



**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 #23 February 18, 2025**

### **Important Dates:**

**Feb 18 & 19:** No School for Gr. 8 & Gr. 9  
**Feb 18:** Course Planning for Gr. 10 and Gr. 11  
**Feb 20 & 21:** Teacher Convention, No School  
**Feb 25:** Course Planning for Gr. 9  
**Feb 26:** Pink Shirt Day  
**Mar 4:** Guest Speaker  
**Mar 6:** Parent Council Meeting 6:30 pm  
**Mar 8:** Women in Aviation Day  
**Mar 14:** Sponsors for NSS Bike-a-thon 2025  
**Mar 21:** PD Day No School  
**Mar 24- Apr 4:** Spring Break  
**Apr 7:** First day back from Spring Break

**Textbooks:** Attention all students: Please ensure that any textbooks from semester 1 are returned to the main office **ASAP**.

**Tutorial Times:** Please see bottom of bulletin for our Semester 2 tutorial times for students.

**Gratitude Question of the Week:** When was the last time you cracked up? What made you laugh so hard?

**CALM Classes:** CALM is a required high school course. It is offered at NSS through our partner online school Palliser Beyond Borders. Contact Mrs. Kilbreath if you would like to register to take this class in semester 2 or in summer school.  
[ann.kilbreath@pallisersd.ab.ca](mailto:ann.kilbreath@pallisersd.ab.ca)

**Sponsors for NSS Bike-a-thon:** Please save the date! On **Friday, May 9th, from 7 am to 7 pm**, the National Sport School will host our third annual Bike-a-thon in support of KidSport. This event is particularly meaningful as it marks the 30th anniversary of both the NSS and KidSport. We are hoping to make a significant contribution to this special charity.

Although the event is a few months away, we are currently looking for potential sponsors. Any donor who contributes \$500 or more will have their logo or family name included on the back of the event t-shirt.

If you are interested in becoming a sponsor for this year's bike-a-thon, please contact Cheryl Sceviour by **Friday, March 14**. Rider registration will open at the end of February. Thank you for your support!

**Women in Aviation Day:** Celebrate International Women's Day at the Mount Royal University Springbank campus. Explore opportunities, tour our campus and meet inspiring women working in the aviation industry. **Saturday, March 8th from 10:00 am - 3:00 pm**. [Register](#) to attend and be entered in a draw to win a Discovery Flight!



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**Guest Speaker:** Save the Date! NSS is excited to welcome Georgia Ens (MPC, PhD Candidate in Sports Psychology, and Empower Her Presenter) to present on positive body image for women and girls in sport. Students will be excused from the end of their Period 2 classes and beginning of Period 3 to attend **Tuesday, March 4th from 11:15 am - 12:15 pm.** There is a limit of 100 attendees, and a signup sheet will be sent out in next week's bulletin. See Perri or Jenn for questions!

**Student Success:** Congratulations to Analise P. for bringing home First place in Slopestyle and second in the Big Air event at the second Toyo Tires Canada Cup Freestyle Skiing Series last weekend. Canadian legend Nancy Greene Raine presented her with her medals!!



Congratulations to Paige Stecyk on her commitment to the Bruins Softball team at Bellevue University in Nebraska.



Congratulations to the players drafted in the Rocky Mountain Lacrosse League Junior A draft that train with the National Sport Academy Lacrosse.

Asher Leukefeld (Raiders), Grayson Bateman (Raiders), Daine O'Connell (Mounties), Will Hofstetter (Mounties), Iain Charchuk (Raiders), Josh Newell (Raiders), Blake Davies (Signed -Raiders), Rylan Patterson (Signed - Mounties)

- Junior A draft link:  
<https://rockymountainlax.com/jr-a-draft>

(Continued from Student Success)



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Congratulations to the players drafted in the Rocky Mountain Lacrosse League Junior B Tier 1 draft that train with the National Sport Academy Lacrosse.

Asher Leukefeld (Mounties), Grayson Bateman (Chill), Wil Hofstetter (Marauders), Rylan Patterson (Shamrocks), Iain Charchuk (Chill), Josh Newell (Mounties), Daine O'Connell (Chill), Blake Davies (Shamrocks), Logan Short (Chill), Kael Rattenbury (Marauders), Luka Trutina (Mounties).

- Junior B draft link:  
<https://rockymountainlax.com/jr-b-t1-drafts/>

We love to share your successes with you. Send a written summary with a photo of your successes to [nss\\_main\\_office@pallisersd.ab.ca](mailto:nss_main_office@pallisersd.ab.ca)

**Lost and Found:** Please visit the office to claim lost items.



**Garden Café:** This week's Garden Café specials for **February 17-February 21**

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

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

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

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

**February 24-February 28**

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

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

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

**Thurs:** Poutine - \$7

Available every weekday (both weeks) : 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.

**Upcoming CIHA games:**

**Wednesday, February 19th**

U17 Game vs Edge 11:00 am @ WinSport

**Saturday, February 22nd**

U15 Game vs PHA 1:45 pm @ WinSport

**Sunday, February 23rd**

U15 Game vs PHA 12:45 pm @ WinSport

U18 Game vs Prairie 4:45 pm @ WinSport

## Tutorial Times at NSS ~ Semester 2

*Morning - 8:00 to 8:30 A.M.  
After School - 3:00 to 3:30 P.M.*

<b>Teacher</b>	<b>Time #1</b>	<b>Time #2</b>
<b>Anderson</b>	Tuesday at lunch	Wednesday after school
<b>Bamford</b>	Wednesday morning	Thursday after school
<b>Beaudin</b>	Wednesday at lunch	Thursday after school
<b>Biegler</b>	Tuesday after school	Thursday after school
<b>Blake</b>	Monday after school	Wednesday at lunch
<b>Boughton</b>	Tuesday at lunch	Wednesday after school
<b>Brzezinski</b>	Tuesday after school	Thursday after school
<b>Burkart</b>	Tues/Thursday after school	Wednesday morning
<b>Cook</b>	Wednesday after school	Thursday after school
<b>Forsyth</b>	Monday Lunch	Wednesday after school
<b>Howell</b>	Monday after school	Thursday after school
<b>Kehler</b>	Monday at lunch	Thursday before school
<b>Makay</b>	Wednesday at Lunch	Thursday before school
<b>Pentney</b>	Tuesday at Lunch	Wednesday after school
<b>Pratt</b>	Tuesday at lunch	Thursday after school
<b>Robichaud</b>	Monday after school	Thursday before school
<b>Sceviour</b>	Monday at lunch	Wednesday after school
<b>Sharda</b>	Tuesday at Lunch	Thursday after School
<b>Tarney</b>	Monday from 3-4pm	Tuesday from 3-4pm
<b>Turner</b>	Monday at lunch	Tuesday after school
<b>Taven</b>	Thursday at lunch	N.A.
<b>Thomson</b>	Thursday at lunch	Tuesday after school
<b>Zado</b>	Tuesday after school	Thursday after school