

Bulletin #1 September 6, 2022

**As you know, we have a new student management system and are experiencing some growing pains. We are asking for your continued understanding and patience as it may be an additional 4 – 6 weeks before we are able to give students and parents access.

Important Dates

September 7- School Photos

September 13 - Our first Parent Council meeting @ 6:30pm (any interested parents are welcome to attend)

September 23- Non-Instructional Day

September 30- Non-Instructional Day
(National Day for Truth and Reconciliation)

Forms to be returned:

Student-Athlete Sport Information and Mental Performance Informed consent forms were handed out in TA today. Please return these ASAP to the TA class or front desk.

Attendance:

Please report all absences to
nss_attendance@pallisersd.ab.ca

Students that will be away for more than 3 days will need to complete a Travel Plan Form. Forms are available at the front desk (or your TA teacher can email one to you).

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.

Performance Training Centre Access

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

MyPass:

MyPass allows students to view detailed academic reports, diploma exam marks and much more. Please have your students sign up for a MyPass account

<https://public.education.alberta.ca/PASI/myPass/welcome>

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.

Accessing the Mental Performance Consultant while away:

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.

Terry Fox Run:

September 20th is our Terry Fox Run. Bring in a toonie for Terry.

Social Media:

Want to stay up to date with everything going on at NSS? Follow nsspsd on Instagram for all the latest information, events and results!



WINSport™



Palliser
Regional Schools

National Sport School

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

NSS GSA:

The NSS GSA offers a safe, inclusive and supportive environment for LGBTQIA2S+ students and their allies. How this group comes to life is up to YOU! Come have your say in Room 112 (Mr. Zado's room) Mondays at lunch! Snacks will be provided for our first meeting. Please see Perri, Ms. Spencer, Ms. Lynnette or Mr. Zado for more information.

Speaker's Bureau:

Interested in developing your public speaking skills? Do you like inspiring people with your experiences in sport? Then the NSS Speakers' Bureau may be for you! No experience is necessary; every grade and sport is welcome. We will work on your skill sets to make you a better speaker and ambassador for your sport and the school. Please see Mr. Zado if you are interested.

First Student Leadership meeting:

Wednesday at lunch in room 120. All grades are welcome. Get involved in planning and directing school spirit activities, intramurals and more!

Cross Country Running Meeting:

Tuesday, September 6th at lunch in Room 121

Garden Café/ Cafeteria:

The Garden Café will be open for students to eat in or order to take out.

Accomplishments:

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

Jersey Day:

September 13th is 'Jersey Day'! Wear your favourite jersey, from any team or sport!

Family School Liaison Counsellor

If you would like your child to receive social/emotional support at school. Please email Ms. Lynnette for more information @ lynnette.theroux@pallisersd.ab.ca

Off Campus Teacher:

Hello my name is Charlene Foster, I am the Off Campus Teacher. 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.

Please reach out to me with any questions at charlene.foster@pallisersd.ab.ca or students/parents can also schedule an online or in-person meeting (at NSS on Fridays) with me at cfooster.youcanbook.me



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

Please note the changes to the timetable:

National Sport School Senior High School Timetable 2022-2023								
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			

National Sport School Junior High Timetable 2022-2023

Mon, Wed, Thurs			Tuesday – TA Day			Friday	
Period 1:	8:30 – 9:13	43 min	Period 1:	8:30 – 9:10	40 min	Period 1:	8:30 – 9:05
Period 2:	9:13 - 9:57	44 min	Period 2:	9:10 - 9:50	40 min	Period 2:	9:05 - 9:40
			Period 3:	TA: 9:50 – 10:20 30 min			
Period 4:	9:57 – 10:41	44 min			Period 4:	9:40 – 10:15	
Period 5:	10:41 - 11:25	44 min			Period 5:	10:15 - 10:50	
Lunch: 11:25 – 11:55 30 min			Period 4:	10:20 – 11:00	40 min	Period 6:	10:50 – 11:25
			Period 5:	11:00 - 11:40	40 min	Period 7:	11:25 - 12:00
Period 6:	11:55 – 12:39	44 min	Lunch:	11:40 – 12:10	30 min	Period 8:	12:00 -12:35
Period 7:	12:39 - 1:23	44 min	Period 6:	12:10 - 12:50	40 min	Period 9:	12:35 - 1:10
Period 8:	1:23 – 2:06	43 min	Period 7:	12:50-1:30	40 min		
Period 9:	2:06 - 2:50	44 min	Period 8:	1:30 - 2:10	40 min		