



DAILY ANNOUNCEMENTS

Friday, September 29, 2023

Athletics Schedule

September 25 - September 29

	MONDAY Sept 25	TUESDAY Sept 26	WEDNESDAY Sept 27 *Cougar Mile*	THURSDAY Sept 28	FRIDAY Sept 29
Senior Girls	Practice 4:45 PM	SWH @ LLR 4:00 PM	Practice 4:45 PM	Practice 7:00 AM	
Senior Boys	Practice 3:15 PM	SWH @ LLR 5:00 PM		Practice 3:15 PM	Practice 7:00 AM
Junior Girls	Practice 7:00 AM	SWH vs. LLR 4:00 PM			Practice 3:15 PM
Junior Boys		SWH vs. LLR 5:00 PM	Practice 3:15 PM	Practice 4:45 PM	
Junior B Girls			Practice 7:00 AM		
Junior B Boys		Practice 7:00 AM			

FREE PASSES: Are you interested in a free pass to ADROSSAN REC, EMERALD HILLS, GLEN ALLAN, KINSMEN, OR MILLENIUM? Ask your Phys Ed teacher! While supplies last!

Orange Shirt Day: TODAY is Orange Shirt Day. It is a day to honour children that survived residential schools, and to remember the lives lost.



Jazz Band: Jazz Band will be meeting Tuesdays and Thursdays at lunch.

SWH Students: Please keep in mind that the school **does not** provide cutlery, so please remember to bring your own when packing your lunches.

Pictures: Picture retakes will be October 19, 2023.

Outside: Students we love that you like to be outside and active, but please refrain from climbing or pulling the branches off the trees. You could get injured, and trees can get damaged. Thank you for your co-operation.



Student Garbage: If you are eating your lunch or snacks outside, please be a good community member and put your garbage in the bins that are provided for you.

Entering and Leaving the School: Students when you are arriving to school late or from an appointment, you must sign in at the office. When you are leaving before the day ends you must also sign out in the office.

Visiting Students: Please be aware that our school is a **closed campus** during school hours. If you wish your friends visit you, they must do so after school at 3:02 p.m.

Attention Sherwood Heights students: Does your family shop at Save on Foods? Is there anything you wish our school had but we don't? If any of those apply, please bring in your **Save on Foods** receipts from the **Wye Road** location to Mrs. Shiloff or Mrs. Ryan in the office. Receipts will be accepted from now until the end of the year!! As part of their fundraising program, Save on Foods will give our school money back for every dollar spent!!! This money will help the school bring in more fun things and activities for you to do!



Did You Know: Snails are pretty slow creatures, but did you know they also take the longest naps. One nap can last up to three years!!