



**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)

## **Bulletin #12 November 19, 2024**

### **Important Dates**

**Nov 25:** Order Deadline for NSS Swag

**Nov 25:** LivingWorks safeTalk

**Nov 25 & 26:** LivingWorks ASIST

**Nov 28:** NSS Open House **7:00 pm - 9:00 pm** (must be registered to attend)

**Nov 29:** PD Day - No School for Students

**Dec 6:** NSS Open House **2:00 pm - 3:30 pm** (must be registered to attend)

**Dec 16-20:** Spirit Week

**Dec 23-Jan 3:** Winter Break

**myPass: Grade 10 families:** If you would like to see your student's Grade 9 PAT results, please log in to your myPass account. For instructions on how to create a myPass account, [click here](#).

**Grade 12's:** If you have not signed onto myPass or Apply Alberta, now is the time to do it! For any questions, or if you need help....see Mrs.Kilbreath.

**NSS Student Spotlight:** NSS is pleased to collaborate with WinSport on the new NSS Student Spotlight initiative. Each month, we will feature a student spotlight. Congratulations to Quincy B., our first athlete highlighted for this month. Please click the [link](#) to view the profile.

**Veterans Food Bank:** We will be running the Veterans food drive for the month of November. Please see details at bottom of Bulletin.

### **Reminder to Please be on Time!!**

Over the past few weeks, many students are showing up late to their classes, especially period 1. We understand there are times when this cannot be helped due to weather, training or traffic. Please make sure you are giving yourself enough time to arrive a few minutes early and are ready to begin your class on time at **8:30 am**.

### **Excelerator Diploma Preparation Courses:**

Please [click the link](#) to registration for the Excelerator Diploma Preparation Program.

**Seeking Student Artists:** Ms. Anderson is looking for a student artist that would like to create this year's NSS Yearbook cover. Any artistic medium works...paint, drawing, digital art. Please see Ms. Anderson if you are interested in this opportunity.

**Gratitude Question of the Week:** Who is your best friend and what is the best thing about them?

### **Upcoming CIHA games:**

**Saturday, November 23rd**

U18 vs OHA Edmonton at 1:30 pm @ WinSport

**January Exam Schedule:** Please see bottom of bulletin for the [January Final Exam schedule](#).



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**NSS Swag:** Show your school spirit with NSS Swag!! See attached order form for the available items. We will have sample sizes for you to try on at the front office. Please order and pay through your SchoolCash account. If you prefer to pay by cash or cheque please fill out the attached order form at the bottom of the bulletin and return payment to the front office. We will try to have the items before Christmas break but there are no guarantees.

**Order deadline is November 25th, 2024!!**

**SIZING**

**CHAMPION MEN'S SIZING**

	S	M	L	XL	2XL	3XL	4XL
CHEST	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60
WAIST	29 - 30	32 - 34	36 - 38	40 - 42	44 - 46	48 - 50	52 - 54

**CHAMPION YOUTH SIZING**

	YS (8)	YM (10-12)	YLS (14-16)	YXL (18-20)
HEIGHT (INCHES)	50 - 51	55 - 58	62 - 64	67 - 68
WEIGHT	55.5 - 59	73.5 - 87	100.5 - 119	126.5 - 137
CHEST	27	28 - 29.5	31 - 32.5	34 - 35.5
WAIST	24.5	24.5 - 25.5	26.5 - 27.5	28.5 - 29.5



**SchoolCash Information:** SchoolCash is a software system we use for *online payments* for extracurricular activities, field trips, clothing, etc. Please register or sign in by clicking [here](#). If you prefer, you can also pay by cash or cheque in the office.

Please reach out to Rebecca at [rebecca.biever@pallisersd.ab.ca](mailto:rebecca.biever@pallisersd.ab.ca) if you have any questions.

**Student Success:** We love celebrating our students' successes!! Please email [nss\\_main\\_office@pallisersd.ab.ca](mailto:nss_main_office@pallisersd.ab.ca) if you would like to share a photo and the results of your competition.



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**LivingWorks safe Talk:** We are excited to announce that the LivingWorks will be hosting a LivingWorks Asist workshop and LivingWorks safeTalk training?

### **[LivingWorks ASIST](#)**

When: Monday Nov 25 - Tuesday, Nov 26, 2024

Where: LivingWorks Calgary Office

### **[LivingWorks safeTALK](#)**

When: Monday afternoon, Nov 25, 2024

Where: LivingWorks Calgary Office

These events will be held at the Calgary office and **are now open to NSS faculty, staff and family members, free of charge.** If you have not yet already completed LivingWorks ASIST, we encourage you to take advantage of this great opportunity! If you can't make this work and you haven't already taken LivingWorks ASIST, then the LivingWorks safeTalk is also a great option for you!

**Register** for the LivingWorks ASIST workshop or LivingWorks safeTALK training **by emailing** [amy.grodecki@livingworks.net](mailto:amy.grodecki@livingworks.net)

Registration to the workshops will be granted on a first-ask, first-registered basis.

**Garden Café:** This week's Garden Café specials for **November 18-November 22**

**Mon:** Beef or Veggie Burger & Fries - \$11

**Tues:** Taco in a Bag - \$7

**Wed:** Chicken Fingers & Fries - \$11

**Thurs:** Poutine - \$7

### **November 25-November 29**

**Mon:** Crispy Chicken Caesar Wrap - \$10

**Tues:** Grilled Cheese & Bacon - \$8

**Wed:** 7" Pizza - \$8

**Thurs:** Hot Dog & Fries - \$8

### **Available every weekday:**

Small Chicken Power Bowl - \$10

Please note prices do not include GST.

Reminder that students are to use the bench tables down the hall to eat their lunch. Show your studentID to receive your discount.



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## **Bulletin #12 November 19, 2024**

**Work the Dream Co.:** Dear Families of NSS,

I am excited to introduce myself and my company, Work the Dream Co. My name is Daxton and I am a grade 9 student here at NSS. I have always believed in the power of hard work and the pursuit of dreams. I have big dreams myself. At Work the Dream Co, I am dedicated to inspiring people of all ages to chase their dreams and through hard work, turn them into reality.

My mission is simple: to motivate everyone to work hard and follow their passions. I understand that the journey to achieving dreams can be challenging, but with perseverance and determination, anything is possible.

On my website, I offer stylish t-shirts and cozy hoodies. Each piece is designed to inspire and empower you on your journey, reminding you that with hard work, you can achieve your dreams.

Instead of choosing Nike or Adidas this year, I hope that you support local and choose Work the Dream Co.

Thank you for joining me on this exciting journey. Together, let's work hard and dream big!

Please visit my website at [www.workthedreamco.com](http://www.workthedreamco.com) to explore the merch I've designed and be part of the Work the Dream community!

Cheers,  
Daxton H  
Founder, Work the Dream Co.

Instagram: @workthedreamco  
Facebook: @workthedreamco  
TikTok: @workthedreamco  
Threads: @workthedreamco  
X: @WorkTheDreamCo  
YouTube: @workthedreamco



# REMEMBRANCE DAY FOOD DRIVE

In remembrance of those who served,  
we invite you to donate non-perishable  
food items to support the Veterans  
Food Bank.

## What to Bring:

- Canned goods
- Dry pasta and rice
- Cereal
- Boxed meals
- Baby food

Boxes will be  
located at the front  
desk and  
throughout the  
school



## January 2025 Final Examinations - Grade 10 - 12

Monday, Jan. 6		Tuesday, Jan. 7		Wednesday, Jan. 8		Thursday, Jan. 9		Friday, Jan. 10	
Classes Resume		Regular Classes		Regular Classes		Regular Classes		Regular Classes	
Monday, Jan. 13		Tuesday, Jan. 14		Wednesday, Jan. 15		Thursday, Jan. 16		Friday, Jan. 17	
Regular Classes		<b>ELA 30-1 (Part A)</b> <b>ELA 30-2 (Part A)</b> 9:00 - 12:00 Room 112 & 114		<b>Social 30-1 (Part A)</b> 9:00 - 12:00 <b>Social 30-2 (Part A)</b> 9:00 - 11:30 Room 113 & 114		<b>Social 20 (Part A)</b> 9:00-11:00 Room 113, 114, 118		<b>Math 30-1</b> 9:00-12:00 Room 117 <b>Math 30-2</b> 9:00-12:00 Room 114	
				<b>Last Day of Classes</b>				<b>Math 20-1</b> 9:00-12:00 Room 107 & 112	<b>Math 20-2</b> 9:00-12:00 Room 120
Monday, Jan. 20		Tuesday, Jan. 21		Wednesday, Jan. 22		Thursday, Jan. 23		Friday, Jan. 24	
<b>ELA 30-1 (Part B)</b> <b>ELA 30-2 (Part B)</b> 9:00 - 12:00 Room 117 & 114		<b>Social 30-1 (Part B)</b> <b>Social 30-2 (Part B)</b> 9:00-11:30 Room 117 & 114		<b>Bio 30</b> 9:00-12:00 Room 117 & 114		<b>Chem 30</b> 9:00-12:00 Room 114 & 117			
<b>ELA 20</b> 9:00-11:00 Room 112 & 113	<b>Science 10</b> 9:00-12:00 Room 112 & 117	<b>Bio 20</b> 9:00-11:00 Room 112, 113, 118, 120	<b>Chem 20</b> 9:00-11:00 Room 121 & 122	<b>Physics 20</b> 9:00-12:00 Room 112 & 122	<b>Math 10 C</b> 9:00-12:00 Room 113, 118, 120	<b>Social 20 (Part B)</b> 9:00-11:00 Room 112, 113, 118			
Monday, Jan. 27		Tuesday, Jan. 28		Wednesday, Jan. 29					
<b>Science 30</b> 9:00-12:00 Room 117		<b>First Day of Semester 2</b> <b>Report Cards</b>							

### January 2025 Schedule Grade 8 - 9

Monday, Jan. 20	Tuesday, Jan. 21	Wednesday, Jan. 22	Thursday, Jan. 23	Friday, Jan. 24
Regular Classes 8 & 9	Regular Classes 8 & 9	Regular Classes 8 & 9	Regular Classes 8 & 9  Science PAT (Howell) (Burkart) PAT 9:00-10:15 Room 401, 407, 408	PD Day Grade 8 & 9
Monday, Jan. 27	Tuesday, Jan. 28	Wednesday, Jan.29		
Regular Classes 8 & 9	First Day of Semester			