroom eating space from 12:22 pm – 12:42 pm for the remainder of this week. Grade 9's, please remember that eating in the Library requires clean-up of your garbage, from the tabletops **and** the floor. Please remember to put **ALL** chairs back where they belong. Thank you for your cooperation.

**Math Help:** If you are looking for some extra Math help – look no further. Mrs. Strachan has availability as follows:

**Tuesday:** Grade 7 Math help in Reset Room during lunch free time

**Wednesday:** Grade 8 Math help in Reset Room during lunch free time

**Thursday:** Grade 9 Math help in Reset Room during lunch free time

# FIRST NATIONS, METIS & INUIT

## UPCOMING EVENTS & INFO

at Sherwood Heights

### NDTR

Each year, **September 30** marks the **National Day for Truth and Reconciliation**. The day honours the children who never returned home and survivors of residential schools, as well as their families and communities. All students and staff are encouraged to wear an **Orange Shirt on September 29**.



Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30.



Orange Shirt Day is intended to raise awareness of the inter-generational impacts of residential schools and to promote the concept of "Every Child Matters".



SWH will be honouring the survivors of residential schools for the week of Sept 26-29 using art, videos and classroom activities.

For more information about National Day for Truth and Reconciliation visit [www.canada.ca](http://www.canada.ca) or <https://www.elps.ca/first-nations-metis-inuit>

### UPCOMING EVENTS

Sept. 26-29 Truth and Reconciliation Week

Oct. 5 Treaty 6 and Metis Flag Raising Ceremony at SWH

Sept. 29 Orange Shirt Day

Oct. 6 Indigenous Centred Wellness session offered at Wellness Day

### FLAG RAISING CEREMONY

#### FLAG RAISING

SWH will be conducting a flag raising ceremony in the gym to raise the Treaty 6 and Metis flags on Oct. 5.



#### METIS MURAL

Mrs. Fayed will be continuing to guide students through the creation of the SWH mural: a Metis sash created from student hand prints.

**Did You Know?** Staff at SWH are deepening their understanding of First Nations, Metis & Inuit cultures, histories and stories during their Professional Development time on Oct 5 and Oct 7.



It is **Truth and Reconciliation Week** at SWH. We will have classroom activities, informational items on the TVs and in announcements and commemorate for Orange Shirt Day and National Day for Truth and Reconciliation on Thursday, September 29<sup>th</sup> (as September 30<sup>th</sup> is a no-school day). Please wear your **Orange Shirts on Thursday** and take a look at upcoming First Nations, Metis & Inuit events at SWH (which you can also find on the website).

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