

Bulletin #24 February 27, 2024

Important Dates:

February 28: Pink Shirt Day

March 5: NSS Putt Putt Mini Golf Challenge

March 15: PD day - no classes

March 25 - April 5: Spring Break

April 8: classes resume

GRAD CLASS OF 2024:

The Grad 2024 photo booking site is now live. They will take place at the school in Room 411. Booking dates are **April 19th, 22nd, 23rd, 24th, 25th and 26th**. Please click [here](#) to visit the site. Then follow the instructions below:

Select Province/Enter City - Click on **Go**

Select School - Click on **National Sport School**

Enter First/Last Name - Click on **Search**

Click **Schedule your appointment** - follow prompts to complete booking

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.



Alberta Education Assurance Survey:

Each year Alberta Education conducts a survey of grade 10 students and their families. The Alberta Education Assurance Survey closes March 01, 2024. In January, parents/guardians of grade 10 students were mailed via Canada Post a survey package from Alberta Education that included a random access code to use when completing the survey online. Both student and parent surveys are anonymous, and the survey results are used at the system and school level to make evidence-informed decisions for school improvement.

More information on the Alberta Education Assurance Survey is available in this [HERE](#).

Form for Continuing Enrollment for 2024/25:

A link to the Continuing Enrollment:

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

Gratitude Question of the Week:

What about today has been better than yesterday?

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.

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!

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

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 U18 games:

March 3 WinSport: CIHA U18 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 Lila G. who competed at the Alberta Winter Provincials/Junior National Team Trials. She took home GOLD in the 1m Springboard, 3m Springboard and her Platform Event!! Lila has also been named to the Junior Canadian Team who will be representing Canada in Dresden, Germany in April and Mission Viejo, California in May.



Congratulations to Parker H. who placed 4th at the Skate Canada Novice Nationals/Skate Canada Cup last week in Kitchener/Waterloo.

 skateab_nwt_nun



Congratulations to Emery K. who achieved a silver medal in the Biathlon Sprint race at the 2024 Alberta Winter Games in Grande Prairie.



Congratulations to Electra P. who recently came home with two 1st place finishes in both her team routines and 3rd place in her solo.



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!!



A Year to Remember

Get excited. Get inspired.
Get ready for grad pictures.

Prestige
Photography by Lifetouch

You only graduate once, your grad pictures matter.

As a part of the Lifetouch + Shutterfly family, Prestige Photography by Lifetouch is excited to help you celebrate this once-in-a-lifetime event!



Step 1

Review your photo session options here and select your favourite.



Step 2

Visit prestigeportraits.ca to schedule the session that is right for you.



Step 3

Come prepared! Be sure to bring multiple outfits and props to your session.

BOOK YOUR APPOINTMENT:

National Sports School

Grad Photo Dates: April 19th, 22nd, 23rd, 24th, 25th, 26th, 2024.

Photo Location: School

Notes: Please come to your session 15 minutes prior to start time.

Click [here](#) to book!!!

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 MHCBS 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 **MHCBS Stepping Stones to Mental Health**

CES@ahs.ca <http://community.hmhc.ca/> 403 955-4730

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
Katsimihias	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