



NSS PARENT COUNCIL MEETING MINUTES

Date of Meeting: Thursday March 6, 2025

Attendees: Cara Bonney, Shawna Yeski, Jenn Giles, Christine Johns, Rob Jewan, Tova Leveille

1. Meeting Called to Order at 6:34 pm
2. Chair Update (Cara) – none
3. Principal Update – Rob
 - \$250 used from Alberta Council Association for recent Guest Speaker – Georgia Inns (Mental Performance Consultant, currently working on her PhD)
 - 2025-2026 school year updates:
 - School calendar will be reviewed at staff meeting on March 21st and then shared. No major changes.
 - Grade 9-11's doing course selection for next year in TA
 - New Palliser School Division Chief Superintendent – Tom Hamer will start August 1, 2025. He has been the Associate Superintendent and Deputy Superintendent at Palliser School Division
 - 30 years of NSS celebration on May 15, 2025. Ticket are now on sale for \$35/ticket.
 - Bikeathon on May 9th. Will again be in support of KidSport. Currently looking for sponsorships if anyone can help!
 - Grade 9-11's doing course selection for next year in TA

- June examination timetable now available
- Parent Council to arrange lunch from Seed and Salt for teachers/staff on March 21
- Grad Planning
 - Date: June 25th
 - Price to stay around \$95/ticket
 - Grad meetings have started
 - All students graduating and their parents must sign a Graduation Contract – its mandatory!!
 - Grad pictures in April
- Perry Ford
 - Talked about what NSS is doing to promote women in sport.
 - Previously attended the EmpowHER conference
 - Had Georgia Inns (Mental Performance Consultant, currently working on her PhD) come speak to female student athletes
 - Female student athletes in all grades invited, 57 attended
 - Female student athletes took part in different activities
 - Were asked what they felt was important to them. Some topics included; mental health, training and menstrual cycles, strength training for females
 - Female student athletes decided to meet once a week over lunch to develop a community
 - Talked about what NSS is doing to help male student athletes develop positive/healthy masculinity
 - Currently identifying male student athlete leaders
 - Nex Gen Men offers training videos that we will look into purchasing so that staff can be trained and then conduct workshops

4. Next Meeting Date – Wednesday, May 21st @ 6:30pm

5. Meeting adjourned @ 7:27pm