



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 #32 May 6, 2024

Important Dates:

May 6: Please see **New Courses** added for next year at bottom of bulletin

May 6: myPass sign up, Info at bottom of bulletin

May 6: Please see changes to Diploma dates at bottom of bulletin

May 6: NSS Online Auction for Kidsport

May 6: Bikeaton Rider Meeting at lunch Rm 120

May 7: Course Planning Day

May 8 & May 9: Track and Field practice

May 10: Bikeathon 7am-7pm

May 10: Fun Lunch Peter's Drive-In

May 17: PD Day - no students

May 20: Victoria Day - school closed

GRAD 2024 Information:

May 6: Grad tickets available from [SchoolCash](#) for \$95 pp. Each graduate will need to purchase a ticket for themselves

May 8: All grads meeting at lunch Rm 121 regarding SEATING forms.

NSS Online Auction for Kidsport: Starts

Monday May 6 at noon and closes **Saturday, May 11 at 7:00 p.m.** Check out our amazing inventory, all proceeds go to Kidsport!

[Click here NSS Online Auction for Kidsport](#)

Please bring any gently used sports equipment to NSS from **Monday, May 6 - Friday, May 10**. The Kidsport bin will be in the main floor student area Monday - Thursday, and at the Bikeaton in the High performance Training Centre on Friday. Feel free to drop by and cheer on our riders Friday, May 10th from **7:00 a.m - 7:00 p.m.**

Spring Cleaning: Time to take Hockey and Lacrosse equipment home for a spring clean. Equipment is smelling up the halls.

Gratitude Question of the week: What is something nice your parents (or another adult) do for you?

Important Safety message for Students and Parents: We would like to remind NSS students that the mountain bike trails adjacent to the WinSport Hill Road are private property and are not accessible except during operational hours with a pass. When the Mountain Bike Park is open (late June), a valid pass / ticket is required to access the park, and that can only be done during operational hours (will be posted on WinSport's website). Please remind students that they must abide by all posted trail and hill road closures at all times, and that they may not utilize the mountain bike trails to commute between the top of the hill and the bottom of the hill unless the following conditions are met:

- The mountain bike park is operational and open to the public
- Students wishing to use the trails hold a valid bike park day ticket or seasons pass
- Students wishing to use the trails abide by ALL bike park rules

Any person who accesses the park without a pass or outside of operational hours will be considered a trespasser.



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

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. Fees are **\$60** with a singlet and **\$25** if you have a singlet. Fees can be paid on [SchoolCash](#).

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.

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!!

A Message from the PTC: 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. If you have any further questions or would like to know more information please feel free to contact us at ptc@winsport.ca.

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



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:

Pay your entry fee to [SchoolCash](#) now. We have some people who have paid their entry in SchoolCash, but I don't know which team you belong to. There are also some people who have joined a team but have not paid their entry fee yet. Please complete both, and see Mrs. Sceviour if you have any questions.

Monday May 6, There is a rider meeting at lunch in **Room 120**. Please have **at least one member of your team attend**.



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](#)

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

Thank you to the following vendors for their Silent Auction donations! Save on Foods, Amborella Floral, Glamorgan bakery, Yamnuska Wolf Dog Sanctuary, Calgary Surge, Calgary Flames, Canadian Brewhouse (University District), Premier Lacrosse League, Winsport, The Bike Shop, Notable restaurant.

May 10 Fun Lunch: Peter's Drive In has generously donated 100 burgers and shakes. Pre-sales are now done, but there will be a few burgers and shakes available on **Friday, May 10** for walk-up sales. Please bring cash if you would like to purchase a burger or a shake (\$5 each). The food will be available for pick-up at the end of the school day **Friday, May 10 at 1 p.m** in the main floor student area.

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

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.



Dress up day: Staff had fun dressing like students.



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: A shout out to some of our award winners for the past season.



Celebrating the NSS girls at the Alberta Cup!
Jocelyn B, Mika H, Meagan T, Claire B,
Avery M and Lily M





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

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
-----------------------------------	---------

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!!

myPass is an Alberta Education self-service website for students to:

- ✓ Order high school transcripts in English and French
- ✓ View diploma exam marks
- ✓ Register to write or rewrite diploma exams with online payment
- ✓ View and print Detailed Academic Reports (DAR)
- ✓ View progress towards a credential (diploma or certificate)
- ✓ Order additional copies of an awarded credential in English or French
- ✓ Receive notifications for important messages

[Click here](#) to log into myPass

If you are having trouble logging into myPass, please see the main office for help.

Your personal email has to be linked.



The National Sport School

Suite #110,151 Canada Olympic Road SW, Calgary, AB T3B 6B7

Phone: 403-777-7329

www.nationalsportschool.ca

May 6, 2024

Dear Parents and Grade 11 & 12 Students in 2024-2025,

We are pleased to announce the availability of a new course titled "Coaching Fundamentals" for grade 11 and 12 students who have successfully completed the Sports Medicine 15 course. This course is designed to introduce student-athletes to important coaching qualities and leadership skills essential for supporting their sport. We encourage students to consider enrolling in this new option, offering 5-7 credits in Leadership in Recreation & Sport, Coaching 1, Human Movement, Coaching 2, Training & Conditioning Principles, and Officiating (see below for a more detailed description).

Given the current high demand for the Sports Medicine course at the senior high level, NSS has developed another course to cater to older students looking to explore additional interests in the realm of sports culture. These courses will provide students with exposure to various aspects of the sporting world and offer insights into the professional landscape of athletic training. Unfortunately, we may not be able to accommodate all the current Sports Medicine requests and are hoping this is a viable option for some experienced students.

We invite you to take advantage of this unique opportunity to expand your knowledge and passion for sports. Our resources will be sourced from reputable organizations (Canadian Sport Institute and the Coaching Association of Canada) within the sporting community, ensuring a comprehensive learning experience. Thank you for considering this option for your academic and athletic development. If you are interested in enrolling in this course, please let us know prior to May 15th.

You can do this in the following ways:

- Let your TA know during your May Planning consultation
- Contact the office at nss_main_office@pallisersd.ab.ca
- Call us at 403-777-7329
- Stop by the front desk to sign up

Respectfully,

Mr. Rob Jewan

Coaching Fundamentals

Prerequisite: Sports Medicine 15

(2 grade 11 credits; 4 grade 12 credits for Career and Technology Studies(CTS))

COURSE REC2060: **LEADERSHIP IN RECREATION & SPORT** Students learn basic skills and developmental principles for teaching recreation activities and foundational movement concepts to children and youth.

Prerequisite: None

COURSE REC2120: **COACHING 1** Students learn basic coaching skills common to all sports in the areas of planning and delivering a practice, teaching and learning, and mental skills training. Students develop an appreciation for the role of coaches in community recreation programs.

Prerequisite: None None

COURSE REC3010: **HUMAN MOVEMENT** Students acquire advanced knowledge and skills necessary for the application of the basic principles of movement and biomechanics to a variety of physical activities. Students gain an appreciation for how biomechanics can impact the health and wellness of individuals and their families, peers and communities.

Prerequisite: HCS1050: Musculoskeletal System (from Sports Med First year)

COURSE REC3120: **COACHING 2** Students learn basic coaching skills common to all sports in the areas of designing a sport program and ethical considerations for coaching. Students develop an appreciation for the roles and responsibilities of coaches in community recreation programs.

Prerequisite: REC2120: Coaching 1

COURSE REC3040: **TRAINING & CONDITIONING** Students gain an understanding of training principles and how they affect workout design. Students also gain fundamental skills for assessing exercise intensity and learn training principles to increase and decrease workout designs for apparently healthy individuals.

Prerequisite: HCS1080: Cardiovascular System

HCS1080: CARDIOVASCULAR SYSTEM Students acquire the attitude, knowledge and skills for the promotion and maintenance of a healthy cardiovascular system. Students study the pathology of cardiovascular conditions, and gain an appreciation for practising a healthy lifestyle as it pertains to the individual, family, peers and community.

Prerequisite: HSS1010: Health Services Foundations

COURSE REC3130: **OFFICIATING** Students analyze the historical development of at least one specific sport, including an in-depth analysis of the rules of play. Students analyze the roles and responsibilities of officials in sport and demonstrate officiating skills for a specific sport in simulated scenarios and actual practices and games.

Prerequisite: None



The National Sport School

Suite #110,151 Canada Olympic Road SW, Calgary, AB T3B 6B7

Phone: 403-777-7329

www.nationalsportschool.ca

May 6, 2024

Dear Parents and Grade 10 Students in 2024-2025,

The National Sport School is pleased to announce the addition of a new course, "Psychology" (a 6 credit option) to the offerings for grade 10 students during the 2024-25 school year. This course is designed to provide student-athletes with an introduction to the fundamental principles of psychology and its relevance to both individual and group dynamics (summaries attached).

Given the current high demand for Sports Med classes, the school is optimistic that this new course will attract student interest. If you are interested in enrolling in this course, please let us know prior to May 15th.

You can do this in the following ways:

- Let your TA know during your May Planning consultation
- Contact the office at nss_main_office@pallisersd.ab.ca
- Call us at 403-777-7329
- Stop by the front desk to sign up

Thank you,

Mr. Rob Jewan. Principal

Psychology for our Grade 10s/2024-2025

General Psychology 20 (3 credits)

Prerequisite - none

General Psychology 20 covers the memory cycle, learning strategies, creative ways to solve problems, as well individual and group interactions. It also covers Psychological Disorders and Psychology related careers.

Personal Psychology 20 (3 Credits)

Prerequisite - none

Personal Psychology covers theories of development from infancy through to adulthood. It also covers theories on personality, perception as well as brain development and how all these developments impact human behaviour.

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 <u>by teacher</u>)									
Math 30-1 9:00 - 12:00 Rm. 117 Math 30-2 9:00 - 12:00 Rm. 114	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	<h3 style="margin: 0;">National Indigenous Day</h3> <p style="margin: 0;">Tutorials for all grades</p>	
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
		<p style="text-align: center;"> ELA (Part B) PAT 9:00 - 10:15 Rm. School will resume in the afternoon as usual </p>	<p style="text-align: center;"> Math (Part A) PAT 9:00 - 11:30 Rms. 118 & 114 School will resume in the afternoon as usual </p>	
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	<p style="text-align: center;"> Math (Part B) PAT 9:00 - 11:30 Rms. 118 & 114 </p>	<p style="text-align: center;"> Social Studies PAT 9:00 - 10:15 Rm. </p>	<p style="text-align: center;"> Science 10 9:00 - 11:00 Rms. 114 & 118 </p>	<p>National Indigenous Day</p> <p>Tutorials for all grades</p>
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	<p>Appeals Day</p> <p>Graduation Celebration</p>	Last Day for Staff	