

Bulletin #28 April 9th, 2024

Important Dates:

- April 9:** Track & Field sign up at lunch in room 401
- April 12:** Early Registration Ends for Bikeathon (fees increase so sign up now)
- April 16:** Report Cards
- April 16:** Parent Council Meeting at 6:30pm
- April 18&19:** Parent teacher interviews - bookings will open on April 10th.
- April 19:** PD day no classes for Grade 8&9
- April 19 & 22-26:** Grad Photos
- May 10:** Bikeathon 7am-7pm

GRAD 2024 Information:

- April 9:** Grad tickets will be available from School Cash for **\$95** pp. Each graduate will need to purchase a ticket for themselves.
- April 12:** Application for **MC and Valedictorian** speakers for grad are due at **1:10pm**
- April 17:** Speakoff for **MC and Valedictorian** will be held at **3:00 pm** in Ms. Biegler's room
- April 19 & 22-26:** Grad Photos, Location 4th Floor 30 min slots - booking information at the end of bulletin.
- May 1st:** Grad Quotes due to Google Classroom

May 7th Course Planning:

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.

Track & Field:

Make sure to sign up for Track & Field. There is a meeting over lunch on **April 9th in room 401**. This is a great opportunity for cross training. All grades and skill levels are welcome.

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 **10:00am 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.

Off Campus Program Bookings:

If you're interested in booking an appointment with Charlene Foster to discuss Off Campus programs including Dual Credit, Green Certificate and Work Experience, please schedule a time to meet online at cfoster.youcanbook.me. You are welcome to book on any day that works for your schedule. You can also email her at charlene.foster@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.





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

2024 Bikeathon:

Early Bikeathon registration deadline is April 12th.

Pay your entry fee to School Cash now, the price increases to \$35 this Friday!! Team registration can take place later. Please see Mrs. Sceviour if you would like to ride but need help finding other riders for your team.



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:

Please note that the Garden Cafe' will be closed April 7 - 10 for maintenance. A reduced menu will be offered out of the Craft Corner window of the East concession. The hours remain the same as the Garden Cafe'. Winsport apologizes for the inconvenience.

Gratitude Question of the week:

What made you laugh or smile today?

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.





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

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)

Summer School Information:

Registration opened 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!!

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.



Student Successes:

Congrats to the Springbank Rockies BC U15 1 who won City Champions!



Leo F

Congratulations to Gavin B who won a Silver medal in the Senior Boys 8k Mass Start Event for the Biathlon National Championship in Hinton.



Congratulations to Yannick L., Zie N., and Cooper N. who qualified for National Championships in June.

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

- **Palliser students**

Registration Fee - non-refundable	\$25.00
-----------------------------------	---------

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

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!!!



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



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 MHCB 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 **MHCB Stepping Stones to Mental Health**

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



**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 Math 20-2 9:00 - 12:00 Rm. 112 Math 31 9:00 - 12:00 Rm. 107 Math 10C 9:00 - 12:00 Rm. 113	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	
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	