



## Bulletin #4 September 26, 2023

### Important Dates:

**September 27:** Meet the Teacher 6:30pm-8:00pm

**September 29:** Orange Shirt Day

**October 6:** No school for Grades 8/9

**October 9:** Thanksgiving - School Closed

**October 19:** Awards Night 7pm

**October 26:** Picture Retakes

**November 2&3:** Parent Teacher Interviews

### Meet the Teacher:

Please join us for an optional informal evening on **September 27th from 6:30-8:00pm at NSS (Floor 1 and 4)** to meet your student-athlete's teachers. Please note if you need a private meeting to discuss the learning needs of your student-athlete, please make an appointment at a different time.

### Attendance Sign In/Out Sheets:

If you are leaving early or arriving late please make sure to use the SIGN IN/OUT sheets at the front office. If you do not, you will be marked absent!!

If you are affiliated with **CIHA, NSA, JPHL or SDR** you are required to sign in/out for your team practices on the team attendance sheets in the office. Please write the **TIME IN/OUT** beside your name. If you have any questions, please stop by the office.

### Cross Country:

**Reminder:** There is a XC Race for Grade 10-12

**TODAY (Sept 26)** at Renert School at 4:30pm.

If you have not returned your XC forms or paid the fee please do so ASAP!

### Lockers:

Students wanting a locker please check in at the office for your combination. You must share a locker with **at least 1** other person. Lockers will be assigned on a first come first serve basis based on the below dates.

**Grade 8:** Sept 26-Sept 27

**Grade 9:** Sept 28-Sept 29

**Grade 10:** Sept 26-Oct 2

We are expecting our new lockers to arrive on the 4th Floor in the next couple of weeks. If you missed getting a locker upstairs you can check back after the new ones are installed.

**Reminder:** Students may not use the elevator to access the 4th floor unless approved.

### Awards Night:

If your student is receiving an award you will be notified prior to the ceremony.

### Parent Council Meeting:

Our first Parent Council Meeting is October 17, 2023 at 6:30pm. This meeting will be hosted in person at the school in Room 112.

### Special Guest from Education USA:

We are excited to host a representative from Education USA who specializes in the NCAA application process. This will be a student information session and there will be an opportunity to ask questions. All students interested in playing their sport at a University in the USA should plan to come. It will be **Tuesday, September 26** at lunch in Room 114.

### Early Bird Winsport Ski Pass Discount:

The early bird ski pass discount is now available for NSS students and those living in the same household. To get the discount, parents need to call Guest Services at 403-247-5452 between 9am and 3pm on weekdays.

Once the hill is open for winter activities on November 24 (weather dependent), parents can also come into Guest Services in the day lodge to purchase the discounted tickets. Winter hours for the Guest Services desk will be Mon-Fri 10:30am-9pm and weekends 8am-5pm. The discount will be available until December 31.

### Leadership:

Leadership meets **every Tuesday at lunch** in Room 403 (Ms. Spencer's). New members are always welcome!!

### PSAT:

We still have room in the practice SAT that we hold on October 18, 2023. Spaces are limited. Please see Ms. Kilbreath in the Student Common area to sign up.

### Student Successes:

We love celebrating our students' successes!! Please email [nss\\_main\\_office@pallisersd.ab.ca](mailto:nss_main_office@pallisersd.ab.ca) if you would like to share a photo and the results of your competition.

### Yearbooks:

2022-23 Yearbooks have arrived! If you missed ordering one last year, we do have a few extra copies available at the front office for \$35.

### Teacher Tutorial Times:

Looking for extra support?? Teachers are available at the times listed below.

**Tutorial Times at NSS for Semester 1**  
Morning - 8:00 to 8:30 A.M.  
After School - 3:00 to 3:30 P.M.

Teacher	Time #1	Time #2
Anderson	Monday Lunch	Wednesday Lunch
Beaudin	Tuesday Lunch	Wednesday After School
Biegler	Tuesday After School	Thursday After School
Boughton	Tuesday Lunch	Wednesday After School
Burkart	Monday Morning	Thursday After School
Forsyth	Monday Lunch	Wednesday After School
Howell	Monday Lunch	Wednesday After School
Kehler	Wednesday Lunch	Thursday Before School
Pentney	Wednesday After School	Monday Lunch
Pratt	Tuesday After School	Thursday Lunch
Robichaud	Monday After School	Thursday Lunch
Sceviour	Monday Lunch	Wednesday After School
Sharda	Tuesday Morning	Thursday Lunch
Spencer	Tuesday Morning	Wednesday After School
Tarney	Tuesday After School	Thursday After School
Taven	n.a.	Thursday Lunch
Thomas	Tuesday Lunch	Thursday Lunch
Thomson	Tuesday Morning	Wednesday After School
Topp	Tuesday After School	n.a.
Zado	Monday Morning	Thursday After School

### SchoolCash Information:

SchoolCash is a software system we use for *online payments* for extracurricular activities, field trips, school clothing etc. Please register or sign in by clicking [here](#). If you prefer, you can also pay by cash or cheque in the office.

If you or your student recently purchased school clothes from the blowout sale on their "tab," you will now be able to process your payment.

Please reach out to Rebecca at [rebecca.biever@pallisersd.ab.ca](mailto:rebecca.biever@pallisersd.ab.ca) if you have any questions.



## Golf Team Zone Championships:

Congratulations to both our boys and girls golf teams at last week's Zone Championships. They both qualified for Provincials in Lloydminster and the boys team are Division Champions.

Boys: 1st Brett J., 3rd Kohen Y., 5th Josh N., 9th Nate V.

Girls: 1st Kali Y., 3rd Charlie D.







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## Cross Country Results:

Congratulations to Nathaniel G., Emery K., Katelynne K., Brik M., Kaia P. and Nyah W., our Junior XC runners who ran in their first race last Monday! Both Emery and Brik placed 6th in their age group!

Congratulations to Adam B., Jordanna M., Gavin B., our Senior XC runners who ran in their first race last Tuesday! Gavin placed first in intermediate boys and Jordanna placed 8th in junior girls!!!





## Terry Fox Run Photos:





## Fun in Foods Class:

Students made apple swans last week in Foods. A big thank you to the Yeske Family who donated the apples from their tree.







## Student Successes:

Congratulations to Jack M. and Haakon C. and their U15 Jr Roughneck's Gold Medal Championship win at the end of August.



Congratulations to Haakon C. from Zone 2, Reid D., Derek S. and Parker F. from Zone 3 who competed against each other in the Alberta Summer Games Box Lacrosse this summer. Zone 2 took gold over Zone 3 in an exciting overtime game.





## **The Rise Above Network**

[www.riseaboveinc.ca](http://www.riseaboveinc.ca)

One of the many advantages of belonging to the National Sport School community is access to resources that facilitate the holistic development of our student-athletes. Here are two resources in the form of self-paced online courses on The Rise Above Network that can significantly enhance the growth of your student-athlete.

### **The Performance-Enhancing Parent**

One of the most overlooked aspects of a student-athletes development is the critical role parents play in the success or demise of their child's pursuit of excellence.

We all want the very best for our children, but unless we have learned a better way, we parent the way we were parented. If you have a child who is showing the aptitudes of being a high performer *in any* pursuit or passion, you want to ensure you are learning everything you can to be the best parent you can be and support and thoughtfully guide them in their journey. Join Dr. Matt Brown in this course to facilitate your growth as a parent.

Whatever arena, stage, venue, field, studio, or classroom your child performs in, they need the unwavering support of a thoughtful performance-enhancing parent.

**Dr. Matt Brown** is a **Mental Trainer and Counsellor** with the Calgary Flames, the Calgary Stampeders, and the Calgary Hitmen. His client roster includes Olympians, professional hockey and football players, coaches, surgeons, musicians, business executives, and dancers. In all cases, they are guided in the process of optimizing both performance and health.

Participants who put Dr. Brown's teaching into practice will gain confidence in their ability to navigate the challenging and emotional task of supporting their young performers, enhancing their enjoyment, performance, and wellbeing.

Click on this hyperlink for [The Performance-Enhancing Parent](#) to view a preview of the course and enrol.

### **Rise Above: Training For Excellence**

Becoming an Olympian takes diligent training, expert knowledge in sport science, psychology and physiology, and a relentless pursuit of excellence that most of us never are privileged enough to gain insight into. Join Scott Gow in this course as he teaches you the steps to achieving excellence in your life. If excellence is your goal, this course will facilitate your journey and enhance your life.

Scott is a NSS alumni, a two-time Olympian, a World Championship bronze medalist and 11-year veteran of Biathlon Canada's National Team. Scott has a number of athletic achievements to his name, most notably a World Championships bronze, Olympic 5th place, four-time Canada Winter Games gold





medalist, numerous Senior and Junior National Championship titles, 2020 and 2022 Biathlon Canada Male Athlete of the Year, 2022 Alberta Male athlete of the Year, and 2016 Alberta Sport Connection Team of the Year.

Scott retired from competition in April 2022 and is currently finishing his degree in Kinesiology at the University of Calgary with aspirations of becoming a doctor.

Competing in two Olympic Games in this incredibly gruelling sport necessitated Scott becoming an expert in understanding his body and mind, and how he could maximize his performance on demand.

This course shares the principles Scott adopted to overcome the obstacles we all encounter in our lives, as well as how to develop a growth mindset so you can continue to progress towards your goals.

Scott's knowledge is drawn from the lifetimes of experiences of coaches, sport scientists, teammates, mentors, and international competitors.

Click on this hyperlink for [Rise Above: Training For Excellence](#) to view a preview of the course and enrol.



# Raising Digitally Responsible Youth: A Parent/Caregivers Guide

September 2023

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Parenting is hard, and the rapid rise of technology and social media use in the lives of their kids makes it harder.

To help, we're extending complimentary access to download [Raising Digitally Responsible Youth – A Parent's Guide](#) from Safer Schools Together. The guide was designed to help introduce Parents and Caregivers to leading social media platforms, video games, and relevant trends that are either being used already or have the potential to be used by their children.

This guide is full of tips, how-to's and definitions for the most widely used apps – including TikTok, Snapchat, Instagram and more. Best of all – **it's complimentary, and you can share it with every parent in your community.**





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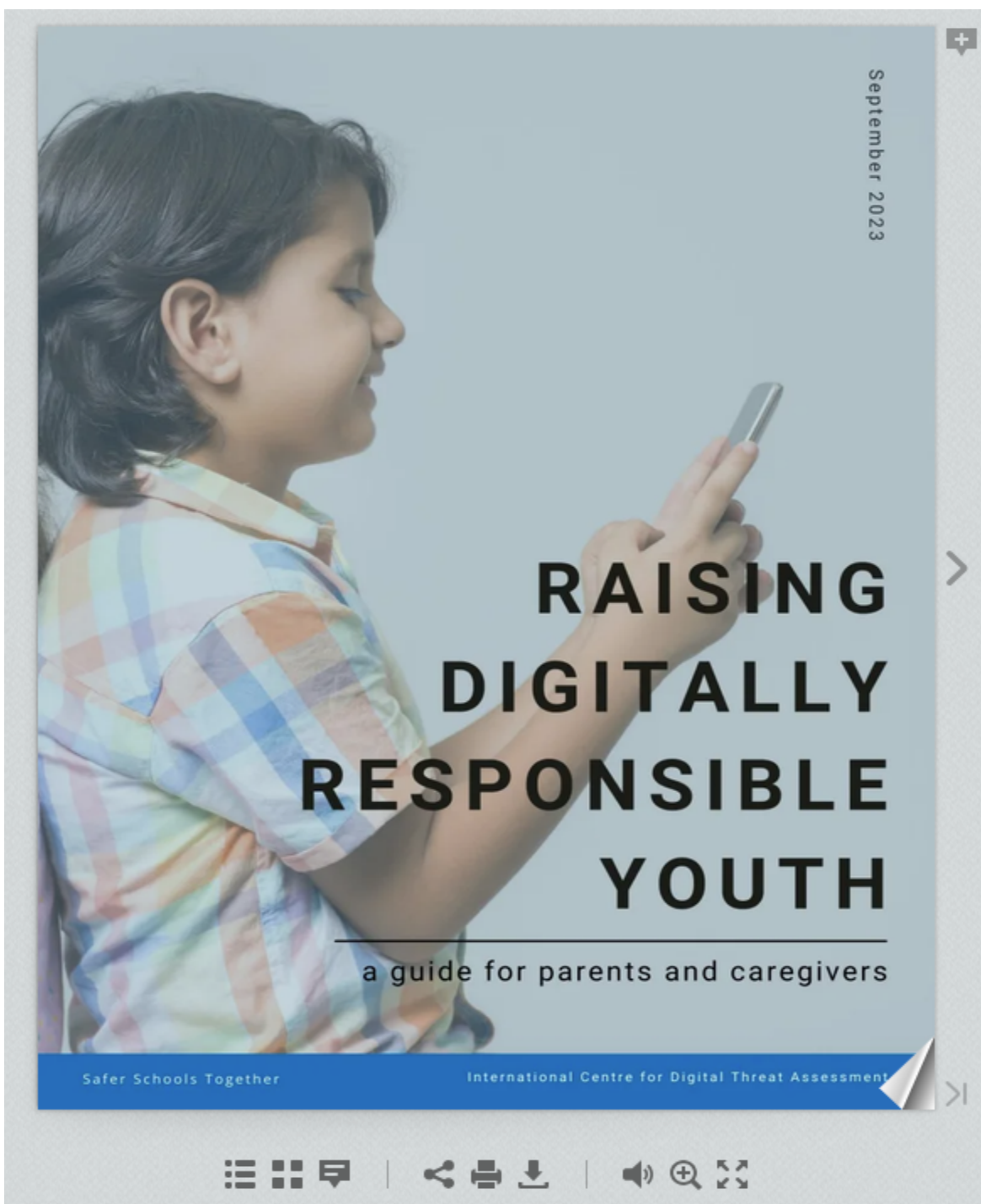


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## CALLING ALL STUDENTS AND STAFF OF PALLISER SCHOOL DIVISION!

Get ready to unleash your creativity and showcase your photography skills in our exciting photo contest. We're on a quest to capture the vibrant spirit and sense of community within our schools. Join us as we celebrate the beauty, diversity, and talent that make our division truly special.

### CATEGORY IDEAS:

- **School Pride:** Capture the essence of school spirit and pride.
- **Land-based Learning:** Learning outside the classroom through Indigenous traditions and ways of knowing.
- **Nature's Splendor:** Showcase the beauty of the natural world surrounding our schools
- **Unity in Diversity:** Celebrate the multiculturalism and inclusivity within our school community.
- **Learning in Action:** Highlight the joy and excitement of learning in classrooms, labs, or extracurricular activities.
- **Friendship and Fun:** Capture candid moments among students and staff.
- **Architectural Interests:** Photograph the unique architectural elements or landmarks in our schools.
- **Community Engagement:** Illustrate the active involvement of our schools within the local community.
- **Embracing Change:** Depict how our schools adapt to the ever-evolving world around us.
- **Cultural Connections:** How does your school celebrate traditions and culture?



### SUBMISSION GUIDELINES:

- Submit as many entries as you like!
- Photos must be original, high-resolution images (at least 300 dpi).
- Please include a brief description of the photo and its significance to your school community
- Photos must be submitted using this form:
- Black and white, other creative

### JUDGING CRITERIA:

- The submissions will be evaluated based on creativity and originality, technical skills, emotional impact and storytelling



### PRIZES:

- **Grand Prize:** Overall best photo will receive a FujiFilm Instax camera and film, donated by London Drugs
- **Runners Up:** 2 \$50 gift cards to London Drugs
- **Honorable Mentions:** Selected photographs will be highlighted on our website and social media channels.



### IMPORTANT DATES:

- **Contest Launch:** Sep 14, 2023
- **Submission Deadline:** Oct 12, 2023
- **Judging Period:** October 12 - October 26
- **Winners Announcement:** Nov 1, 2023



### ENTRY FORM LINK/QR CODE:

<https://forms.gle/fDCGWNsmErSmu94f8>

