

## **Bulletin #26 March 12, 2024**

### **Important Dates:**

**March 14:** PI Day - see note below

**March 15:** PD day - no classes

**March 18:** St. Patricks Day at School - wear green

**March 25 - April 5:** Spring Break

**April 8:** classes resume

### **Palliser Beyond Borders Courses:**

In a PBB online course this semester? Are you aware of the following deadlines?

PBB's DEADLINE for students to be active in a CORE class is this **Friday, March 15.**

Students who have not finished GO(Getting Online) by this Friday will still be able to finish GO(if they need the credits) but **will NOT be enrolled in their requested CORE class.**

PBB CALM: For students who need to complete CALM, the deadline to be active in that course is April 15.

### **GRAD 2024 REMINDER:**

Please **book your photos** if you haven't already done so!!

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

### **From the Staff at the PTC:**

Lockers at the PTC for NSS student-athletes are for **day use only** (excluding locker rental members grandfathered in from this old policy). Please see the front desk to confirm locker rental (only applies to existing members with locker rentals). All outstanding locks will be snipped by **March 18th** and the contents placed in the lost and found. Thank you for your cooperation! - PTC Team

### **PI Day 3.14 (March 14):**

Share a PI(E) fact and earn yourself a slice of pie on March 14 at lunch in the student open areas on the 1st and 4th floors.

There will also be a **PI reciting contest** at lunch in Ms. Boughton's room (rm117).

### **Gratitude Question of the Week:**

What's one thing you do really well?

### **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**



## 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)

### Summer Research Program:

**WISEST** (Women in Scholarship, Engineering, Science, and Technology) is now accepting applications for their Summer Research Program!! We encourage any **grade 11, female or gender-diverse students** who show a genuine interest in STEM to apply.

The Summer Research Program offers a unique, six-week **paid** internship opportunity for students to work as researchers in STEM labs at the University of Alberta. Please note that WISEST does not provide medical, pharmacy, or clinical placements.

Please see the promotional flyer at the end of the bulletin. Please click [here](#) for FAQs.

### Program Information:

**WHEN:** July 4 - August 14, 2024

**WHERE:** University of Alberta

**DEADLINE** to Apply: 11:59 pm, April 3rd, 2024

### 16th Annual Calgary Brain Bee:

Registrations are now open for the 2024 Calgary Brain Bee! Click [HERE](#)!! Registration ends March 15, 2024.

**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!**

**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  |

## **AHS - Free Mindfulness for Anxiety Management Module:**

The purpose of this 5-minute module is to introduce parents and caregivers to mindfulness as a management tool for anxiety and stress management. Upon completion of this module you will be able to:

- Understand the difference between stress and anxiety
- Have an emerging understanding about mindfulness and learn possible ways to incorporate mindfulness into everyday life
- Utilize mindfulness-based strategies to support your child with stress and anxiety management.

Click [HERE](#) to access the free module.

## **Looking for parenting strategies and ADHD?**

Consider this resource:

<https://healthymindslearning.ca/rollingwith-adhd-for-parents/Rolling> with ADHD is an eight module series that covers practical tools and strategies for caregivers of children with ADHD. This series has been adapted from the long standing in-person program at BC Children's Hospital, and includes what research shows really works for kids and families living with ADHD.



## **Community Education Services (CES):**

CES offers free, online presentations for parents and child caregivers on a range of topics. Experts from Alberta Health Services and the Calgary community, in coordination with Alberta Childrens' Hospital, provide credible information and best-practice strategies to support the development and mental health of a child or youth in your life. Click [HERE](#) for more information

## **University of Calgary Free Course - Learn to prevent, detect and manage concussions:**

Take a free, non-credit online course on concussion with UCalgary and Université Laval. The next course begins on March 11, 2024. The course material will include up-to-date content from the Amsterdam International Consensus Statement– the 6<sup>th</sup> International Conference on Concussion in Sport.

The course is for those who are interested in preventing, detecting and managing concussions. You can do the course on your own schedule, at your own pace, but you must wrap it up by the course end date of April 29, 2024.

Read a past [article here](#) to learn more about the course to see what past participants had to say. [Register HERE.](#)



**MINI Golf Putt Putt Challenge:**  
Congratulations to our winners!!  
**Best Score:** Anderson and Bukart  
**Best Hole:** Beaudin and Tarney



### Celebrating Women and Girls in Sport:

On International Women's Day, some lucky students got to celebrate by attending the Girls and Women in Sport Breakfast hosted by Mayor Gondect.





Congratulations to all the Female NSS Athletes that recently competed in the Lake Louise Speed Series-SG.



**Student Successes:**

Congratulations to Parker F. who recently competed with the Cali\*Lax ALL-STARS U-17 team at the US Box Lacrosse Winter Nationals and came away with the Bronze Medal.

2nd Kendall P.  
6th Alex M.  
7th Sophia S.



4th Alex M.  
9th Kendall P.





3rd Alex M.  
5th Maya M.

Congratulations to Akiyah who won two gold and one silver medal at Provincial Trials in Edmonton this past weekend. First gold was for her 50 backstroke, Second gold in 200 medley relay swimming (50 fly), and silver in her 100 back which also snagged her an additional Champs time.



Congratulations to Katelynn K. who recently won first at her club championship in GS and speed track and second in slalom and the skate track.



Congratulations to Enoch L. who recently competed in the Provincials held by Tennis Canada. He earned the Championship Title in both the U16 and U18 categories!!



Congratulations to the U17 CIHA team who won the CSSHL Championship last week in Penticton!!  
<https://www.csshl.ca/ciha-wins-first-ever-csshl-championship>





## **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](http://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 19<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>, 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 MHCBC 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 **MHCBC Stepping Stones to Mental Health**

[CES@ahs.ca](mailto:CES@ahs.ca) <http://community.hmhc.ca/> 403 955-4730





# Summer Research Program

**Student Applications Open:**  
March 6 - April 3, 2024

**Program Runs:**  
July 3 - August 14, 2024

## Grade 11 Women and Gender Diverse Students

Are you looking for a unique summer job opportunity? Apply to the WISEST Summer Research Program, a 6-week paid research internship. The SRP will give you hands-on research experience and a chance to discover STEM careers and your place in them.

**Indigenous and rural students are encouraged to apply!**

## You Can Expect To

- Contribute to trailblazing research.
- Join a supportive community of STEMInists.
- Connect with successful STEM professionals.
- Become familiar with academic life at a post-secondary institution.
- Broaden your perspective about innovative STEM careers that solve the biggest challenges facing society.

The program will run in person at the University of Alberta campus (Edmonton), a residence program is available for out-of-town students.

WISEST exists to establish diversity in the STEM fields. We strongly encourage applicants with varied lived experiences to apply.

**For more info and to start your online application visit: [www.uab.ca/WISEST](http://www.uab.ca/WISEST)**

