



WINSPORT™



Palliser
Regional Schools

National Sport School

Suite 110, 151 Canada Olympic Road S.W., Calgary AB T3B 6B7

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Bulletin #33 May 23, 2023

Important Dates:

Track Divisionals: May 23 & June 1 (Gr. 8-9) all day; May 26/27 (HS zones)

May 23 – MADD Presentation

May 23 – Parent Council & Sport Consultant Workshop

May 25 - Weaselhead Flats Field Trip (Gr. 8)

May 25 - Student Vote Alberta (8:15am-2:00pm)

June 2 - Grade 8/9 Physics Field trip to Calaway Park

June 6 – Pancake Breakfast

Sport Consultant Workshop:

Attention NSS Parents! Join Mental Performance Consultant, Perri Ford, on Tuesday, May 23rd at 6:30pm to learn more about building positive athlete experiences from the parent perspective. This workshop offers an opportunity for parents to learn more about supporting high performers as they navigate common challenges and experiences such as stress, perfectionism, unidimensional self-concept, and dealing with high pressure situations in school and sport. A number of applicable tools will be presented as well as self-awareness and self-regulation strategies for parents themselves. There will also be a discussion surrounding psychologically safe sport environments and resources for parents and athletes to address safesport concerns. The workshop will be offered online as well as at the parent council meeting at NSS.

Zoom Link: <https://us02web.zoom.us/j/5052021675>

2022-2023 Graduates

Please make sure to buy your grad tickets and return your order forms to the front office **before May 31**. Tickets can be purchased on SchoolCash or at the front desk.

French Challenge Students:

One month remaining to complete both the course requirements and the final exam!! Don't forget to check the google classroom. Please check in with Ms. Anderson either in person or via email at erin.anderson@pallisersd.ab.ca

Student Vote:

All students at NSS will be able to participate in [Student Vote](#) Alberta 2023 on May 25th. Polls will be open from 8:15 am until 2:00 pm. Results will be shared after the Provincial Election on May 29th.

Track & Field: Practices on Tuesdays and Thursdays at 3:15 pm at Foothills Athletic Park.

WinSport is still seeking dynamic, inspiring, and impactful volunteers! WinSport is excited to announce that we are gearing up for the upcoming summer season and once again seeking youth to join our Volunteer Team.

90% of our volunteer team are youth between the ages of 13-17 years of age. We recognize the incredible ability of this age group to make a difference, take initiative and impact in all they do. Through our youth **leadership program**, WinSport can provide opportunities for the youth volunteers to gain skills, develop an understanding of the impact they can make, and encourage ownership of one's experience. After a year or two of **rewarding** volunteer experience, many youth volunteers go on to become instructors, coaches, and program staff.

The **Welcome Team** provides superior guest service and supports promotional initiatives in a variety of areas around the WinSport campus. Volunteers gain experience interacting with a variety of guests and build comfort by taking initiative.

Junior Instructor volunteers help in a variety of roles including behind the scenes with computer work and supporting the instructors with delivering lessons. **We still need Junior Instructors for our Hockey, Ringette, and Mountain Biking camps!**



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**High School students can use those hours to earn work experience credit (if they register with Mrs. Foster before the summer. Charlene.foster@pallisersd.ab.ca)

Introduction to the Pipe Trades Summer

Program: Grade 11 and 12 students are invited to apply for the Intro to the Pipe Trades program offered July 4-27 at the Piping Industry Training School in Calgary. Students earn up to 5 work experience credits and gain skills in various aspects of the pipe trades, including plumbing, steam fitting, pipe fitting, gas fitting, B-pressure welding and sprinkler fitting.

What should you do if you're interested?

1. Check out the [Summer Pipe Trades info sheet](#)
2. Attend the **mandatory online information session at 6pm Thursday, May 18.** ([Click for meeting link](#); please join the meeting 5 minutes before it starts.)
3. Apply. Applications (linked in the info sheet) are due Friday, May 26.
4. Contact [Charlene Foster](#) if you have any questions.

Ag Data Science Camp (Free): Explore how data and technology can help transform the future of agriculture. Discover how you can build a more sustainable future by harnessing the power of data-informed decision making. Ag Data Science Camp is a five day overnight camp offered free of charge to approved high school students going into grades 11 and 12 interested in transforming the future of agriculture through data science and technology.

When: July 31-August 4, 2023

Where: Olds College

Details: [Ag Data Science Information](#) - includes application form (apply by May 31, only 20 spots are available)

Attention all 10s and 11s at NSS! Check out this unique option course available to NSS students:

NSS is asking you to consider a dual credit opportunity in Audiovisual Production!

So many of our athletes need video for their supporting sport goals and other endeavours. This is a learning opportunity to improve or earn credits for your digital audio and video skills while earning high school credits that become transfer credits to SAIT at no charge.

This unique opportunity offers students access to learning labs on the SAIT Campus for four days in Semester

1. Your schedule at NSS would have a class dedicated to accommodate this new experience.

Reach out to Charlene Foster, Dual Credit Coordinator at (charlene.foster@pallisersd.ab.ca) or Mr. Jewan or Ms. Topp to explore this learning opportunity.

Garden Cafe Lunch Specials:

Week of May 23-25 Specials		
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 May 29-June 2 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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Bikeathon Totes for sale!!

We are selling the remaining Bikeathon Totes at the front office. Get yours for \$5, with all proceeds going to KidSport!! They are totes cool!!



Alexander Rutherford Scholarship:

Mark you calendars to **apply in August!!** The Alexander Rutherford Scholarship is currently unavailable. Check back in early August for the online application. Students who had a work in progress application, and did not submit it will need to reapply when the new application is available in early August.

Palliser Regional Schools Off Campus and Dual Credit Programs

Introduction to Pipe Trades (Summer)

Work Experience Program offered in collaboration with The Educational Partnership Foundation, July, 2023

Program Description

Students will gain skills in various aspects of the pipe trades, including plumbing, steam fitting, pipe fitting, gas fitting, B-pressure welding and sprinkler fitting. This course is recommended for students 16 years of age and older.

While taking this program students will have the opportunity to explore the following careers:

Pipefitter - responsible for all aspects of installing and maintaining pipe systems, pipe supports and related hydraulic and pneumatic equipment for steam, hot water, heating, cooling, lubricating and industrial production and processing systems.

Steamfitter - lay out, assemble, fabricate, maintain and repair piping systems which carry water, steam, chemicals or fuel used in heating, cooling, lubricating and other processes.

Gasfitter - install, test, adjust and service natural gas and propane equipment ranging from residential furnaces to industrial boilers.

Sprinkler systems installer - fabricate, install, test, maintain, inspect and repair sprinkler systems on commercial and industrial sites.

Plumber - Plumbers install, remodel and maintain systems that carry water, steam, air and other liquids or gasses necessary for sanitation, industrial production, heating, air conditioning and many other systems.

Students will also earn industry recognized credentials in Fall Protection and Aerial Work Platform (AWP)

Skill development includes:

- Theoretical foundation
- Practical applications
- Safety awareness
- Workplace competencies
- Industry engagement



Student Eligibility and Prerequisites

Applications for this program are open to all full time, teacher-instructed Palliser students:

1. Who are in grades 11 or 12 and who have an interest in learning about the Pipe Trades.
2. Who are able to commit to the duration of the program, participating in learning activities Piping Industry Training School (or PITS). 5649 Burbank Road SE, Calgary. Attendance every day is mandatory to receive 5 credits.
3. **Prerequisites:** HCS3000 Workplace Safety Systems, HCS3010 Workplace Safety Practices and Construction Safety Training Systems 2020 (CSTS2020) (all available online - talk to your Off Campus Teacher to register)
4. **Required PPE:** CSA approved steel-toed boots

Important Dates

- **Applications due:** May 26, 2023 - [click for online application](#)
- **Mandatory online information session 6:00pm Thursday, May 18** ([Click for meeting link](#); please join the meeting 5 minutes before it starts)
- **Schedule:** July 4th to 27th, 9:00am to 4:00pm. Attendance every day is mandatory.

Program benefits

1. Training by qualified Piping Industry Training School Journeyperson instructors to learn about the various pipe trades at no cost to students
2. Earn up to 5 credits towards completion of an Alberta High School Diploma
3. Earn industry recognized credentials in Fall Protection and Aerial Work Platform (AWP)
4. Students who complete the program will build their resume and networking opportunities within the Pipe Trades industry

Estimated costs

There is no cost for this program, but students are responsible for their own transportation and they must have CSA-approved steel-toed boots.

Additional Information

Students' marks will appear on their high school transcript.

Email: dualcredit@pallisersd.ab.ca

Website: palliseroffcampus.ca

Audio Video Production

Exploratory Program through SAIT, online and on campus (see schedule details below), September - December, 2023

Program Description

Audio Video Production introduces learners to the basic tools and techniques of audio and video production. Learners develop production skills, forming the basis for advanced Radio, Television, and Broadcast News program elements. Through practical experience, learners explore digital audio production, audio/video editing, interview production, camera composition, single camera production techniques, and visual storytelling production and planning.

Upon successful completion of the course, students will earn 3 post-secondary credits for PRDT 217 Audio Video Production and seven 30-level high school credits (COM 1105, 2105, 2115, 2125, 3105, 3115 and 3125).

Transferability: PRDT 217 is part of the Radio, Television and Broadcast News diploma programs including the Broadcast News Major, the Radio Major and the Television Major. This program has a transfer agreement in place with Athabasca University. Visit www.transferalberta.ca for details. Other institutions may also grant transfer credit upon request.

Tuition is paid by Palliser (cost savings of approximately \$380).

Student Eligibility and Prerequisites and Technology Requirements

Applications for this program are open to all fulltime Palliser students:

1. Who are in grades 11 or 12 who are excited to learn about Audio Video Production.
2. Who are able to commit to the duration of the program, participating in synchronous and asynchronous learning activities and completing assignments and tests as scheduled, and who can travel to and from SAIT for the required class time.
3. **Prerequisite:** English Language Arts 10-1 (70% minimum).
4. **Technology Requirements:** Students must provide their own computer and other technology that meets the specified requirements. [Click this link](#) to confirm the details of what's required.

Important Dates

1. **Applications due:** May 12, 2023
2. **Course schedule:** Proposed schedule for September - December, 2023
 - o Tuesday and Thursday – online synchronous 12:30 – 3:30 pm
 - o Wednesday – independent working time (about 3 hours)



- o October 2, November , November 6 and December 4 – full day in person learning on SAIT campus, 9:00 – 3:00 pm
- o Note: Some classes may fall on Palliser non-instructional days.

Program benefits

1. Learn from experienced instructors about leading-edge technology and processes
2. Gain skills and knowledge in a growing local media industry
3. Earn post secondary and high school credits.
4. Reduce stress associated with the transition from high school to post-secondary
5. Taught by experienced instructors who are connected to industry and support students in making meaningful connections to career pathways

Estimated costs

1. Tuition - \$0 (**savings of approximately \$380**)
2. Textbooks and materials - \$75 (estimated)

Course Descriptions

1. Demonstrate correct microphone use.
2. Operate portable MP3/WAV digital recorder equipment
3. Operate a digital video camcorder.
4. Perform the role of a Camera Operator during a single camera production.
5. Demonstrate digital audio workstation operation.
6. Produce audio projects using Digital Audio Editing and Mixing techniques.
7. Produce and edit both an audio and a video interview.
8. Produce, shoot, and edit a Video News Package.
9. Write, produce, shoot and edit a comedy or drama scene short.
10. Demonstrate correct post-production non-linear editing operations.
11. Demonstrate the importance of sound effects in audio and video production and the use of correct sound mix.
12. Demonstrate behaviours and characteristics which are considered the norm for professionals in the audio and video production industry.

Additional Information

Tuition costs are covered by Palliser. However, students are responsible for costs associated with transportation, parking, textbooks and any additional materials required for the course. Students' marks will appear on their high school transcript as well as their post-secondary transcript.

Email: dualcredit@pallisersd.ab.ca

Palliser Off Campus website: palliseroffcampus.ca



June 2023 Final Examinations - Grade 10 – 12

Monday, June 12		Tuesday, June 13		Wednesday, June 14		Thursday, June 15		Friday, June 16		
ELA 30-1 (Part A) ELA 30-2 (Part A) 9:00 - 12:00 Rm. 114		Social 30-1 (Part A) Social 30-2 (Part A) 9:00 - 12:00 Rms. 113 & 114		Last Day of Classes Grades 10-12		Social 20 (Part A) 9:00 - 12:00 Rms. 113 & 114		Math 30-1 9:00 - 12:00 Rm. 117 Math 30-2 9:00 - 12:00 Rm. 114		Math 20-1 9:00 - 12:00 Rms. 107 & 120 Math 20-2 9:00 - 12:00 Rm. 112 Math 31 9:00 - 12:00 Rm. 107 Math 10C 9:00 - 12:00 Rm. 113
Monday, June 19		Tuesday, June 20		Wednesday, June 21		Thursday, June 22		Friday, June 23		
CREDIT RECOVERY WEEK = GRADES 10 to 12: FOR THOSE IN JEOPARDY OF NOT EARNING CREDITS FOR THEIR COURSES (scheduled by teacher)										
ELA 30-1 (Part B) ELA 30-2 (Part B) 9:00 - 12:00 Rm. 117		ELA 20 9:00 - 12:00 Rooms 112 & 114 Science 10 9:00 - 12:00 Rms. 120 & 118 Physics 20 1:00 - 3:00 Rm. 122	Social 30-1 (Part B) Social 30-2 (Part B) 9:00 - 11:30 Rms. 117 & 114	Social 20 (Part B) 9:00 - 11:00 Rms. 112 & 113	National Indigenous Day		Bio 30 9:00 - 12:00 Rm. 117	Bio 20 9:00 - 11:00 Rm. 120 Chem 20 9:00 - 11:00 Rm. 121	Chem 30 9:00 - 12:00 Rm. 117	
Monday, June 26		Tuesday, June 27		Wednesday, June 28		Thursday, June 29		Friday, June 30		
Physics 30 9:00 - 12:00 Rm. 117		Science 30 9:00 - 12:00 Rm. 117		Appeals Day Last Day for Staff 2022-2023 Graduation Ceremony		School Closed				



June 2023 Final Examinations - Grade 8 – 9

Monday, June 12	Tuesday, June 13	Wednesday, June 14	Thursday, June 15	Friday, June 16
				Last Day of Classes Grade 8 & 9
Monday, June 19	Tuesday, June 20	Wednesday, June 21	Thursday, June 22	Friday, June 23
RECOVERY WEEK = GRADES 8 & 9: TO ASSIST THOSE NEEDING SUCCESS SUPPORT (scheduled <u>by teacher</u>)				
Science 10 9:00 - 11:00 Rms. 120 & 118	Grade 9 PAT ELA (Part B) 9:00 - 10:15 Rms. 118 & 120	National Indigenous Day	Grade 9 PAT Math (Part A) 9:00 - 11:30 Rms. 118 & 120	Grade 9 PAT Math (Part B) 9:00 - 11:30 Rms. 118 & 120
Monday, June 26	Tuesday, June 27	Wednesday, June 28	Thursday, June 29	Thursday, June 30
Grade 9 PAT Social Studies 9:00 - 10:15 Rms. 118 & 120		Appeals Day Last Day for Staff		



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