



**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 #4 September 23, 2025***

### **Important Dates:**

**Sept 23:** Med Hall of Fame meeting at **11:45 am** /RM **120**

**Sept 23:** Europe Trip student meeting at lunch/ RM **113**

**Sept 23:** TA Tug of War (weather permitting)

**Sept 24:** Parent Council Meeting at **6:30 pm**/ RM **112**

**Sept 24:** Leadership meeting at lunch/ RM **120**

**Sept 25:** Meet the Teacher Night **6:30 pm-8:00 pm**

**Sept 26:** Orange Shirt Day

**Sept 29:** PD Day No School

**Sept 30:** No School-National Day of Truth and Reconciliation

**Spring Break Europe Trip:** Are you interested in travelling to Europe during Spring Break 2026? Ms. Sharda, Ms. Kehler and Mr. Pentney, along with EF Tours, are planning to take a group of Grade 11 and 12s to Berlin, Amsterdam, Vimy Ridge, Normandy, and Paris. If you are interested in going on this amazing trip, please see the link to register for our **Parent meeting Tuesday, October 21st at 6:00pm**, <https://rsvp.eftours.ca/jpyey99>. Also, please join us in Ms. Sharda's room **113** at lunch **Tuesday, September 23** so we can get a rough number of students who are interested in going. See promotional poster at the bottom of the bulletin.

**Tutorial Times:** Looking for extra support?? Please see teacher availability at the times listed at the bottom of the bulletin.

**Medical Hall of Fame:** Students interested in attending the Medical Hall of Fame Day on **Wednesday, October 22nd**, are asked to see Ms. Biegler at **11:45 am** in room **120 Tuesday, September 23rd**, to register. Please ensure that your consent form has been submitted and scanned prior to this meeting.

**Practice SAT:** NSS offers a practice SAT. We will be holding the test on **Wednesday, October 15**, in the morning. We have limited spots available. Please see Ms. Kilbreath in the main student area to sign up.

**Leadership:** Students will meet every **Wednesday** for leadership in **Room 120** over the lunch hour. All grades are welcome to attend.

**Orange Shirt Day:** Please wear an orange shirt in support of **National Day for Truth and Reconciliation** on **Friday, September 26**.

**Calgary Global Post Secondary Event:** Please see the bottom of the Bulletin for more information about the Calgary Global Post-Secondary Event on **Saturday, October 4th from 11:00 am - 1:00 pm**.

**Post Secondary Open House-Fall 2025:** Please see the bottom of the bulletin for dates, locations and how to register. If you have any questions, please see Ms. Kilbreath in the student open area.



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## **Bulletin #4 September 23, 2025**

**Yearbooks:** Yearbooks are here! Please stop by the office and pick up your 2024-2025 yearbook.

**BCI High Performance Sport Concussion program:** Please see information at bottom of the bulletin.

**Red Gym Shirts:** Each student should have received a red gym shirt in their TA Class this week. You can purchase extra shirts for \$15.00 at the main office.

**Terry Fox Run, Thank you:** Thanks to our enthusiastic students for their participation in the Terry Fox Run. Our donations (cash and online) currently exceed \$1350!! It is not too late to make a donation <https://schools.terryfox.ca/97386>. Your generosity is appreciated!



**SchoolCash Information:** SchoolCash is a software system we use for *online payments* for extracurricular activities, field trips, etc. Please register or sign in by clicking [here](#). If you prefer, you can also pay by cash or cheque in the office.

**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 Cafe.

Students are NOT permitted on the ice level unless they have scheduled practice sessions

**Gratitude Question of the Week:** What is the song you play on repeat and why?

### **Upcoming CIHA games:**

#### **Saturday, September 27**

U15 Prep Game vs OHA Edmonton at 2:00 pm @ WinSport

#### **Sunday, September 28**

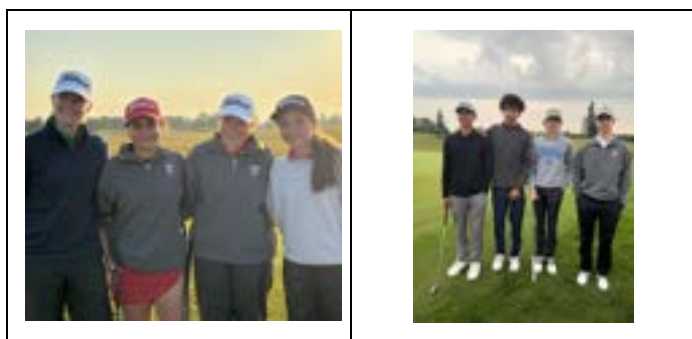
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## ***Bulletin #4 September 23, 2025***

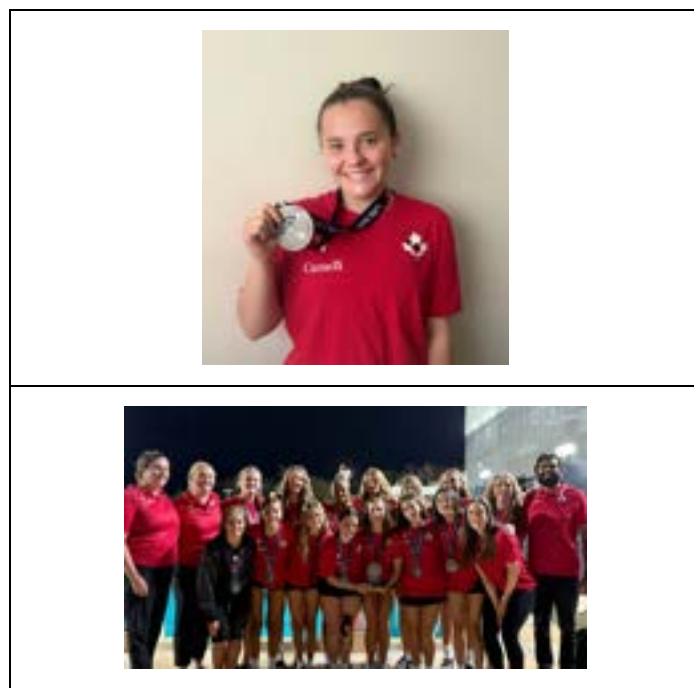
**Student Success:** Congratulations to Axel C. for finishing 3rd at the Whistler Gran Fondo in the U19 category, 125km. 35th over 2500 riders. Axel was also awarded the Alberta Provincial Championship 2025 title in both Road Cycling and Time Trial within the U17 category.



Congratulations to Kali Y., Charlie D., Mataya H., Alessandra S., Chase S. and Milo A. for making the High School Golf Provincials.



Congratulations to Kenzie B. on her recent success at the 15U Pan American Water Polo Championships in Bauru, Brazil earlier this month. While representing Canada as part of the 15U Cadet Women's National Team, Kenzie and her teammates delivered an outstanding performance, earning a Silver Medal in a fiercely contested final against the United States. Well done Kenzie B.



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)



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## ***Bulletin #4 September 23, 2025***

**Garden Café:** This week's Garden Café specials for  
**September 22-25**

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

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

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

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

### **September 29-October 2**

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

**Tues:** Poutine - \$7

**Wed:** BLT - \$8

**Thurs:** Taco in a bag - \$7

### **Available every weekday:**

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.





EDUCATIONAL  
TOURS 



# Next year, you could be sorry... or you could be **soaring.**

RSVP here:

## Europe in Spring 2026!

Get your parents to the upcoming enrolment meeting, unless you want to miss out on the trip of a lifetime!

**Tour Leader :** Kirandeep Sharda

**Meeting date:** Tuesday, October 21<sup>st</sup>, 2025

**Meeting time:** 6:00 PM

**Meeting location:** National Sport School



TQRCG

## What To Expect



### Workshop/Fair

This event will include a workshop and fair with various guest speakers doing presentations for students on how to effectively apply to universities in Canada, US, UK and Europe!



### Study in UK and Spain

Hear from Glion/Les Roches and IE University on how to effectively apply to universities in UK and Spain! Learn about the application and selection process, tips/strategies and how to get admitted to your dream school!



### Study in Canada

Hear from UofA - Top 4 in Canada - on how to put together your applications to Canadian universities, the selection process and tips/strategies to get admitted to any Canadian university!



### Study in US

Hear from Johns Hopkins University on the US application process, selection, essays and tips/strategies when applying to US universities!



### NCAA Sports

Join us to pick up materials sent to you from the NCAA!

## Featured Universities



UNIVERSITY  
OF ALBERTA



THE UNIVERSITY  
OF BRITISH COLUMBIA



UNIVERSITY OF  
CALGARY



Les Roches



TEMPLE  
UNIVERSITY

Uni-UK  
APPLY FOR YOUR FUTURE

Wabash.



[Click Here](#) or  
Scan to Register



## Calgary Global Post-Secondary Event

4 Oct 2025 | 11:00AM - 1:00PM

### Location:

Courtyard by Marriott Calgary  
Airport

### Address:

2500 48 Ave NE  
Calgary, AB T3J 4V8

Organized by: CollegeTrackr Canada



# POST SECONDARY OPEN HOUSE CALENDAR - FALL 2025



**September 30, 2025**  
**Study In the UK University Fair**

**October 4, 2025**  
**Bow Valley College**  
**Olds College**

**October 15, 2025**  
**UBC Okanagan virtual student panel**

**October 16, 2025**  
**Out of Province University Fair**

**October 18, 2025**  
**University of Alberta**  
**Mount Royal University**  
**SAIT**  
**Ambrose University**  
**Kings University in Edmonton**

**October 19, 2025**  
**UBC Vancouver virtual student panel**  
**Study and Go Abroad Education Fair**

**October 20, 2025**  
**Out of Province University Fair**

**October 21, 2025**  
**Out of Province University Fair**

**October 22, 2025**  
**Out of Province University Fair**  
**Lethbridge Polytechnic**

**October 23, 2025**  
**Out of Province University Fair**

**October 25, 2025**  
**University of Calgary**  
**University of Lethbridge**  
**Red Deer Polytechnic**  
**Alberta University of the Arts**  
**Augustana**

**November 1, 2025**  
**St. Mary's University**

**November 6, 2025**  
**Ed-venture: Post-secondary and Training Fair**  
**(Lethbridge)**

**November 9-10, 2025**  
**Trinity Western Preview Weekend (with travel allowance)**

**November 12, 2025**  
**Medicine Hat College**

**November 14-15, 2025**  
**Prairie College Preview Days**

**FOR MORE DETAILS  
OR TO REGISTER FOR  
THESE EVENTS  
PLEASE VISIT**



**[www.palliseroffcampus.ca](http://www.palliseroffcampus.ca)**

# Tutorial Times at NSS ~ Semester 1

*Morning - 8:00 to 8:30 A.M.*

*Lunch*

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

Alm	Monday P.M.	Wednesday P.M.
Anderson	Tuesday at Lunch	Wednesday P.M.
Barthel	Tuesday at Lunch	Thursday at Lunch
Beaudin	Tuesday at Lunch	Thursday P.M.
Biegler	Tuesday P.M.	Thursday P.M.
Blake	Monday P.M.	Wednesday at Lunch
Boughton	Tuesday at Lunch	Wednesday P.M.
Brzezinski	Monday P.M.	Friday A.M.
Burkart	Tuesday P.M.	Thursday P.M.
Cook	Tuesday P.M.	Thursday P.M.
Forsyth	Monday P.M.	Thursday at Lunch
Howell	Tuesday at Lunch	Thursday P.M.
Kehler	Monday at Lunch	Thursday A.M.
Larsen	Wednesday at Lunch	Thursday A.M.
Makay	Wednesday at Lunch	Thursday A.M.
Pentney	Tuesday at Lunch	Wednesday P.M.
Pratt	Wednesday A.M.	Thursday P.M.
Prince	Monday P.M.	Thursday at Lunch
Sceviour	Monday at Lunch	Wednesday P.M.



# Tutorial Times at NSS ~ Semester 1

*Morning - 8:00 to 8:30 A.M.*

*Lunch*

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

Sharda	Tuesday P.M.	Thursday at Lunch
Spencer	Tuesday at Lunch	N.A.
Tarney	Monday Lunch	Tuesday P.M.
Taven	Thursday at Lunch	N.A.
Thom	Tuesday at Lunch	Thursday P.M.
Thomson	Thursday at Lunch	Tuesday P.M.
Toy	Monday at Lunch	Wednesday P.M.
Tritter	Tuesday A.M.	Thursday P.M.
Willoughby	Tuesday A.M.	Thursday P.M.
Zado	Tuesday P.M.	Thursday P.M.

# NATIONAL SPORT SCHOOL

## 2025-2026 ATHLETIC SEASON

BCI is an innovative, physician-led, performance medicine program founded on over two decades of research and clinical experience. We use cutting-edge technology and advanced techniques to objectively assess and rehabilitate multiple neurological systems and brain processes typically impacted by concussion (i.e., sensory, motor, cognitive, visual, vestibular, balance, neck strength, autonomic nervous system, etc.). We are revolutionizing the way concussion is assessed, managed, and prevented using data-driven outcomes from our innovative applied research stream.

We have a state-of-the-art 3,500 square-foot inter-disciplinary **Performance Medicine & Neuro-Rehabilitation Clinic** at WinSport's Markin MacPhail Centre. Our high-performance team members are leaders in their respective fields servicing Canadian Olympic, National, Provincial and several elite community sport associations (i.e., sport-medicine physicians, athletic therapists, exercise physiologists, kinesiologists, neuro-optometrists, physiotherapists, registered sport psychologist, sport dietitians, sport scientists, vestibular therapists, vision therapists, experienced clinical technicians). We are also a proud member of the NHL-NHLPA second medical opinion list.

### **Our comprehensive multi-modal neurological assessment services include:**

- Traditional Sport-Related Concussion Clinical assessment tools
- Sensorimotor function using Robotic Technology
- Cognitive function
- Balance / Postural Stability
- Autonomic Nervous System function
- Vestibular, Visual Acuity and Dynamic Vision Function
- Isometric and Dynamic Neck Strength

### **Our comprehensive performance & neuro-rehabilitation services include:**

- Cervical (neck) rehabilitation
- Craniosacral therapy
- Individualized Post-Concussion Exercise Prescription
- Performance Physiotherapy for other targeted sport-related injuries
- Broad range of psychology related services
- Photobiomodulation
- Sport Nutrition
- Vision therapy and sport vision training
- Vestibular therapy

<http://bciconcussion.ca>

**Precision. Performance. Prevention.**

- Proactive multi-modal neuro-performance enhancement / prevention programs

### **Performance Medicine Clinic Attributes**

- Affordable comprehensive pricing for an entire athletic season
- All-inclusive **baseline and post-concussion** neurological assessments using cutting-edge technology and novel techniques that are not covered under basic Alberta Healthcare Service plans
- On-line, password protected baseline appointment scheduling with "help-line" telephone support
- Direct timely access to our physicians, performance medicine clinical team and services without a referral
- Regular clinical follow-up throughout the athlete's return to health and performance journey
- Written clinical updates for coaches and/or team therapists
- Form filling & physician medical clearance letter to return to unrestricted sport participation
- Assessment & management of any suspected concussion ***as well as other acute sport-related injuries*** sustained during the season quarter-backed by an experienced sport medicine physician and leading team of high-performance rehabilitation specialists.
- Opportunity to participate in BCI's cutting-edge research projects

#### **2025-2026 Pre-season Supplementary Training Opportunity**

- if you are 15+ years of age and a skier / snowboarder looking to improve your athletic performance and reduce your risk of sustaining a concussion and/or lower body injury, you have the opportunity to participate in a two-month, pre-season high-performance training program.
- if you are interested, please contact us at 587-391-9840 and we'll get you set up.

### **Subscription Program Information**

- 2025-2026 Athletic Season
- Our insight tells us that no two athletes are the same. BCI's pre-season baseline multi-modal neurologic assessment fosters a ***precision medicine*** paradigm by assisting our clinical team to tailor medical decisions and management strategies to the unique characteristics of each athlete.
- If an acute sport-related concussion or other sport-related injury is suspected/sustained, your athlete (or parent/team therapist/coach) merely calls the BCI Performance Medicine Clinic where they will be triaged and expeditiously booked to see a Sport Medicine Physician. Athletes will be comprehensively assessed, managed, and followed regularly in clinic through recovery and return to sport.

#### **Cost:**

- \$250 per athlete
  - includes all the above baseline, post-concussion, and other acute sport-related injury assessments for an entire athletic season at no additional cost
  - if an athlete has coexisting and/or confounding factors that may or may not reflect ongoing

<http://bciconcussion.ca>

**Precision. Performance. Prevention.**

physiological injury to the brain (e.g., neck injury, oculovestibular injury, exercise intolerance, anxiety, depression, etc.), the consulting physician may recommend targeted management strategies to specifically address the primary and secondary factors contributing to their symptoms (e.g., neck rehab, vestibular therapy, vision therapy, exercise prescription, psychology services, etc.).

- many of these rehabilitation services are **not covered** under basic Alberta Healthcare Service plans, nor the BCI Subscription Program, and thus additional costs may apply if the athlete / family chooses to utilize such services.

### **Location & Telephone**

- BCI's Performance Medicine and Rehabilitation Clinic is located at WinSport's Markin MacPhail Centre, #150, 147 Canada Olympic Road SW, Calgary, AB, T3B 6B7; Telephone: 587-391-9840, Website: [www.bciconcussion.ca](http://www.bciconcussion.ca).