



**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 #25 March 4, 2025**

### **Important Dates:**

- Mar. 6:** Parent Council Meeting 6:30 pm
- Mar. 11:** TA Mini Golf
- 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. 8:** Tina Payne Bryson Presentation
- Apr. 9:** Graduation Contract Due Date
- 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:** Please [click here](#) or see bottom of bulletin to book your Grad Photo sitting then follow the instructions below:

- Select Province/Enter City** - Click on **Go**
- Select School** - Click on **National Sport School**
- Enter First/Last Name** - Click on **Search**
- Click **Schedule your appointment** - follow prompts to complete booking
- Photos will take place **April 7th, 8th, 9th, 10th, 11th and 14th** on the 4th floor in the student open area.

[Click here](#) for All Things Grad

**Graduation Contract:** (Mandatory) Each graduate and parent(s) will be required to sign this graduation contract via TUIO. Emails were sent out yesterday afternoon. If you need support with the contract please email the [main office](#).  
Due date: **Wednesday, April 9th.**

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

**WinSport Complaint:** WinSport has reached out regarding students using the arena dressing rooms to hang out in during school hours. Please remind students that dressing rooms are only to be used by those who have booked the ice times. Students are not to be on ice level unless it is for training or a scheduled class.

**TA Mini Golf (March 11):** Check in with your TA teacher to get your scorecards to golf on your floor. You can golf in twos or threes. Extra points given for golf pairings containing multiple grades, and for students dressing up.

**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.

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

**Matchmaker Forms:** This is a **final** reminder to collect your matchmaker form from the main office. You have until the end of day on **Friday, March 7th** to collect them.

**Tina Payne Bryson Presentation:** Parenting with the brain in mind. For more information and to register please see bottom of bulletin.



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**Gratitude Question of the Week:** Who is someone you admire or look up to?

**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>

**Spring Cleaning:** With the warmer weather we are noticing that the students' sports equipment could use a good wash and air out, preferably not in the school. Please take the time to freshen things up. The Office thanks you!

**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)

### 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 bike-a-thon yet!! All information can be found on our [website](#).



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**Student Success:** Congratulations to Sophia F. for being recognized in Avenue Magazine's "[Top 20 Under 20](#)" 2025. Click Link for full article.

Congratulations to Andrijana M. for achieving second place in the Grade 8 Acrobatics Rodeo competition.



Congratulations to the following CIHA U17 players who participated in their Graduation game this past Wednesday. We wish all the players the best in their academic and hockey journeys in the coming year. Best of luck in the playoffs!

#6 Ethan Mulvale      #4 Moses Larribeau  
#32 Ethan Mann      #25 Qinn Bouchard

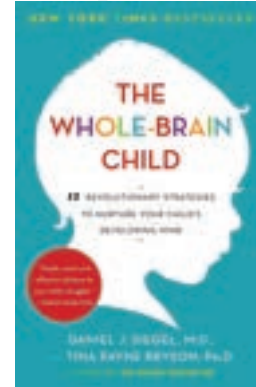
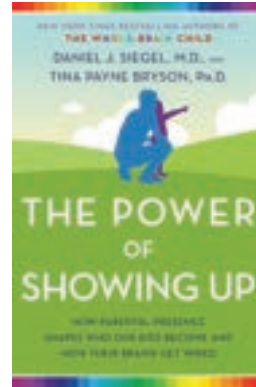


Congratulations to Grade 11 student, Logan S, for announcing his field lacrosse commitment to Concordia University of Irvine in sunny California. Logan will be guarding the net for the Golden Eagles in the fall of 2026.



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)

## PARENTING WITH THE BRAIN IN MIND



### WHEN

**Tuesday April 8, 2025**

No-host bar opens at 6:00 pm

Theatre doors open at 6:30 pm

Presentation 7 to 8 pm.

### WHERE

**Bella Theatre**

Mount Royal University,

Calgary, AB

### REGISTRATION

**\$25**

Assigned seating

Registration ends Friday, April 4, 2025

<http://tickets.mru.ca/ArnicaFoundation>

Presenting internationally recognized Tina Payne Bryson, PhD, clinician, consultant, and internationally recognized author of two New York Times Best Sellers *The Whole-Brain Child* and *No-Drama Discipline*, and *The Yes Brain* and *The Power of Showing Up*, co-authored with Dan Siegel.

What if parents had a simple and practical way to use the latest scientific research to be better parents and help their children be happier, healthier, and more successful? Parenting with the Brain in Mind introduces parents and teachers to essential and ground-breaking science in an accessible, interesting, and practical way, so they can then apply that knowledge in their breakfast-table, grocery-store, temper-tantrum, everyday care-giving world.

Drawing on cutting-edge science and the ideas in her books *The Whole-Brain Child* and *The Power of Showing Up*, this presentation will use stories and humor to teach practical information about a child's brain and offer a new perspective on some of the most pressing concerns, along with some tools and strategies for addressing them:

- How can I help them better handle their emotions at home and in school?
- How can I discipline in a way that's more effective and loving?
- How can I cultivate my relationship with my child? OR  
How can I build a secure attachment with my child?
- How can I nurture resilience and a positive mindset in my child?

The "Brain-in-Mind" perspective, along with the many practical tools that result from it, can empower parents to raise kids who are happy, healthy, balanced, and more fully themselves.





# 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  |