



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 #5 September 30, 2025

Important Dates:

Oct 1: Leadership meeting / RM 120
Oct 1-Nov 7: Jacket Racket Donations
Oct 2: 2025-26 NCAA Presentation for Canada
Oct 4: Calgary Global Post Secondary Event
Oct 6-Nov 14: Remembrance Day Food Drive
Oct 7: TA Tug of War (weather permitting)
Oct 13: No School - Happy Thanksgiving!
Oct 14: Medical Hall of Fame meeting at lunch/ RM 121
Oct 15: Practice SAT
Oct 21: Europe Trip Parent Meeting 6:00 pm
Oct 22: Medical Hall of Fame for selected students
Oct 23: Picture Retakes with LifeTouch

Ann Kilbreath: In the event of a teacher strike, I will be available to students who need support for University applications. You can reach me at ann.kilbreath@pallisersd.ab.ca. We can set up a phone call, Google Meet or email correspondence. Grade 12's, please keep an eye on your Classroom for Class of 2026 for updates on upcoming Open Houses and scholarship information.

2025-26 NCAA Initial Eligibility:

[Click here](#) to register for the 2025-26 NCAA Presentation for Canadian College-Bound Student-Athletes.

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 4** from **11:00 am - 1:00 pm**.

Remembrance Day Food Drive: Make sure to donate to the Veterans' food bank! Opens on **Monday, October 6** and closes on **Friday, November 14**. Food donations can be dropped off in the food drive box at the front desk.

Medical Hall of Fame: Students successful in registering for the Medical Hall of Fame please meet **Tuesday, Oct 14** at lunch to plan your visit. Students on the waiting list, check the TA announcements - there may be open spots after **Friday, Oct 3**.

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.

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>. See promotional poster at the bottom of the bulletin.



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Picture Re-Takes with LifeTouch: Please ensure that you have your photo taken on **Thursday, October 23**, if you did not get it taken in September. Even if you do not intend to order any prints!! These photos are used for your school ID cards and our yearbook. Thank you!

Jacket Racket: NSS will be collecting used winter clothing to support Calgary students that are in need. Donations of clean used winter jackets, snow pants, hats and mittens can be dropped off at the main office until **Friday, November 7**. Thank you for your support!

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

Cross Country Results: Results for Cross Country's first race at Confederation Park
Zarah Q. - 4th place for Grade 9 Girls
Mya M. - 11th place for Grade 8 Girls
Emery K. - 16th place for Grade 10 Girls
Carla T. - 18th place for Grade 10 Girls



NSS Golf Team: The NSS Golf Team had an outstanding showing at Provincials this year, competing over two rounds: one at Paradise Canyon in Lethbridge and the other at the Magrath Country Club.

Our Girls Team captured the Provincial Gold Medal and Banner, winning by an incredible 84 strokes!

- Kali Yeske – 2nd place finish
- Alessandra Sundquist – 3rd place finish and recorded a Hole-in-One during competition!
- Charlie Duchnij – 5th place finish
- Mataya Hampson – 10th place finish
-

On the Boys' side, we had two individual qualifiers who also performed very well:

- Chase Strang – 2nd place finish, missing gold by just one stroke
- Milo Abboud – 30th place finish

Although the boys' team narrowly missed qualifying as a team by just two strokes at Divisionals, their strong individual performances made us proud.

Congratulations to all our golfers on an amazing season and for representing NSS with excellence at Provincials!





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Student Success:

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

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

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

Student/Drop off and Pick up: Requested by Winsport Security. Parents who are dropping off and picking up students from NSS.
The loop in front of the Markin/MacPhail Centre is a drop off and pick up location. Parents are asked to Not park and wait for your student in this location. If parents arrive early, please park in an alternate location while you wait for your student. The traffic in the loop is meant to be free flowing and parking for service/emergency vehicles. Please abide by these rules.

Upcoming CIHA games:

Saturday, October 4

U18 Game vs Edge at 9:00 am @ WinSport
U17 Game vs ISA at 11:30 am @ WinSport
U15 Game vs Pilot Mound at 2:00 pm @WinSport

Garden Café: This week's Garden Café specials for **September 29-October 2**

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

Tues: Poutine - \$7

Wed: BLT - \$8

Thurs: Taco in a bag - \$7

October 06-09

Mon: Crispy Chicken Caesar Wrap - \$10

Tues: Chicken Fingers & Fries - \$11

Wed: Grilled Cheese & Bacon - \$8

Thurs: Hot Dog & Fries - \$8

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.

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



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 21st, 2025

Meeting time: 6:00 PM

Meeting location: National Sport School



TQRCG

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.