



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

Bulletin #27 March 19, 2024

Important Dates:

March 18: Summer School Registration Opens for PBB

March 25 - April 5: Spring Break

April 8: classes resume

April 12: Early Registration Ends for Bikeathon (fees increase so sign up now)

April 16: Report Cards

April 18&19: Parent teacher interviews - bookings will open on April 10th.

April 19: PD day for Grade 8's&9's

April 19 & 22-26: Grad Photos

GRAD 2024 Meeting:

Grad Meeting to discuss speakers for grad will be held at lunch on **Wednesday, March 20, 2024** in Ms. Biegler's Room (**RM121**).

PI Reciting Champion:

Congratulations to Sara K. for winning the Pi reciting contest. She correctly recited **130 digits** of Pi!!

May 7th Course Planning day information for families:

Many families were curious about how to sign up for this session. An online sign up will come out the last week of April in the weekly bulletin. Please stay tuned.

Parent Teacher Conferences:

NSS will be hosting Parent/Teacher Conferences on Thursday, April 18th from 4:00 pm to 7:00 pm and Friday, April 19th from 11:00am to 4:30 pm.

On April 10th, Parents will receive a message in Edsby regarding the upcoming Parent Teacher Interviews. Please check and click the bookings tab to see the availability for your students' teachers. Please reach out to the office at nss_main_office@pallisersd.ab.ca if you are experiencing issues or need access to Edsby.

Summer School Information:

Registration opens for Palliser Beyond Borders on March 18th. Registration opens for Vista Virtual on May 1st.

Please see end of the bulletin for more information on expectations and courses available. See Ms. Kilbreath for any questions!!

Camp Courage:

If you or someone you know is a woman, girl, or gender-diverse youth aged 15-18 and are interested in pursuing a career in Police, Fire, or EMS, apply to take part in this FREE camp.

Info about Camp:

<https://campcourage.ca/program/calgary-locations/>

To Apply:

<https://campcourage.ca/apply/how-to-apply/>



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High School Support:

For high school students that are seeking support with any of the following:

- Post-secondary planning, entrance and choices?
- Trouble signing into and using MyPass?
- Enrolling or exploring online options for summer school?
- Want to discuss what a GAP year could look like?

Make an appointment with Ms. Kilbreath, our Learning Commons Facilitator, at ann.kilbreath@pallisersd.ab.ca or visit her desk in the main floor student area.

FOR HIGH SCHOOL STUDENTS AT NSS
NEED SUPPORT WITH -->

Post-secondary planning, entrance and choices?

Trouble signing into and using MyPass?

Enrolling or exploring online options for summer school?

Want to discuss what a GAP year could look like?

SEE MRS. KILBREATH OR EMAIL ANN.KILBREATH@PALLISERSD.AB.CA

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

Understanding the SAT and ACT:

UNDERSTANDING THE SAT AND ACT

Wednesday,
Mar 20,
5-6 PM ET /
2-3 PM PT

[Register Here!!](#)



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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

Royal City Soccer Club has Summer Camps Volunteer/Job Opportunities:

If you have any students interested in volunteering or being a member of our camp staff, interested applicants can visit the *EMPLOYMENT* page on our website or [click here](#) to apply online. If you have any questions, please feel free to contact us at 1-800-427-0536.

We're looking for... **Volunteers**

SOCCER 2024 DAY CAMPS
...more than just a soccer camp!

Since 1993

* morning & full day sessions
* July & August weeks

Get ready for an unforgettable summer adventure!

800-427-0536 royalsoccer.com

For location & application details, visit our website.

2024 Bikeathon:

Registration for Bikeathon is now open!!

Thank you to everyone who has signed up to ride on May 10th. Please pay your \$25 rider entry fee through SchoolCash if you haven't already done so.



- 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

A Message from the PTC:

Dear NSS Parents,

We hope this update finds you well. As we continue to support your athletes in their journey, we are excited to share some notable developments both in-season and off-season.

In-Season Highlights:

Our NSS athletes have demonstrated exceptional dedication and perseverance during the current season. Their hard work has resulted in impressive achievements, and we are proud of each athlete's progress. From successful competition outcomes to skill refinement, our athletes continue to thrive in their competitive environments.

Off-Season Opportunities:

During the off-season, it is crucial to maintain and enhance the gains made during the regular season. Winsport Performance Training Center provides athletes with world-class training opportunities at discounted rates for NSS athletes. Train smart, train consistent, train with expert coaching staff dedicated to optimizing each athlete's performance ensuring NSS athletes grow to new levels this off season. If you have any further questions or would like to know more information please feel free to contact us at PTC@winsport.ca.

Summer Student Membership:

Current students and recent alumni are eligible for a discounted membership priced at 30\$/month through the summer months of July and August!
*Student ID/proof of enrollment for the 2023-2024 school year required.

Cheers,
Alicia Mastaller (She/Her)
Team Lead, Performance Training Centre

Student Successes:

Congratulations to Isaiah F. who recently had a successful weekend at the Copeland Classic in Edmonton. He won the Junior All Around Title, placing first on rings, parallel bars and high bar and second on floor, pommel and vault. He also was awarded the Sportsmanship Award voted by all the coaches. He has now qualified to go to this year's Canadian National Gymnastics Championships.



Congratulations to Laon K. and Paul D. who recently broke the Canadian National Age Group record at the Alberta Provincial Championships. Laon also broke a couple of Provincial Records. Click [here](#) for the news article containing all the details!



Summer School Information

Summer School Student Expectations

- Students can request **ONE** course for the summer semester.
- **The mandatory Getting Online (GO) course must be completed by June 29th.** This course is required to take any course with Palliser Beyond Borders and should take an afternoon. The GO course only needs to be completed once.
- **Students MUST commit to 6 hours per week day which includes a scheduled synchronous class for one hour between 9am - 12pm (Class Schedule coming soon).**
- Teachers are available from 1:00pm - 3:30pm for additional assistance if needed.
- **There is a mandatory meeting on July 2nd @ 8:30 a.m.** Failure to attend this meeting will risk forfeiting online access.
- **Students are reminded that one summer school day is EQUAL to ONE week of instruction for a regular academic year.**
- **Morning synchronous instruction will be worth your while!** Research demonstrates that students complete with high levels of performance when they are in regular contact with their teacher.
- Students who are going away on holidays and not able to attend on a daily basis will not be accepted.
- Adequate internet access is required (mobile access is not considered adequate).
- Final Exams (for non-diploma courses) and summative assessment will be done online. No face to face meetings or sittings will be held.

Summer School Courses Available (5 credit courses)

Alberta Education Course Information

Math	Science	English	Social Studies
Math 15	Science 10	ELA 10-1	SST 10-1
Math 10C	Science 20	ELA 10-2	SST 10-2
Math 20-1	Science 30 (Diploma)	ELA 20-1	SST 20-1
Math 20-2	Bio 20	ELA 20-2	SST 20-2
Math 30-1 (Diploma)	Bio 30 (Diploma)	ELA 30-1 (Diploma)	SST 30-1 (Diploma)
Math 30-2 (Diploma)	Chemistry 20	ELA 30-2 (Diploma)	SST 30-2 (Diploma)
	Chemistry 30 (Diploma)		
	Physics 20		
	Physics 30 (Diploma)		

CALM Bundle (4 credits)

Includes Career & Life Management and Job Preparation

2023 Summer School Fees

*A service fee is applied to all fees at the time of payment

• Palliser students

Registration Fee - non-refundable	\$25.00
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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!!



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!!!



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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**

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



ARE YOU INTERESTED IN A CAREER IN AVIATION?



YQL AVIATION DAY

We are excited to announce the first YQL Aviation Day!

This groundbreaking event aims to spotlight the multitude of career opportunities within the aviation industry and to inspire the next generation of aviation enthusiasts.

EVENT INCLUDES:

- Career Fair / Tradeshow
- Aircraft Displays
- Interactive Learning
- Networking Opportunities
- Guest Speakers
- Food Trucks

SATURDAY

May 25, 2024



FROM

10:00AM - 5:00PM



LETHBRIDGE AIRPORT

417 Stubb Ross Road
Lethbridge, AB



**SCAN
HERE!**

Presented in Partnership By

Lethbridge



CAREERS

June 2024 Final Examinations - Grade 10 – 12

Monday, June 10		Tuesday, June 11		Wednesday, June 12		Thursday, June 13		Friday, June 14	
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	
Monday, June 17		Tuesday, June 18		Wednesday, June 19		Thursday, June 20		Friday, June 21	
CREDIT RECOVERY WEEK = GRADES 10 to 12: FOR THOSE IN JEOPARDY OF NOT EARNING CREDITS FOR THEIR COURSES (scheduled by teacher)									
Math 30-1 9:00 - 12:00 Rm. 117	Math 20-1 9:00 - 12:00 Rms. 107 & 120	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	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	Bio 30 9:00 - 12:00 Rm. 117	Bio 20 9:00 - 11:00 Rm. 120 Rm. 114	Chem 20 9:00 - 11:00 Rm. 121	National Indigenous Day Tutorials for all grades
Math 30-2 9:00 - 12:00 Rm. 114	Math 20-2 9:00 - 12:00 Rm. 112	Physics 20 1:00 - 3:00 Rm. 122							
Monday, June 24		Tuesday, June 25		Wednesday, June 26		Thursday, June 27		Friday, June 28	
Chem 30 9:00 - 12:00 Rm. 117		Physics 30 9:00 - 12:00 Rm. 117		2023-2024 Graduation Ceremony		Appeals Day Last Day for Staff		School Closed	

June 2024 Final Examinations - Grade 8 – 9

Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 13	Friday, June 14
		ELA (Part B) PAT 9:00 - 10:15 Rm. School will resume in the afternoon as usual	Math (Part A) PAT 9:00 - 11:30 Rms. 118 & 114. School will resume in the afternoon as usual	
Monday, June 17	Tuesday, June 18	Wednesday, June 19	Thursday, June 20	Friday, June 21
RECOVERY WEEK = GRADES 8 & 9: TO ASSIST THOSE NEEDING SUCCESS SUPPORT (scheduled by teacher)				
Tutorial Day	Math (Part B) PAT 9:00 - 11:30 Rms. 118 & 114	Social Studies PAT 9:00 - 10:15 Rm.	Science 10 9:00 - 11:00 Rms. 114 & 118	National Indigenous Day Tutorials for all grades
Monday, June 24	Tuesday, June 25	Wednesday, June 26	Thursday, June 27	Friday, June 28
Grade 8/9 Activity Day	Grade 8/9 Extension Day	Appeals Day Graduation Celebration	Last Day for Staff	