



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 #26 March 11, 2025

Important Dates:

- Mar 13:** Grad meeting in Room 121 at lunch
- Mar 14:** Sponsors for NSS Bike-a-thon 2025 Deadline
- Mar 17:** St. Patrick's Day
- 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 11:** No School Gr. 8s & 9s
- Apr 15:** Early Registration for Bike-A-Thon closes

NSS 30th Anniversary Celebration: We look forward to welcoming current students and their families along with staff, alumni, sponsors, supporters and all other stakeholders at this special event.

Please join us on **Thursday, May 15, from 7:00 to 10:00 pm** in the Legacy Room in WinSport's Markin MacPhail Centre. [Click here](#) for ticket purchases.

Exam Schedule: Please see bottom of bulletin for full June exam schedule.

Message from WinSport: The open area in front of the Paskapoo Rooms on the 2nd floor of the Markin MacPhail Centre is **NOT** for student lounging! Please use the picnic tables by the Garden Café. Students are **NOT** permitted on the ice level unless they have scheduled practice sessions.

Driving and Parking: Please adhere to the speed limits in the WinSport parking area and surrounding zones.

Student parking is located to the south of the Canada Hall of Fame. You can also use the gravel lot to the West.

Please note that parking in the 2-hour designated spots is not permitted. Thank you for your cooperation.

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. If you need support with the contract please email the [main office](#).
Due date: **Wednesday, April 9th.**

Grad Meeting **Thursday, March 13th** in room 121 over lunch hour to decide on the menu for grad.



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WinSport Spotlight: Please [click here](#) for WinSports highlighted athlete, alumni student Mathew Tophan.



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

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

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

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!

Student Success: Congratulations to Maddison. B for winning 1st place at the Feis Solas Nua on Sunday, March 2nd.



Congratulations to Quincy B. for achieving 2nd place, marking his first podium finish at a NorAm event!





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More Student Success: Congratulations to Noah M. for the article posted on March 5th in the 2025-26 Season Ticket Red Deer Rebels. [Click here](#) for full article.

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

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](#).

Garden Café: This week's Garden Café specials for **March 10-March 14**

Mon: Beef or Veggie Burger & Fries - \$11
Tues: Taco in a Bag - \$7
Wed: Chicken Fingers & Fries - \$11
Thurs: Poutine - \$7

March 17-March 21

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.

June 2025 Final Examinations - Grade 10 – 12

Monday, June 9		Tuesday, June 10		Wednesday, June 11		Thursday, June 12		Friday, June 13	
				ELA 30-1 (Part A) ELA 30-2 (Part A) 9:00 - 12:00 Rm. 114 & 117		Social 30-1 (Part A) Social 30-2 (Part A) 9:00 - 12:00 Rms. 117 & 114 Last Day of Classes Grades 10-12		Social 20 (Part A) 9:00 - 12:00 Rms. 113 & 114	
								CREDIT RECOVERY = GRADES 10 to 12: FOR THOSE IN JEOPARDY OF NOT EARNING CREDITS FOR THEIR COURSES (scheduled by teacher)	
Monday, June 16		Tuesday, June 17		Wednesday, June 18		Thursday, June 19		Friday, June 20	
CREDIT RECOVERY WEEK = GRADES 10 to 12: FOR THOSE IN JEOPARDY OF NOT EARNING CREDITS FOR THEIR COURSES (scheduled by teacher)									
Math 20-1 9:00 - 12:00 Rms. 113 & 112 Math 20-2 9:00 - 12:00 Rm. 117	Math 31 9:00 - 12:00 Rm. 107 Math 10C 9:00 - 12:00 Rm. 401 & 406 & 407	Math 30-1 9:00 - 12:00 Rm. 117 Physics 20 9:00-11:00 Rm. 122	Math 30-2 9:00 - 12:00 Rm. 114	ELA 30-1 (Part B) ELA 30-2 (Part B) 9:00 - 12:00 Rm. 117 & 114	ELA 20 9:00 - 12:00 Rooms 112 & 113 & 120	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 & 114	Bio 20 9:00 - 11:00 Rm. 120 Rm. 112 Rm. 113 Chem 20 9:00 - 11:00 Rm. 121 Rm. 118
Monday, June 23		Tuesday, June 24		Wednesday, June 25		Thursday, June 26		Friday, June 27	
Chem 30 9:00 - 12:00 Rm. 117 & 114		Physics 30 9:00 - 12:00 Rm. 117		2024-2025 Graduation Ceremony		Appeals Day Last Day for Staff		School Closed	

June 2025 Final Examinations - Grade 8 – 9

Monday, June 9	Tuesday, June 10	Wednesday, June 11	Thursday, June 12	Friday, June 13
			<p style="text-align: center;"> ELA (Part B) PAT 9:00 - 10:15 Rms. 401-406-407 School will resume in the afternoon as usual </p>	<p style="text-align: center;"> Math (Part A) PAT 9:00 - 11:30 Rms. 401-406-407 School will resume in the afternoon as usual </p>
Monday, June 16	Tuesday, June 17	Wednesday, June 18	Thursday, June 19	Friday, June 20
RECOVERY WEEK = GRADES 8 & 9: TO ASSIST THOSE NEEDING SUCCESS SUPPORT (scheduled <u>by teacher</u>)				
<p>Tutorial Day</p>	<p style="text-align: center;"> Math (Part B) PAT 9:00 - 11:30 Rms. Rms. 401-406-407 </p>	<p style="text-align: center;"> Social Studies PAT 9:00 - 10:15 Rm.Rms. 401-406-407 </p>	<p style="text-align: center;"> Science 10 9:00 - 11:00 Rms. 401-406-407 </p>	<p style="color: red; font-weight: bold;"> PD Day 8 & 9 NO CLASSES </p>
Monday, June 23	Tuesday, June 24	Wednesday, June 25	Thursday, June 26	Friday, June 27
<p style="color: blue;">Grade 8/9 Activity Day</p>	<p style="color: blue;">Grade 8/9 Extension Day</p>	<p style="text-align: center; color: red; font-weight: bold;"> PD Day 8 & 9 NO CLASSES </p> <p style="text-align: center;"> Appeals Day Graduation Celebration </p>	<p style="text-align: center; color: red; font-weight: bold;"> Last Day for Staff </p>	



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 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 7th, 8th, 9th, 10th, 11th, 14th, 2025

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

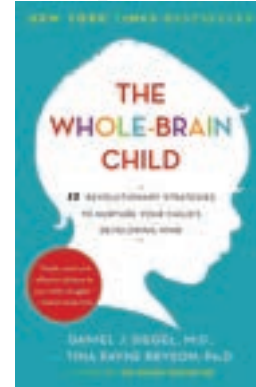
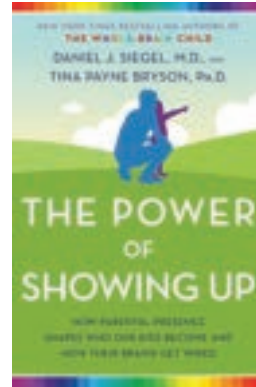
prestigeportraits.ca

****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

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.

Tutorial Times at NSS ~ Semester 2

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

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