



WINSport™



Palliser
Regional Schools

National Sport School

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Bulletin #1 September 7, 2021

Important Dates

September 24- Non-Instructional Day

September 30- Non-Instructional Day (Orange Shirt Day)

Forms to be returned:

Student-Athlete Sport Information and Mental Performance Informed consent form were emailed out last week. Please return these ASAP to the front desk.

Demographic Verification Email:

If you did not receive a demographic information – confirmation email, please contact nss@winsport.ca. This will allow us to ensure we have all current information on file.

Attendance:

Please report all absences to Michelle Cressy michelle.cressy@pallisersd.ab.ca
Students that will be away for more than 3 days will need to complete a Travel Plan Form. They are available at the front desk, or can be emailed to you from Michelle Cressy michelle.cressy@pallisersd.ab.ca

Hill Road Access Pass:

Hill Road Access Passes are available at the PTC Guest Services desk and can be purchased for \$25.00 plus GST. The Guest Service hours are 6:00am – 9:00pm Monday to Friday and 8:00am – 6:00pm Saturday and Sunday.

Access to Performance Training Centre:

Once students have their waiver completed online, they can visit the Guest Services desk in the Markin MacPhail Centre to obtain their membership card.

Please Note: Masks must be worn upon entering the training centre and when moving between stations.

MyPass:

Please have your students sign up for MyPass <https://public.education.alberta.ca/PASI/myPass/welcome>

MyPass allows students to view detailed academic reports, diploma exam marks and much more.

Mental Performance Consultant:

There are two ways for students to book sessions with Perri Ford, the Mental Performance Consultant at NSS (please sign and return the informed consent form before booking the first session):

1. Access the online booking system using this link: <https://10to8.com/book/xhbgbc-free/1454603/>
2. Sign up for a same day drop-in session using the appointment book located outside of the office.

Student-athlete travel:

If you are not at the school, sessions can take place over Zoom or on the phone. Same day drop-ins are available and can be booked through email.

Off Campus Teacher:

Hello my name is Charlene Foster, I am the Off Campus Teacher. I am new to NSS, though I've been working with Palliser students in Calgary for eight years. It's my privilege to work with students earning credits for Work Experience, Green Certificate and Dual Credit.

[Work Experience](#) gives students credit for working or volunteering. Students need to register and I need to do a site visit before any hours can be counted. 25 hours = 1 credit (minimum 3 credits)

[Green Certificate](#) students can earn credit for the knowledge they acquire in various agricultural streams. (Earn up to 16 credits.)

[Dual Credit](#) students take courses (primarily online) offered by Alberta post-secondary institutions, earning post-secondary credit and high school credit at the same time. Applications for this semester have closed, but applications for second semester will be accepted in November.

I look forward to getting to know the NSS community. Please reach out to me with your questions. I am available by email at charlene.foster@pallisersd.ab.ca. Students (and parents) can also schedule an online or in-person meeting with me at cfoster.youcanbook.me. I plan on being available for in-person meetings at NSS on Fridays.





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Please note the changes to the timetable:

National Sport School Timetable 2021-2022

Mon, Wed, Thurs			Tuesday – TA Day			Friday	
Period 1:	8:30 – 9:57	87 min	Period 1:	8:30 – 9:50	80 min	Period 1:	8:30 – 9:40
Period 2:	9:57 – 11:25	88 min	TA:	9:50 – 10:20	30 min	Period 2:	9:40 – 10:50
Lunch:	11:25 – 11:55	30 min	Period 2:	10:20 – 11:40	80 min	Period 3:	10:50 – 12:00
Period 3:	11:55 – 1:23	88 min	Lunch:	11:40 – 12:10	30 min	Period 4:	12:00 -1:10
Period 4:	1:23 – 2:50	87 min	Period 3:	12:10-1:30	80 min		
			Period 4:	1:30- 2:50	80 min		

Garden Café/ Cafeteria:

The Garden Café will be open for students to eat with a limit of 4 per table. This will be open mid to late September.

Accomplishments:

At NSS we are proud of our students’ accomplishments in their sport. Please submit yours to michelle.cressy@pallisersd.ab.ca or to your Teacher Advisor to have yours showcased.