



**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 #24 February 25, 2025**

### **Important Dates:**

- Feb 25:** Course Planning for Gr. 9
- Feb 25:** High School Youth Researcher Summer Program
- Feb 26:** Pink Shirt Day
- Feb 27:** Mandatory Grad Meeting at Lunch **Room 121**
- Mar 4:** Guest Speaker
- Mar 6:** Parent Council Meeting 6:30 pm
- Mar 14:** Sponsors for NSS Bike-a-thon 2025 Deadline
- Mar 15:** Post-Secondary Accessibility and Resource Association of Alberta
- Mar 21:** PD Day No School
- Mar 24- Apr 4:** Spring Break
- Apr 7:** First day back from Spring Break
- Apr 7 - Apr 14:** Grad Photos
- Apr 15:** Early Registration for Bike-A-Thon closes
- Apr 16-May 6:** Late Registration for Bike-A-Thon
- May 9:** Third Annual NSS Bike-A-Thon

**All Things Grad:** Mandatory Grad meeting for all grade 12 students on **Thursday, February 27th** during lunch in **room 121**.

**Grad Photo Booking:** Please see bottom of bulletin to book your Grad Photo sitting.

**Parent Council Meeting:** We have a Parent Council Meeting **Thursday, March 6th** at 6:30 pm. Hosted at the school in **Room 112**.

### **Exciting Opportunity Alert!**

Are you a high school student with a passion for research and innovation? Apply for the Alberta Innovates High School Youth Researcher Summer (HYRS) Program. Join us on **Tuesday, February 25 at 5:00 pm** for an online student information session. This is your chance to learn all about the HYRS Program, including the application process, cohort programming, mentors, and your potential research! Be prepared to ask your questions. Who can join? Students, Parents and School Staff Register: <https://lu.ma/ctb2ja4g> For any questions, feel free to email us at [hyrs@ucalgary.ca](mailto:hyrs@ucalgary.ca)

**Guest Speaker:** NSS welcomes Georgia Ens (MPC, PhD Candidate) to present a workshop on body image and elite sport to women and girls at the school. Participants must sign up to reserve a seat. Teachers will be excusing students from the end of their period 2/beginning of period 3 classes to attend. Bring your own lunch.

**Tuesday, March 4th from 11:15 am - 12:15 pm.**

Where: Legacy Room A, Winsport  
Who: Up to 100 seats available (respond ASAP to reserve your spot)  
Sign Up: <https://forms.gle/x7RsgJMFGqvJGV437>

**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)



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**Upcoming Event:** Transition to Post-Secondary for Students Experiencing Disabilities. Post-Secondary Accessibility and Resource Association of Alberta (PADRA) is hosting an upcoming event that will provide valuable information about how to access and use academic accommodations in the post-secondary environment. Presentation topics will include:

- Accessing academic accommodations
- Examples of academic accommodations and required documentation
- Additional supports, services, and resources
- Grant funding information

Participants include University of Calgary, St. Mary's University, Mount Royal University, SAIT, Bow Valley College, Ambrose University, Alberta University of the Arts and more.

**Where:** Ambrose University

**When:** Saturday, March 15 @ 9:30 am to noon.

**Who:** high school students and their families

**How:** Register at

<https://tinyurl.com/PADRA-event>

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

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

**Textbooks:** If you have a textbook at home from last semester, please return them to the main office. You will be charged for textbooks not accounted for.

## NSS Bike-a-thon Registration is now Open:

Ways to participate:

- 1) Sign up as a Rider on School cash: **\$25** for early registration fee (**up until Tuesday, April 15th**). After **Tuesday, April 15th** the fee rises to **\$35** per rider. Sign up to ride now, we will be collecting team info after spring break.
- 2) Make a donation to Kidsport and receive a tax receipt. [Fundraise for KidSport Calgary & Area](#)
- 3) As a sponsor. Donations of \$500 will be recognized on the back of our t-shirt. Please contact [Cheryl Sceviour](#) by **Friday, March 14th** to set up sponsorship.
- 4) Donate an item to our online silent auction. Please contact [Jon Pentney](#) if you have something to donate.

This year is the 30th anniversary of both Kidsport and NSS! Let's make this our best bikeathon yet!!

**Matchmaker Forms:** Please stop by the office to collect your matchmaker form if you have not yet received it from your TA.

## Upcoming CIHA games:

**Wednesday, February 26th**

U17 Game vs Edge 11:00 am @ WinSport

**Thursday, February 27th**

U15 Game vs OHA Edmonton 1:00 am @ WinSport



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**Student Success:** Grace L's team won silver at last month's Synchronized Skating Championship in BC. Their score has qualified them to represent Alberta at the Canada Cup in Waterloo this coming weekend.



Congratulations to the following CIHA U18 players who participated in their Graduation game this past Sunday. We wish all the players the best in their academic and hockey journeys in the coming year. Best of luck in the playoffs!

#7 Koa Percival      #9 Hunter Kelso  
#13 Lachlan Hanton    #14 Lincoln Martin  
#17 Scott Sandilands    #21 Kasen Harrold  
#23 Oliver Kramp      #27 Gabriel Iervella  
#34 Sartaj Dhmi



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)

**Garden Café:** This week's Garden Café specials for **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

**March 3-March 7**

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

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

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

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

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.



# Congratulations, Class of 2025!

Schedule your grad picture session today.

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](https://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

Dates: April 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 14<sup>th</sup>, 2025

Notes: Please come to your session 5 minutes prior to start time.

[prestigeportraits.ca](https://prestigeportraits.ca)

**\*\*Please note there is no 8-digit code required for booking, please search by Province and City\*\***

If you have any questions regarding booking an appointment or what to expect please contact us:

780-437-2431

## 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  |