



winSPORT™



Palliser
Regional Schools

National Sport School

Suite 110, 151 Canada Olympic Road S.W.,
Calgary AB T3B 6B7 t | 403-777-7329 e

[|michelle.cressy@pallisersd.ab.ca](mailto:michelle.cressy@pallisersd.ab.ca)

Bulletin #2 - September 13, 2021

Important Dates

September 24 - Non-Instructional Day.

September 30 - Non-Instructional Day
National Day for Truth and Reconciliation.

October 11 - Thanksgiving Day.

Forms to be returned:

Student-Athlete Sport Information and Mental Performance Informed Consent forms were emailed out recently. Please return these ASAP to the front desk.

Attendance:

We are happy to announce that our absence email has been set up and is nss_attendance@pallisersd.ab.ca If your child is going to be absent please send an email so we can mark the attendance accordingly.

At this time NSS does not have the phone call and email out system for attendance monitoring operational. If you wish to check your students' attendance successfully, the Administration recommends tracking your student on PowerSchool. Instructions and access codes to set up PowerSchool with the Palliser School Division were sent out earlier this school year via email. (**Tech Tip:** The first time you set up PowerSchool it is best to use a desktop computer before setting up the App on your phone.) We anticipate that the phone call and email out system will be operational in the near future.

Signing Out:

When students are signing in/ out please make sure your first and last names are legible on the sheet or you will be marked absent.

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.

Masks:

Please remember to bring your own masks to school and ensure they are worn correctly.

<https://www.alberta.ca/masks.aspx>

Spares:

Students during spares please stay in the school and please do not use the Garden Café, WinSport is hoping to minimize traffic in that area during this time.

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/xhbghc-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.



WINSport™



Palliser
Regional Schools

National Sport School

Suite 110, 151 Canada Olympic Road S.W.,
Calgary AB T3B 6B7 t | 403-777-7329 e

[|michelle.cressy@pallisersd.ab.ca](mailto:michelle.cressy@pallisersd.ab.ca)

University Open House Dates:

[SAIT Open House](#) - October 23 & 27, 2021

[U of C Virtual Open House](#) - October 2, 2021

[MRU Open House](#) - October 30th, 2021

[U of A Open House](#) - October 16th, 2021

Family School Liaison Counsellor:

Ms. Lynnette Theroux

I wanted to take a minute to introduce myself. I am Lynnette Theroux and I am a Certified Canadian Counsellor and the Family School Liaison Counsellor at NSS. I am excited to be taking on NSS as a new school this year and very much looking forward to working with the students, families and staff. I received my Masters of Arts in Counselling from Gonzaga University and have worked in the mental field for over a decade. My counselling experience includes working with women and children fleeing domestic violence, working with the chronically homeless population with a mental health diagnosis and working in school settings. I was also a teacher and have a combined degree in Physical Education/Education from the University of Alberta. I have been with the Palliser School Division for seven years in a counselling role and I look forward to getting to know and support the families at NSS. My work with your children can include any social/emotional concerns. If you have any questions/concerns please don't hesitate to connect.

Garden Café/ Cafeteria:

The Garden Café will be open for students to eat with a limit of 4 per table. Food services at the Garden Cafe will be open mid to late September.

Accomplishments:

National Sport School - Page 2

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.

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.

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.



Palliser
Regional Schools

National Sport School

Suite 110, 151 Canada Olympic Road S.W.,
Calgary AB T3B 6B7 t | 403-777-7329 e

lmichelle.cressy@pallisersd.ab.ca

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		