

## Bulletin #12 November 21, 2023

### Important Dates:

**November 21:** Parent Council Meeting

**November 29:** Dress Up-Twin Day

**November 30:** Open House 7-9pm - must be registered through Eventbrite

**December 1:** PD Day - no students

**December 1:** Last Day to order NSS Swag

**December 8:** 2nd Open House 1-3pm - must be registered through Eventbrite

### Reminder to Please be on Time!!

Over the past few weeks, many students are showing up late to their classes, especially period 1. We understand there are times when this cannot be helped due to weather, training or traffic. Please make sure you are giving yourself enough time to arrive a few minutes early and are ready to begin your class on time at 8:30am.

### Parent Council Meeting:

Parent Council Meeting is November 21, 2023 at 6:30pm. This meeting will be hosted in person at the school in Room 112.

### Veterans Food Bank:

We will be collecting non-perishable items for the Veterans Food Bank from November 6th to November 30th. Please drop your items in the bin at the front office. Monetary donations can be made using the the following link:

<https://veteransfoodbankalberta.ca/donate>

### NSS Open Houses for new students:

Both of our open houses are at capacity. The application link and process for the 2024-25 school year will be posted on our website on December 1st.

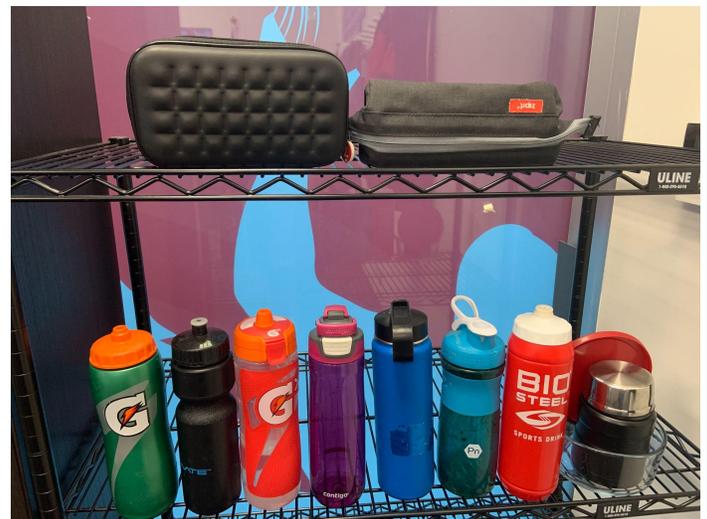
### myPass:

All high school students are encouraged to sign up for their Alberta Education [myPass](#) Account. This account is a self-service website where students can order high school transcripts, view diploma exam marks, view progress towards a credential (diploma or certificate), among many other useful features.

### Dual Credit Information:

Dual credit applications are due this Friday, November 24. Choose from nearly 50 courses including psychology, medical terminology, animation and business offered by 7 institutions including the University of Calgary, SAIT and Olds College. The full course list and the online application are available at [palliseroffcampus.ca/dual-credit](http://palliseroffcampus.ca/dual-credit). If you have questions or need assistance, please email [Mrs. Foster](mailto:Mrs.Foster).

### Lost and Found:



Are these your items?? Please collect them by November 30th or they will be donated.

**NSS Swag:**

Show your school spirit with NSS Swag!! See attached order form for the available items. We will have sample sizes for you to try on at the front office. Please order and pay through your SchoolCash account. If you prefer to pay by cash or cheque please fill out the attached order form and return payment to the front office.

**Order deadline is December 1, 2023!!**



## SIZING

**CHAMPION MEN'S SIZING**

	S	M	L	XL	2XL	3XL	4XL
CHEST	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60
WAIST	28 - 30	32 - 34	36 - 38	40 - 42	44 - 46	48 - 50	52 - 54

**CHAMPION YOUTH SIZING**

	YS (8)	YM (10-12)	YL (14-16)	YXL (18-20)
HEIGHT (INCHES)	50 - 51	55 - 58	62 - 64	67 - 68
WEIGHT	55.5 - 59	73.5 - 87	100.5 - 115	126.5 - 137
CHEST	27	28 - 29.5	31 - 32.5	34 - 35.5
WAIST	24.5	24.5 - 25.5	26.5 - 27.5	28.5 - 29.5

**Bikeathon Logo Contest:**

See your design on our 2024 Bikeathon swag!!!  
 Submit your designs to Ms. Sceviour or Ms. Spencer by December 1st.



NATIONAL SPORT SCHOOL  
**BIKEATHON 2024**  
**LOGO CONTEST**

SUBMIT TO MS SCEVIOUR OR MS SPENCER  
 SEE YOUR DESIGN ON OUR 2024 BIKEATHON SWAG!!

### You may have earned extra credits:

Did you know that you might be eligible for an extra credit or two towards your High School transcript? If you have completed any of the following, please bring your proof of completion to the front office.

- Alberta Transportation Class 5 Driver Training 10 (need official certificate)
- Level 1 Certification) 10
- Canadian Ski Instructors' Alliance Ski Instructor (Level 2 Certification) 10
- Canadian Ski Instructors' Alliance Ski Instructor (Level 3 Certification) 10
- Canadian Ski Instructors' Alliance Ski Instructor (Level 4 Certification) 10
- Canadian Ski Instructors' Alliance Ski Instructor (Snow Park Certification)
- Lifesaving Society Bronze Cross 10
- Lifesaving Society Lifesaving Instructor 10
- Lifesaving Society National Lifeguard – Pool 10
- Red Cross Water Safety Instructor 10

### Palliser School Division Cookbook:

“The Diversity, Equity, and Human Rights (DEHR) committee is excited to embark on a project aimed at celebrating the rich cultural diversity within our staff and student community. We are inviting all members to contribute their cherished family recipes, as we strive to curate a meaningful and flavorful recipe book. These recipes should hold special cultural significance to you and your family, offering a glimpse into the culinary traditions that have shaped your heritage.

Once we've gathered an assortment of recipes, we plan to compile and publish a recipe book that will be available for purchase. We strongly encourage you to include accompanying pictures with your submissions, though this is entirely optional.

If you would like to participate, please fill out this Google Form. For more details please get in touch with the DEHR committee chair at [suneet.kharey@pallisersd.ab.ca](mailto:suneet.kharey@pallisersd.ab.ca). Our target is to have this project completed and the recipe book available for purchase in time for the upcoming spring season. Your participation will contribute to a culturally diverse collection that we can all enjoy and appreciate.”

<https://forms.gle/hj2RyUhVrfCZB2hG7>



### Student Successes:

Congratulations to both Cambie S. and Della S. who competed this past weekend at the Airdrie Skating Club Star Series.

Cambie S. - Silver Star 7 Artistic, Silver Star 8 Free Program and 4th Star 9 Short Program



Della S. - Gold Star 5 Artistic and Silver Star 5 Free Program







# Anxiety and Youth

Presented by:  
Calgary Health Promotion Services



**Nov 21, 2023**  
**4:00 PM - 5:30 PM**  
**LOCATION: Online**



**Audience: All administrators, educational assistants, guidance counsellors, instructional leaders, parents, pre-service teachers, support staff and teachers**

Anxiety is one of the most common mental health concerns affecting children and families across the lifespan. Parents and schools play an essential role in helping children manage their anxiety. This session will explore what anxiety and stress are, how to recognize it, and how to support resilience.

**[CLICK HERE TO REGISTER!!](#)**



## January 2024 Final Examinations - Grade 10 - 12

Monday, Jan 8		Tuesday, Jan 9		Wednesday, Jan 10		Thursday, Jan 11		Friday, Jan 12		
<b>Classes Resume</b>				<b>ELA 30-1 (Part A)</b> <b>ELA 30-2 (Part A)</b> 9:00 - 12:00 Room 112 & 114		<b>Social 30-1 (Part A)</b> <b>Social 30-2 (Part A)</b> 9:00 - 12:00 Room 113 & 114				
<b>Monday, Jan 15</b>		<b>Tuesday, Jan 16</b>		<b>Wednesday, Jan 17</b>		<b>Thursday, Jan 18</b>		<b>Friday, Jan 19</b>		
				<b>Last Day of Classes</b> <b>Grades 10-12</b>		Tutorials Available as Needed  <b>Science 10</b> (Howell) (Forsyth) 9:00-11:00 Rooms 112,117&120		Tutorials Available as Needed  <b>ELA 20</b> (Zado) (Thomson) 9:00-11:00 Room 112 Room 114		
<b>Monday, Jan 22</b>		<b>Tuesday, Jan 23</b>		<b>Wednesday, Jan 24</b>		<b>Thursday, Jan 25</b>		<b>Friday, Jan 26</b>		
<b>Math 30-1</b> 9:00-12:00 Room 117	<b>Math 30-2</b> 9:00-12:00 Room 114	<b>ELA 30-1 (Part B)</b> <b>ELA 30-2 (Part B)</b> 9:00 - 12:00 Room 117 & 114		<b>Social 30-1</b> (Part B) <b>Social 30-2</b> (Part B) 9:00-11:30 Room 117	<b>Social 20</b> (Part B) 9:00-11:00 Room 113 Room 114	<b>Bio 30</b> 9:00-12:00 Room 117		<b>Chem 30</b> 9:00-12:00 Room 114 & 117		
<b>Math 20-1</b> 9:00-12:00 Room 107&112	<b>Math 20-2</b> 9:00-12:00 Room 120	<b>Math 10 C</b> 9:00-12:00 Room 113, 118, 121	<b>Chem 20</b> (Biegler) 9:00-11:00 Room 121	<b>Bio 20</b> (Sceviour) 9:00-11:00 Rooms 120 & 112	<b>Physics 20</b> (Robichaud) 9:00-11:00 Room 112					
<b>Monday, Jan 29</b>		<b>Tuesday, Jan 30</b>		<b>Wednesday, Jan 31</b>						
<b>Physics 30</b> 9:00-12:00 Room 117		<b>Science 30</b> 9:00-12:00 Room 117		<b>First Day of Semester 2</b>						



WINSPOrT

**National Sport School**

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 t | 403-777-7329 [nss\\_main\\_office@pallisersd.ab.ca](mailto:nss_main_office@pallisersd.ab.ca)



**Palliser**  
Regional Schools

**January 2024 Final Examinations - Grade 8 - 9**

<b>Monday, Jan 22</b>	<b>Tuesday, Jan 23</b>	<b>Wednesday, Jan 24</b>	<b>Thursday, Jan 25</b>	<b>Friday, Jan 26</b>
Regular Classes 8 & 9	Regular Classes 8 & 9	Regular Classes 8 & 9	Regular Classes 8 & 9	PD Day Grade 8 & 9
<b>Monday, Jan 29</b>	<b>Tuesday, Jan 30</b>	<b>Wednesday, Jan 31</b>		
Regular Classes 8	Regular Classes 8 & 9	First Day of Semester 2		
Science PAT (Howell) (Burkart) PAT 9:00-10:15 Rooms 122, 406,407,408				



**Dual Credit Applications** for  
semester two are now open at  
[palliseroffcampus.ca/  
dual-credit](https://palliseroffcampus.ca/dual-credit).

(Palliser login required.)

Apply by November 24.