



## Bulletin #5 October 3, 2023

### Important Dates:

**October 3, 10 & 17:** TA Intramurals

**October 6:** No school for Grades 8/9 only

**October 9:** Thanksgiving - School Closed

**October 18:** TA Dress Up - Adam Sandler Day - dress up like your favourite Adam Sandler character!

**October 19:** Awards Night 7:00pm

**October 24:** TA Pumpkin Carving w/ judging on Oct. 26

**October 26:** Picture Retakes

**October 31:** TA Halloween Dress Up - school appropriate costumes please!! (no weapons, etc)

**November 2&3:** Parent Teacher Interviews

### Teacher Update:

Ms. Blake is currently on leave due to a family emergency. Her return date has not yet been confirmed.

### Awards Night:

NSS Awards Night is taking place on October 19th at 7:00pm in the Markin MacPhail Centre. **Please note, if your student will be receiving an award you will have received a separate email containing an invitation to attend.** Please RSVP to the link in the emailed invitation by Friday, October 13th, 2023.

### Cross Country:

City's (Zone Championships) for High School students is on Wednesday, October 11th at 1:00 pm at St. Mary's University. In order to run in City's you need to have your forms submitted and your fee paid. If you have not returned your XC forms or paid your fee please do so as soon as possible.

### Lockers:

Students wanting a locker please check in at the office for your combination. You must share a locker with **at least** 1 other person. Lockers are now open to all students.

### Parent Council Meeting:

Our first Parent Council Meeting is October 17th, 2023 at 6:30pm. This meeting will be hosted in person at the school in Room 112.

### Jacket Racket:

Jacket Racket is a local charity that has been providing clean, gently used winter clothing to Calgary school children since the 1980's. NSS will be collecting clean, gently used winter coats, snow pants, hats, mittens and gloves from Oct. 2 to Nov. 3. The donation box is at the Main Office.

October 2 - November 3

National Sport School

# Jacket Racket


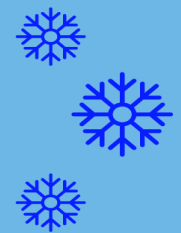
Please Donate clean gently used winter clothing to help children in need in Calgary

**Priority Donations**

Coats	Snowpants
Gloves	Scarves
Hats	Fleeces

For children of all ages (K-12), must be in good condition

Drop-Off at the main office



### University Fair:

**Attention Grade 11's and 12's!** There is a University Fair happening on October 29th from 9:30-11:00 am at Master's College. This is a great opportunity for students to have face-to-face conversations with representatives from institutions across the province. Please see Ms. Kilbreath for more information.

### Parking at NSS:

Students are not to be parking in the BCI, G23 and the 2 hour parking stalls.

### NSS WinSport Ski Pass Discount:

The NSS ski pass discount is now available for NSS students and those living in the same household. To get the discount, parents need to call Guest Services at 403-247-5452 between 9am and 3pm on weekdays. This is the same value as the Early Bird Price,

Once the hill is open for winter activities on November 24th (weather dependent), parents can also come into Guest Services in the day lodge to purchase the discounted tickets. Winter hours for the Guest Services desk will be Mon-Fri 10:30am-9:00pm and weekends 8:00am-5:00pm. The discount will be available until December 31st.

### Upcoming CIHA games:

Come support your fellow classmates/students this weekend! Wear BLUE!!

#### Saturday, October 7th, 2023

CIHA U17 Prep vs OHA 8:00pm @ WinSport A

#### Sunday, October 8th, 2023

CIHA U17 Prep vs PCHA 8:00pm @ WinSport C

### Cross Country Results:

**Senior Cross Country:** Congratulations to Jordanna M. for placing 7th in junior girls and Gavin B. for placing 1st in intermediate boys!





**Junior Cross Country:** Congratulations to Emery K. for finishing 6th in U13 Girls, Brik M. for finishing 2nd in U14 Boys and to all of our Junior Cross Country runners!



## Golf Team Provincial Championships:

Congratulations to our boys golf team, Kohen Y., Nate V., and Brett J. who competed and WON provincials last week! Also, congratulations to Kali Y. and Charlie D. who competed for the girls team; Kali Y. placed 2nd.







## National Sport School

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

t | 403-777-7329 [nss\\_main\\_office@pallisersd.ab.ca](mailto:nss_main_office@pallisersd.ab.ca)

## Student Successes:

Congratulations to Talia C. who competed at White Water Slalom Nationals in August taking home 3 medals!! She won Bronze in C2, Bronze in the classic Downriver race and Gold in teams female K1.

Carver I. and Talia C. competed in Provincials in September winning the following. Way to go!!

Talia C. - Silver in ½ course K1, Bronze in Full course K1 and Bronze in Boater Cross

Carver I. - Bronze in Full course K1, Bronze full course C1 and Gold in Boater Cross







## National Sport School

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

t | 403-777-7329 [nss\\_main\\_office@pallisersd.ab.ca](mailto:nss_main_office@pallisersd.ab.ca)

Congratulations to Jack F. who placed 1st in the Fernie WamBam Dirt Jam Freeride Mountain Bike competition.



# Host an International Student!

**MLI HOMESTAY is seeking enthusiastic and caring families to host international students arriving for 2023-2024 school year in Calgary at the National Sports School.**

5 months or full school year.

**Compensation is provided to assist with expenses, tax-free.**

To learn more,  
please contact Barb  
403-808-5577  
[boucharek@mlihomestay.com](mailto:boucharek@mlihomestay.com)

**\$150  
Referral  
fee for  
successful  
placement!**



**[WWW.MLIHOMESTAY.COM](http://WWW.MLIHOMESTAY.COM)**







# Raising Digitally Responsible Youth: A Parent/Caregivers Guide

September 2023

---

Parenting is hard, and the rapid rise of technology and social media use in the lives of their kids makes it harder.

To help, we're extending complimentary access to download [Raising Digitally Responsible Youth – A Parent's Guide](#) from Safer Schools Together. The guide was designed to help introduce Parents and Caregivers to leading social media platforms, video games, and relevant trends that are either being used already or have the potential to be used by their children.

This guide is full of tips, how-to's and definitions for the most widely used apps – including TikTok, Snapchat, Instagram and more. Best of all – **it's complimentary, and you can share it with every parent in your community.**



winSPORT™

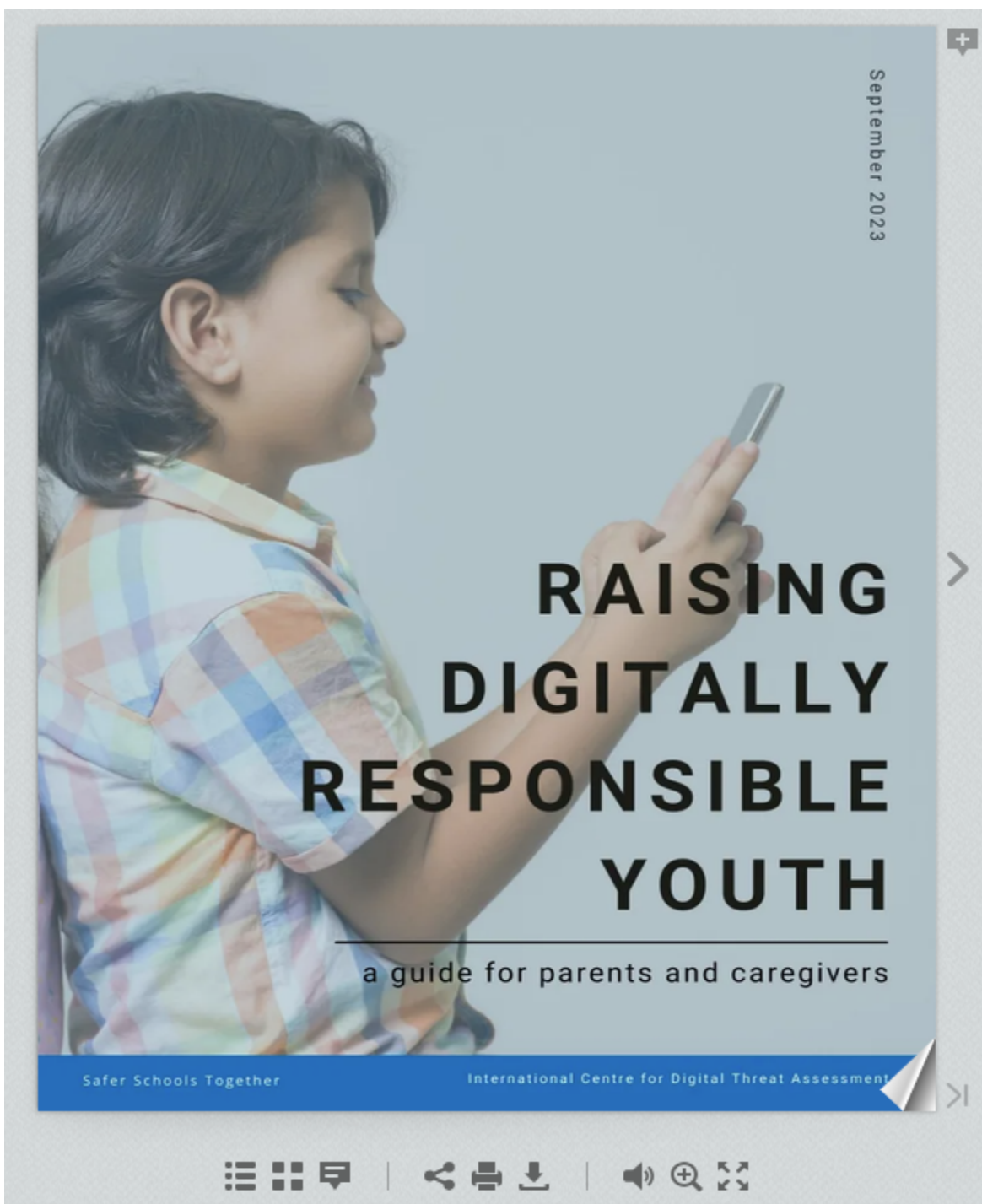


**Palliser**  
Regional Schools

**National Sport School**

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

t | 403-777-7329 [nss\\_main\\_office@pallisersd.ab.ca](mailto:nss_main_office@pallisersd.ab.ca)



**[GET YOUR COPY NOW!](#)**





WinSPORT™



Palliser  
Regional Schools

## National Sport School

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

t | 403-777-7329 [nss\\_main\\_office@pallisersd.ab.ca](mailto:nss_main_office@pallisersd.ab.ca)



## CALLING ALL STUDENTS AND STAFF OF PALLISER SCHOOL DIVISION!

Get ready to unleash your creativity and showcase your photography skills in our exciting photo contest. We're on a quest to capture the vibrant spirit and sense of community within our schools. Join us as we celebrate the beauty, diversity, and talent that make our division truly special.

### CATEGORY IDEAS:

- **School Pride:** Capture the essence of school spirit and pride.
- **Land-based Learning:** Learning outside the classroom through Indigenous traditions and ways of knowing.
- **Nature's Splendor:** Showcase the beauty of the natural world surrounding our schools
- **Unity in Diversity:** Celebrate the multiculturalism and inclusivity within our school community.
- **Learning in Action:** Highlight the joy and excitement of learning in classrooms, labs, or extracurricular activities.
- **Friendship and Fun:** Capture candid moments among students and staff.
- **Architectural Interests:** Photograph the unique architectural elements or landmarks in our schools.
- **Community Engagement:** Illustrate the active involvement of our schools within the local community.
- **Embracing Change:** Depict how our schools adapt to the ever-evolving world around us.
- **Cultural Connections:** How does your school celebrate traditions and culture?



### SUBMISSION GUIDELINES:

- Submit as many entries as you like!
- Photos must be original, high-resolution images (at least 300 dpi).
- Please include a brief description of the photo and its significance to your school community
- Photos must be submitted using this form:
- Black and white, other creative

### JUDGING CRITERIA:

- The submissions will be evaluated based on creativity and originality, technical skills, emotional impact and storytelling



### PRIZES:

- **Grand Prize:** Overall best photo will receive a FujiFilm Instax camera and film, donated by London Drugs
- **Runners Up:** 2 \$50 gift cards to London Drugs
- **Honorable Mentions:** Selected photographs will be highlighted on our website and social media channels.



### IMPORTANT DATES:

- **Contest Launch:** Sep 14, 2023
- **Submission Deadline:** Oct 12, 2023
- **Judging Period:** October 12 - October 26
- **Winners Announcement:** Nov 1, 2023



### ENTRY FORM LINK/QR CODE:

<https://forms.gle/fDCGWNsmErSmu94f8>

