



winSPORT™



Palliser
Regional Schools

National Sport School

Suite 110, 151 Canada Olympic Road S.W.,

Calgary AB T3B 6B7 | 403-777-7329

danika.dinko@pallisersd.ab.ca

Bulletin #24- March 8, 2022

Important Dates:

March 14th - Pi Day

March 17th - St. Patrick's Day - Wear Green

March 18th - Division Wide PD Day No School

March 21st - April 1st - Spring Break

April 4th - April 12th - Diploma Exams

April 15th & 18th - Good Friday & Easter

Monday - No School

April 19th - Report Cards

[Palliser & N.S.S. Calendar Link](#)

N.S.S Parent Council Meeting

The N.S.S. Parent Council Meeting will be held

Tuesday, March 8th @ 6:30 p.m. Please email

Mr. Jewan at robert.jewan@pallisersd.ab.ca for a meeting link.

Parking

The 2 Hour Parking at the front of the school is **not for student use**, regardless of how long you will be here.

Travel Forms

Reminder that students need to fill out a travel form for absences that are longer than 3 days due to training or competitions. Travel forms are located at the main reception desk, in each classroom and on Google Classroom. Once completed please bring to reception to be copied.

Performance Training Centre

Realizing that there are many winter sports at NSS (ice, snow, skate) that are either heading into their heavy competition season or beginning to transition into their respective off-seasons and may not be supported by their individual clubs through this transition phase, WinSport would like to add some value to the athlete development package below. This would be available to all NSS students up until the end of the 2022 academic year (June 30th):

- Initial consultation and movement screen (~30min).
- Program Orientation - up to **2hrs** for a full customized program orientation. This could be scheduled a variety of different ways:
- Split into **2x1hr** orientation sessions for each program
- Can be used as **2x1hr** personal training sessions if only a single workout is programmed for an athlete
- Upon conclusion of the program orientation, student may receive up to **3x1hr PT sessions** for the duration of their program.
- [Sign-up Link](#)

This schedule is flexible as some athletes may require direct 1on1 supervision or multiple sessions in a given week if they are prepping for a competition, etc.

In summary, NSS student athletes can receive up to 5 hours of direct coaching per program that is included in their alternate program fees.

Student-Athlete Support Meetings

There are two student-athlete group sessions beginning next week:

Managing Test Anxiety

Tuesdays @ Lunch

March 1- April 12 (5 Sessions)

Injury Rehabilitation Support

Thursdays @ Lunch

March 3- April 14 (5 Sessions)

Groups will be meeting in the **Learning Lab**. Sign up with Natalie or Perri, or let your TA teacher know that you are interested.

Grad Meeting

There will be a **Grad Meeting Thursday March 10, 2022** at lunch in the student gathering area. The meeting will cover the meal and speeches.

University of Waterloo Math

Contest:

Any student interested in writing one of the University of Waterloo Math Contests in April should see **Mr. Beaudin** immediately to get registered. The deadline is nearly upon us. There are separate contests for each of grades 9, 10, 11, and 12.

Euclid contest (grade 12) is **April 5th**.

Fryer (grade 9), Galois (grade 10), and Hypatia (grade 11) contests are all on **April 12th**.

Career Notes - March, 2022



Annual Youth Hiring Fair 2022



Jobs for youth ages 15 – 24


Thursday, April 7, 2022
1:30 p.m. – 6 p.m.
Big Four Building, Stampede Park
calgary.ca/yechiring



Prepare for the Fair

Book a session online to prepare for the fair.
All of our services are FREE.
For more information visit youthemploymentcentre.ca or call (403) 268-2490.

Don't wait, spots are limited.



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Continued Registration to NSS in 2022-2023 (UPDATE)

Is your student-athlete returning to NSS next year? Please call the office if you have not completed the returning form.

GSA: Mondays at lunch in Room 112 (Mr. Zado's room)

The **Gender & Sexuality Alliance** is a positive space that welcomes and supports everyone. Discussion, support, activism, or just a chance to enjoy lunch with like-minded people: How this will take shape is up to YOU! See you there!

NSS Apparel

We have a few extra hoodies and crewnecks for sale. Cost of each piece is \$40. See Mrs. Sceviour for further information.

Grad Photos Parents and students can now register for grad photos. LifeTouch will be providing the Cap & Gown for the photos. To sign-up [CLICK HERE](#)

Celebrating Student Success

(Please note: If you have student-athlete successes to share with NSS please email: danika.dinko@pallisersd.ab.ca)

Congratulations to **Shae O'Brien, Petra Planden, Kennedy Peterson, Graeme Cliff, Nicholas Berthiaume & Luc Decelles** who have all qualified for the Alpine U16 National Champions at Mt. Tremblant.

Congratulations to **Petra Planden** who placed 3rd in GS at the Provincial Series #3 race in Sunshine.

Congratulations to **Lexton Grey** who played his first AJHL game on February 27th.



ATTENTION HIGH SCHOOL STUDENTS!

Write and illustrate a children's book that tells a story of diversity and inclusion

**WINNING BOOK WILL BE PUBLISHED
AND WILL RECEIVE A PRIZE OF \$5000!
2ND PRIZE: \$2500 • 3RD PRIZE: \$1000**

Calling all high school students in Canada!
Create a book for elementary school kids.

Deadline for entries is April 8, 2022!

Visit DiverseMinds.ca

for detailed submission information and guidelines



3.2 M likes

#onceinalifetime #championingdiversity

