



National Sport School

Suite 110, 151 Canada Olympic Road S.W., Calgary AB T3B 6B7
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Bulletin #30 April 23, 2024

Important Dates:

April 19 & 22-26: Grad Photos

April 23: Earth Day Campus Clean Up

April 23 & 25: Track and Field practice

April 24: Grad meeting over lunch

April 25: St. Mary's University

May 1: Dress Up Day (see below)

May 3: Last Day to register for Bikeathon

May 7: Course Planning Day

May 10: Bikeathon 7am-7pm

May 10: Fun Lunch Peter's Drive-In

GRAD 2024 Information:

April 9: Grad tickets available from School Cash for **\$95** pp. Each graduate will need to purchase a ticket for themselves.

April 19 & 22-26: Grad Photos, Location 4th Floor Windsport room. 30 min slots - Please see the main office if you have not yet booked your grad photos or need to make appointment changes.

April 24: Grad meeting over lunch hour to decide the rest of speakers. All students should attend.

May 1st: Grad Quotes due to Google Classroom

Track & Field:

[Click here](#) for the Track and Field schedule.

Remember to register with Mr. Pentney and ensure your permission forms are signed and fees are paid.

May 7th Course Planning:

Teacher Advisors will be scheduling meetings with returning and new students on **Tuesday, May 7th**. The purpose of these meetings is to review the students' course selections for the upcoming 2024-2025 school year and discuss their post-secondary goals. Any necessary adjustments

will be made to ensure that the students' course selection aligns with their academic and post-secondary aspirations. Although students initially selected their courses in early March, it is beneficial to revisit these choices together. Therefore, we ask that student-athletes and a parent(s) attend the meeting. Each Teacher Advisor will be contacting parents via email to coordinate a meeting time. Thank you for your ongoing support throughout this process.

YMCA Mind Mental Wellness Program:

Y Mind is a FREE 7 - week mental wellness program for teenagers (13 - 18 years old). The program aims to support and provide resources for teenagers experiencing mild to moderate levels of stress and/or anxiety. This program is facilitated by trained mental health professionals. There will be two facilitators at each session. There have been proven results nationally of reduced stress and anxiety related symptoms, increased overall wellbeing, and an increased ability to cope with difficult emotions. Individuals can learn more about the program on the [website](#) or complete a [Formstack request](#) to sign up for information and intake sessions. Interested individuals can also contact the general Y Mind [email](#) with any questions.

St. Mary's University: A representative from St. Mary's University will be in the downstairs student common area this **Thursday April 25** during lunch. Please stop by to say hi and get some information.

May 1 Dress Up Day: Students dress like teachers, teachers dress like students!!

Gratitude Question of the week:

What place have you traveled to that you are most grateful for?



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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

May 10 Fun Lunch: NEW! Peter's Drive In Fun Lunch: Friday May 10 at 1 PM. Peter's Drive In has generously donated 100 burgers and shakes that we can sell, with all proceeds going to KidSport. Pre-order and pre-pay for your lunch on [SchoolCash](#). Burgers, Cheese burgers, and shakes (Chocolate, Vanilla, and Strawberry) are \$5 each. No special orders, sorry! Limited quantities, so order now and support a great cause! The food will be delivered to the main floor student area **Friday, May 10 at 1 pm.**

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!!

2024 Bikeathon:

It is not too late to sign up for Bikeathon!

Late entry is from April 15 - May 3.

Pay your entry fee to [School Cash](#) now.

Sign up your team using the google form (QR codes posted around the school, in the bulletin, and on the school website). If you don't have enough people for a team let Ms. Sceviour know and she can help you out.



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!

Thank you to our sponsors! Saputo, CSI, Axial Exploration, Spolumbos, Peter's Drive-In, Red Rock Grill, Leeswood Construction and Allrush Print & Apparel.

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.



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 athletes 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



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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

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.

Student Police Academy:

If you are interested in a career in Law Enforcement, this is a great opportunity. See Mr.Jewan to sign up.

A unique opportunity to learn about a career in policing through scenario-based activities

Open to students aged 16 and up
Speak to your School Resource Officer or school administration for more information



Application deadline: Tuesday, April 23, 2024



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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.



ELEV8 Classroom Lacrosse:

We are excited to invite all ELEV8 CLASSROOM Lacrosse students, teachers and families to try lacrosse together and discover a new sport on **May 11**, at the Calgary Soccer Centre. All Families can register players (ages five and above) free of charge, courtesy of Calgary Field Lacrosse, for a day of fun and discovery.

ELEV8 TRYit is designed for players new to lacrosse learning the game.

ELEV8 TRYit Family

Saturday, May 11, 2024

- Ages 5 to 8 - 1:30 - 2:23 p.m
- Ages 9 to 12 - 2:30 - 3:30 p.m
- Ages 13 -17 - 3:30 - 4:30 p.m

Location:

Calgary Soccer Centre, 7000 - 48 Street SE, Outdoor Field 4 Parents and Guardians are welcome to join all the sessions!



[Click here](#) to find out more.

Student Successes: We are pleased to announce that Quincy B has been awarded the Toyo Cup for being the top Jr. Halfpipe skier. Additionally, Quincy will be representing Canada's Halfpipe Nex Gen team next season. Congratulations to Quincy on these impressive achievements.

Parker made his debut as a Junior Level Skater competing his new short program this past weekend and won a gold medal with a new personal best at the Precisa Sunsational Competition. Congratulations!

Hayden B won Bozo Cup, Provincial Super G and Provincial Ski Cross at Nakiska and Norquay this past weekend.



Congratulations Hayden!

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**

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

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!!



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.



**ARE YOU INTERESTED IN
A CAREER IN
AVIATION?**



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




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	



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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	