

## Bulletin #21 February 7, 2023

### Important Dates:

February 14 – Pink Shirt Day

February 15 – Parent Council Meeting 6:30 pm

February 20 – 24 – no school for students

### NSS Returning Registration 2023-2024:

Planning for the next school year is well underway so we're inquiring about your family's plans for 2023-2024.

Will you be continuing at the NSS? Will you be transferring to another school? Please let us know by following this link to our [Continued Registration form](#).

We ask that you complete the form by **Thursday, February 16**.

It's important we get an accurate count of returning students as the wait list for next year's enrolment is substantial. Thank you for your cooperation.

### Grade 12 - Graduation Requirements

All students require CALM credits to graduate in Alberta. Please check your [myPass](#) to ensure you have all the credits you need.

### French Challenge Exam:

Calling all former French Immersion students! NSS offers you the chance to challenge the French 30 course and earn 15 credits in the process. Candidates must be fluent in French and able to read, write and speak the language with relative ease. This course is offered outside of the time table so students must also be self-directed. If you would like to find out more about this second semester opportunity, please come to a brief meeting in room 119 (art room) on Wednesday, February 15th at the start of lunch.

### NSS Swag:

NSS SWAG is available once again! **This year all orders will be processed online through "School Cash."** Please see the attached order form for the available items. There will be sample items to try on in the Main Office. Payment must be received before orders will be placed. Deadline to order is Friday, March 3. See Mrs. Sceviour if you have any questions.

### NSS GSA!!

Just a reminder that anyone interested in participating in the NSS GSA is more than welcome to come by. Never been to a meeting? No problem! We are always excited to meet new people! Meetings are held every Monday at lunch in Ms. Tarney's room on the fourth floor. What we do is up to you! Questions? Come see Ms. Tarney, Ms. Spencer, or Mr. Zado for more information.

### Polar Bear Ride!

**Want to Join?! Got Questions?!**

This will surely answer them: [Polar Bear Ride Commercial](#)



\*\*See FAQ's at the end of the bulletin.

### Grad Meeting:

First Grad Meeting for the Class of 2023 will be Thursday, Feb. 9 at lunchtime in the student gathering area - all grade 12s please attend. \*Meeting agenda is attached.

## Garden Café /NSS Specials–this week:

Week of Feb. 6 - 10 Specials		
<b>Monday</b>	Poutine	\$5.35
<b>Tuesday</b>	Taco in a bag (Doritos, beef, lettuce, cheese, sour cream, salsa)	\$5.50
<b>Wednesday</b>	Chicken fingers (3) & fries	\$9.75
<b>Thursday</b>	10 Cheddar perogies (bacon bits, cheese, sour cream)	\$8.65
Week of Feb. 13 - 17 Specials		
<b>Monday</b>	Chili cheese fries	\$6.00
<b>Tuesday</b>	2 hard shell Tacos (beef, lettuce, cheese, sour cream, salsa)	\$6.50
<b>Wednesday</b>	Grilled ham & cheese sandwich & fries	\$9.50
<b>Thursday</b>	Hot dog & fries	\$7.95

## Congratulations to Brooke D.!

Brooke placed 5<sup>th</sup> in Mammoth at FIS Wrold Cup last week.



## Congratulations to Elicia & Enoch L.!

Both Elicia and Enoch competed in one of the National Selection events: 4 star U16 tournament last weekend.  
Enoch: Singles and Doubles Champion  
Elicia: Singles and Doubles Champion



## Congratulations to Cooper N.!

Cooper placed 2<sup>nd</sup> in Level 4 Trampoline at Alberta Cup!





## Graduation Wednesday June 28, 2023

**10:30 am** – Be at Markin MacPhail 2nd Floor. **DO NOT BE LATE!**

Be sure to eat a good **breakfast!**

Pick up your graduation gown/cap (leave suit jacket/purses) and line up alphabetically

**11:00 am** – Bagpipe Processional into Markin MacPhail Ballroom - **no ticket required for this portion**

- Sit alphabetically – theatre style
- Formal portion of ceremony, dignitaries speak, valedictorian, guest speakers
- grad certificates awarded, professional photo

**12:15 pm** – Recessional with Bagpiper

- exit and proceed to CSHOF stairs for professional group photo, family photo time

**12:45 pm** - Students arrive back – return gown, pick up suit jacket/purse

- line up to enter Lunch room in formal wear, sit with your family round tables
- **tickets required for this portion**

**12:50 pm** - Principal's welcome

**12:55 pm** - Reflection & Lunch

**2:00 pm** - **MC. Toasts** begin after lunch service. **Grad video**

**3:00 pm** - Event Ends Guests to leave and proceed to private ceremony

### **\*\*Speeches\*\* To be decided in April**

- Acknowledgement of the Land: \_\_\_\_\_
- Introduction of Trustee **Mike Oliver**: \_\_\_\_\_
- Intro Guest speaker \_\_\_\_\_: \_\_\_\_\_
- Valedictorian: \_\_\_\_\_
- MC(s) - \_\_\_\_\_
- Reflection - \_\_\_\_\_
- Toasts
  - To parents - \_\_\_\_\_ Reply - \_\_\_\_\_
  - To teachers - \_\_\_\_\_ - Reply - \_\_\_\_\_
  - To students - \_\_\_\_\_ Reply - \_\_\_\_\_
- Grad Video – \_\_\_\_\_ - baby, graduate, sport, casual

### Plan:

- Formal Grad photos [www.lifetouch.ca/southernalberta](http://www.lifetouch.ca/southernalberta)
- Limo pickup, Hair/makeup appts





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## SIZING

### CHAMPION<sup>®</sup> 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<sup>®</sup> 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



## Polar Bear Ride FAQs

- Do I need to ride for 12 hours? No, the 12 hours of biking is to be covered by your team of 6-8 riders. You can decide who will ride, when they will ride, and for how long.
- Do I need to be there for 12 hours? No, as long as someone is riding, you do not need to be there for the whole time. You can keep your teammates company while they ride and cheer them though.
- Where will we be riding? The bikes will be set up in CSI in WinSport.
- Will I miss classes? You might miss class while you are riding. But you will not miss all of your classes on May 12. When your team signs up for shifts, try to ride during your spare (if you have one). Teachers are aware that some students will be missing some classes on this day. The main office will have a list of who is riding, and will place an attendance note in Edsby.
- Who can sign up? Your team should be made up of 6-8 students, teammates, family members, coaches, alumni, etc.
- What if I can't find enough people to make a team? See Mrs. Sceviour or Ms. Spencer, and we can put you together with other students who are looking for teammates, too.
- How much does it cost? \$25 per rider, which includes a t-shirt. Payment can be made online through School Cash. Each student school cash account is set up to take up to 8 entry fees, in case the other riders on your team are not current NSS students.
- Why should I do this? We are very lucky to have the opportunity to take part in many different sports at a high level. Many young Calgarians do not have the money or equipment to play. This is our chance to give back to others!! And it will be fun!!

## Some fun facts about Polar Bears!!

- Polar bears are classified as marine mammals.
- A polar bear's skin is actually black.
- Less than 2% of polar bear hunts are successful.
- Scientists can extract polar bear DNA from just their footprints.
- They can swim constantly for days at a time. If a real polar bear can swim for days, then you and a few friends can ride an exercise bike for 12 hours!!

**SIGN UP!! Deadline to enter is Feb. 28!**