

Bulletin #22 February 13, 2024

Important Dates:

February 12: NSS Bikeathon Registration Opens
(Bikeathon will be on May 10th from 7am-7pm)

February 13: Parent Council Meeting 6:30pm

February 14: Valentine's Day Dress Up Day - Red, White, Pink, Hearts

February 20&21: No Classes for Grades 8&9

February 22&23: Teachers' Convention

February 28: Pink Shirt Day

Matchmaker Forms:

Matchmaker Forms can be picked up in the main floor student area at **lunch on Wednesday, February 14th (Valentine's Day)**.

Parent Council Meeting:

We have a Parent Council Meeting February 13 (tonight) at 6:30pm. Hosted in person at the school in Room 112.

GRAD CLASS OF 2024:

If you were not at the meeting last week, please swing by the office to check the spelling of your name for your Diploma.

CALM (Career And Life Management):

Grade 10-12 Students: **CALM is a required course to graduate!!!** If you have NOT taken it and you have some space in your schedule next semester, see Mrs. Kilbreath in the student area to register to take this online next semester.

Gratitude Question of the Week:

What's an item that you own that you are grateful for?

TEXTBOOKS:

If you have a textbook at home from last semester, please return them to your teacher. You will be charged for textbooks not accounted for.

Volunteer Opportunity:

The Special Olympic Canada Winter Games are being held Feb 27-Mar 2 and they need volunteers! Signing up is easy, fill in an application form (select *National Sport School* under the Corporate Sponsors and Partners drop down menu) and once you have been approved you can select shifts that work for you and your schedule.

<https://app.betterimpact.com/PublicOrganization/e7857066-afab-4bfc-9daa-d0d0dbce2bd6/1>

Questions? Chat with Perri Ford for more information.

Form for Continuing Enrollment for 2024/25:

A link to the Continuing Enrollment:

Agreement and Consent Form will be sent out in late February.

Some Friendly Reminders:

Please report absences any of the following ways:

1. via the EDSBY app
2. nss_attendance@pallisersd.ab.ca
3. 403-777-7329
4. Students that will be away for more than 3 days will need to complete a [Travel Plan Form](#). Forms are also available at the front desk (or your TA teacher can email one to you).

If you are leaving early or arriving late please make sure to use the **SIGN IN/OUT** sheets at the front office. If you do not, you will be marked absent!!

Students **may not** use the elevator to access the 4th floor unless approved.

The open area in front of the Paskapoo Rooms on the 2nd floor of the Markin MacPhail Centre is NOT for student lounging! Please use the picnic tables by the Garden Cafe.

We are guests on Winsport property, please make sure you are obeying all the traffic and parking signs. The parking spots designated for G23 and BCI guests are **NOT** for student parking.

NSS Yearbooks:

Get yours today and preserve the unique experience of some of your most precious years! You can order online through SchoolCash or pay with cash or cheque at the office.

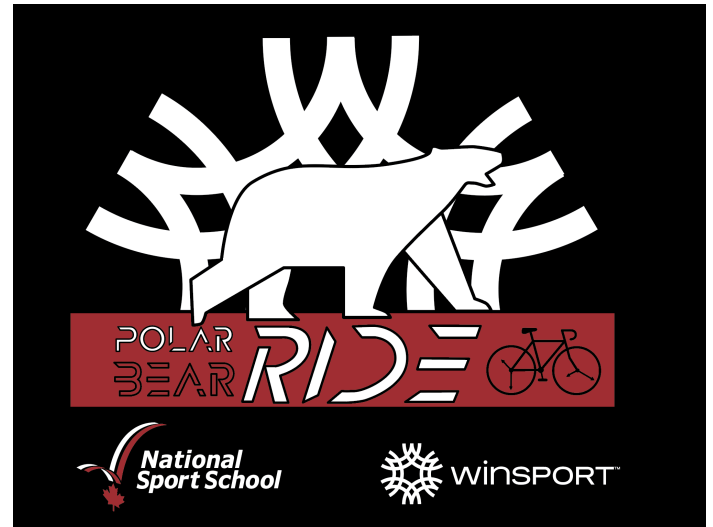


Lifetouch

Order your yearbook today!

National Sport School
Go to SchoolCash
There's a link on the NSS home page.
\$35

2024 Bikeathon:



Registration for Bikeathon is now open!!

Join in the fun on May 10th and support an amazing cause! This year's goal is to raise \$10,000 for Kidsport.

- Use this link to sign up your team or the QR codes that are posted around the school. [Bikeathon Team Entry Form](#)
- Pay for your entry using SchoolCash (\$25 per rider up until April 12)
- See Mrs Sceviour if you have any questions or if you want to register as a single rider (we can help you to find a team).

All riders will receive a t-shirt (unisex sizes) and have access to the Rider Lounge (full of snacks!) on the day of the event (May 10).

If you would like to make a donation but will not be riding you can make a donation using the link below.

[Donate to KidSport](#)

Please see the last page of the bulletin for some FAQ's!



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

Math Contest:

Any grade 9, 10, or 11 students interested in writing the University of Waterloo math contest should see **Mr. Beaudin** as soon as possible. The deadline to register for the Pascal (grade 9), Cayley (grade 10), and Fermat (grade 11) contests is this Thursday February 15th. The contest will be written on the morning of February 28th.

Grade 9, 10, 11, and 12 students will also have the opportunity to write a contest in April (registration deadline March 7th). More info in the weeks to come.

US College Expo:

This is an amazing opportunity for students who are interested in pursuing higher education in the United States. The US College Expo 2024 is a one-day event in Toronto & Calgary where you can meet with special guests and representatives from US colleges, gather information about their programs, and get answers to your questions about the admissions process. The US College Expo will feature a wealth of information, guest speakers, and opportunities to engage with representatives from various US colleges. It's an event tailored to empower students as they navigate the exciting path toward higher education. Don't miss this chance to learn about your options for studying in the US and to have some fun while doing it! Register now for free at <https://uscollegeexpo.com/register> and we'll see you at the US College Expo.

Sunday, April 28, 2024

11:00AM - 2:00PM

Arts Commons

Education USA Webinar Schedule:

Inclusion and Accessibility on U.S. College Campuses

Wednesday, March 6, 5-6 pm ET

[REGISTER HERE](#)

Join EducationUSA and a panel of U.S. university representatives to learn more about accessibility and inclusion on their campus, including initiatives, resources, centres, and more.

Garden Cafe Specials for NSS Students:

Please note there is no additional student discount on these items.

Monday	Burger & Fries	\$9.95
	Veggie Burger & Fries	\$10.25
Tuesday	Taco in a bag - Doritos, beef, lettuce, cheese, sour cream, salsa	\$6.50
	Tacos - 6" tortillas (2), beef, lettuce, cheese, sour cream, salsa	\$7.50
Wednesday	Chicken Fingers & Fries	\$10.50
	Chicken Caesar Wrap	\$10.00
Thursday	Hog Dog & Fries	\$7.25
	Small Chicken Power Bowl	\$9.50

CIHA U17 games:

Feb 17 @ 1:00pm WinSport B: CIHA U17 vs OHA Edmonton

Feb 18 @ 2:15pm WinSport C: CIHA U17 vs OHA Edmonton

AHS Vaping Session for Parents:

Interested participants can register [HERE](#). If parents can't make the live session on March 6th, still encourage them to register as it will be recorded and they will have access to the session afterwards. See the attached poster and session details below for more information.

Session Description: Join the Alberta Health Services Healthy Schools and Population Health Promotion team for a virtual parent learning session on the youth vaping epidemic. In this session, parents will learn about what vaping is, current vaping trends among youth and the harms and risks associated with it. We'll explore what legislation is in place at the local and provincial level to combat youth vaping use and what you and your child's school can do about it. Ideas on how to talk to kids and help them quit, as well as where to go for more information will also be covered. Have your voice be heard and your questions answered by an expert in the field.



Student Successes:

Congratulations to Della S. for her great performance this past weekend at the Imagine cheer competition. She captained a second place victory for her cheer team Infinity, and her other cheer team Blackout won first place.



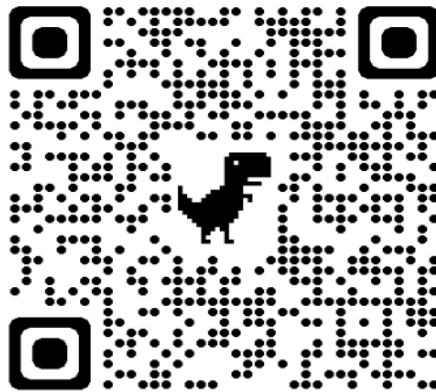
Lost and Found:

Please come and collect your items by Wednesday, February 21, 2024. Items not collected will be donated!



Bikeathon 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 any number of riders is 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.*
- *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 10. 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, and she can put you together with other students who are looking for teammates too.*
- *How much does it cost? \$25 per rider, which includes a tshirt. 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!!*



SIGN UP HERE!!



Community Education Service



Improving emotional health and well being

ADHD & Executive Functioning

Rebekkah Bright BSW, RSW & Melissa Ramsay BSW, RSW
Rocky View School Division and MHC B Stepping Stones to Mental Health

Wednesday, April 17, 2024

10:00 am – 12:00pm

The session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

[Click here to register](#)

FREE

online event



This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Rocky View School Division** and **MHC B Stepping Stones to Mental Health**

Tutorial Times at NSS ~ Semester 2

Morning - 8:00 to 8:30 A.M.

After School - 3:00 to 3:30 P.M.

Teacher	Time #1	Time #2
Anderson	Tuesday Lunch	Wednesday Lunch
Bamford	Monday Morning	Wednesday After School
Beaudin	Wednesday after school	Thursday at lunch
Biegler	Monday After School	Thursday After School
Boughton	Tuesday Lunch	Wednesday After School
Burkart	Monday Morning	Tuesday & Thursday After School
Brzezinski	Tuesday After School	Thursday After School
Howell	Monday Lunch	Wednesday After School
Katsimihas	Monday Lunch	Wednesday Lunch
Kehler	Wednesday Lunch	Thursday Before School
Pentney	Wednesday After School	Monday Lunch
Pratt	Tuesday After School	Thursday Lunch
Robichaud	Monday After School	Thursday Before School
Sceviour	Monday Lunch	Wednesday After School
Sharda	Tuesday Afterschool	Thursday Lunch
Tarney	Monday Morning	Tuesday/Wednesday Morning
Taven	n.a.	Thursday Lunch
Thomson	Tuesday After School	Thursday Lunch
Zado	Monday Morning	Thursday After School