

Bulletin #23 February 28, 2023

Important Dates:

March 3- Deadline to order clothing and to register for the bikeathon

March 7- Deadline to pay bikeathon entry fee - \$25 per participant

May 12- Polar Bear Ride Bikeathon for Kidsport 7am-7pm

Grade 10 Parents - Alberta Education Assurance (AEA) survey Deadline extension: March 17, 2023

Look for parent survey invitation packages in the mail. For more information about the survey, see <https://www.alberta.ca/alberta-education-assurance-survey.aspx>

Grade 12 Graduation:

Graduands 2023 and families: The National Sport School website has an information page to post graduation information ([Home/School Life/Grad 2023](#)). Please refer to this page for all information related to Graduation 2023 (times, photos, logistics, etc.).

NSS Swag:

NSS SWAG is available once again! **This year all orders will be processed online through "SchoolCash".** 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.



Bikeathon Breaking News!

The end of the month is approaching, please get your teams together and sign up by Friday, March 3 (extended from Feb. 28). Payment is due by Friday, March 17 through SchoolCash.

NEW! We will not place any limits on team size (recommended size in 6-8 riders) but you can have more or less as long as you make sure that the wheels on your exercise bike are turning for 12 hours (7 am to 7 pm Friday, May 12). Every rider pays \$25 to take part, regardless of team size. This will cover your t-shirt, and a donation to KidSport. You can raise more money or equipment if you like.

NEW! If you can't find a team, enter as a single rider and we will find you a team. Use the QR code to sign yourself up, and under the team name write "looking for a team."

NEW! The TA with the highest bikeathon participation will win a **pizza party (the most riders signed up and payments received)**. You do not need to be on the same team, or have a TA team, but we want to see as many students participating as possible.

C'mon NSS, let's see your school spirit, and give back to other students who can use our support!!



Student Success:

Eligh B. & Dino M. - MU15AA NWCAA Stamps



Isaiah F. - Attended a competition that qualifies for Westerns, Winning in the Pommel, Rings & Vault





Garden Café /NSS Specials–this week:

Week of Feb. 27- Mar 2 Specials		
Monday	Poutine	\$5.35
Tuesday	Taco in a Bag Doritos, beef, lettuce, cheese, sour cream, salsa	\$5.50
Wednesday	Chicken Fingers	\$9.75
Thursday	Cheddar Perogies	\$8.65

Week of Mar 6-9 Specials		
Monday	Chili cheese fries	\$6.00
Tuesday	2 hard shell Tacos (beef, lettuce, cheese, sour cream, salsa)	\$6.50
Wednesday	Grilled ham & cheese sandwich & fries	\$9.50
Thursday	Hot dog & fries	\$7.95



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SIZING

CHAMPION® 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® 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

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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 riders. You can decide who will ride, when they will ride, and for how long. The recommended team size is 6-8 but bigger or smaller teams are allowed.
- 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 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 SchoolCash. Each student SchoolCash 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!!