



Bulletin #3 September 19, 2023

Important Dates:

September 22: PD Day No students

September 27: Meet the Teacher 6:30pm (more information coming soon)

September 29: Orange Shirt Day

Attendance:

Please report absences any of the following:

1. via the EDSBY app (see note below regarding Edsby link)
2. nss_attendance@pallisersd.ab.ca
3. 403-777-7329
4. Students that will be away for more than 3 days will need to complete a [Travel Plan Form](#). Forms are also available at the front desk (or your TA teacher can email one to you).

Sign In/Out Sheets:

If you are leaving early or arriving late please make sure to use the SIGN IN/OUT sheets at the front office. If you do not, you will be marked absent!!

If you are affiliated with **CIHA, NSA, JPHL or SDR** you are required to sign in/out for your team practices on the team attendance sheets in the office. If you have any questions, please stop by the office.

Lockers for Grade 8, 9 and 10's:

Lockers will not be assigned until closer to the end of the month. Stay tuned for more details.

Reminder: Students may not use the elevator to access the 4th floor unless approved.

Parent Council Meeting:

Our first Parent Council Meeting is October 17, 2023 at 6:30pm. Hosted in person at the school in Room 112.

Special Guest from Education USA:

We are excited to host a representative from Education USA who specializes in the NCAA application process. This will be a student information session and there will be an opportunity to ask questions. All students interested in playing their sport at a University in the USA should plan to come. It will be **Tuesday, September 26** at lunch in Room 114.

Hill Passes:

WinSport has let us know that the West Hill Road Access will be open from now on. Students will no longer need a hill pass to enter.

University of Victoria:

Recruiter from UVic will be here **TODAY (Tuesday, September 19)!!** He will be set up in the student area from 1-2:30pm.

French Challenge Information:

Calling all former French Immersion or Francophone students. Please meet with Ms. Anderson in room 119 on **Wednesday, September 20** at lunch if you are interested in challenging the high school French courses (and earning up to 15 credits while doing so).



Early Bird Winsport Ski Pass Discount:

The early bird ski pass discount is now available for NSS students and those living in the same household. To get the discount, parents need to call Guest Services at 403-247-5452 between 9am and 3pm on weekdays.

Once the hill is open for winter activities on November 24 (weather dependent), parents can also come into Guest Services in the day lodge to purchase the discounted tickets. Winter hours for the Guest Services desk will be Mon-Fri 10:30am-9pm and weekends 8am-5pm. The discount will be available until December 31.

PSAT:

We still have room in the practice SAT that we hold on October 18, 2023. Spaces are limited. Please see Ms. Kilbreath in the Student Common area to sign up.

Student Successes:

We love celebrating our students' successes!! Please email nss_main_office@pallisersd.ab.ca if you would like to share a photo and the results of your competition.

Upcoming CIHA games:

Come support your fellow classmates/students this weekend! Both our U17 and U18 CIHA are hosting games at WinSport. Wear BLUE!!

Saturday, Sept 23

CIHA U17 Prep vs SAHA 2:45pm @ WinSport D

Sunday, Sept 24

CIHA U17 Prep vs Edge 1:15pm @ WinSport D

CIHA U18 Prep vs Northstars 12:00pm @ WinSport C

Terry Fox Run & BBQ on September 19:

We are running a **revised schedule**, with TA falling just before lunch and the BBQ.

Period 1: 8:30-9:45

Period 2: 9:45-11:00

Terry Fox Run/TA: 11:00-11:40

BBQ Lunch: 11:40-12:10

Period 3: 12:10-1:30

Period 4: 1:30-2:50

At 11:00am students should **meet in TA!** We will have a staggered start for TAs to enter the course (the course is approximately 1 km in length, please wait until your TA name is called). Students can walk or run, but it would be great to see our student/athletes "Try like Terry!"

All students, **please bring a "Toonie for Terry"** that will be collected by your TA. There will also be a collection box at the main office if any parents want to donate. Lunch will be a Costco hot dog, juice box or water, and a bag of chips. There will also be some vegetarian hot dogs available upon request. Lunch will be served out of the main floor student area. Thank you for your enthusiastic participation!

Yearbooks:

2022-23 Yearbooks have arrived! If you missed ordering one last year, we do have a few extra copies available at the front office for \$35.

Teacher Tutorial Times:

Looking for extra support?? Teachers are available at the times listed below.

Tutorial Times at NSS for Semester 1
Morning - 8:00 to 8:30 A.M.
After School - 3:00 to 3:30 P.M.

Teacher	Time #1	Time #2
Anderson	Monday Lunch	Wednesday Lunch
Beaudin	Tuesday Lunch	Wednesday After School
Biegler	Tuesday After School	Thursday After School
Boughton	Tuesday Lunch	Wednesday After School
Burkart	Monday Morning	Thursday After School
Forsyth	Monday Lunch	Wednesday After School
Howell	Monday Lunch	Wednesday After School
Kehler	Wednesday Lunch	Thursday Before School
Pentney	Wednesday After School	Monday Lunch
Pratt	Tuesday After School	Thursday Lunch
Robichaud	Monday After School	Thursday Lunch
Sceviour	Monday Lunch	Wednesday After School
Sharda	Tuesday Morning	Thursday Lunch
Spencer	Tuesday Morning	Wednesday After School
Tarney	Tuesday After School	Thursday After School
Taven	n.a.	Thursday Lunch
Thomas	Tuesday Lunch	Thursday Lunch
Thomson	Tuesday Morning	Wednesday After School
Topp	Tuesday After School	n.a.
Zado	Monday Morning	Thursday After School

Student Successes:

Congratulations to Nyah White who placed 3rd in the 2023 Cranbrook Gravel Grind in Cranbrook, BC. She crushed a 65km gravel riding race that climbs over Mt Baker pass gaining 900m of vertical.



SchoolCash Information:

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

If you or your student recently purchased school clothes from the blowout sale on their “tab,” you will now be able to process your payment.

Please reach out to Rebecca at rebecca.biever@pallisersd.ab.ca if you have any questions.



The Rise Above Network

www.riseaboveinc.ca

One of the many advantages of belonging to the National Sport School community is access to resources that facilitate the holistic development of our student-athletes. Here are two resources in the form of self-paced online courses on The Rise Above Network that can significantly enhance the growth of your student-athlete.

The Performance-Enhancing Parent

One of the most overlooked aspects of a student-athletes development is the critical role parents play in the success or demise of their child's pursuit of excellence.

We all want the very best for our children, but unless we have learned a better way, we parent the way we were parented. If you have a child who is showing the aptitudes of being a high performer *in any* pursuit or passion, you want to ensure you are learning everything you can to be the best parent you can be and support and thoughtfully guide them in their journey. Join Dr. Matt Brown in this course to facilitate your growth as a parent.

Whatever arena, stage, venue, field, studio, or classroom your child performs in, they need the unwavering support of a thoughtful performance-enhancing parent.

Dr. Matt Brown is a ***Mental Trainer and Counsellor*** with the Calgary Flames, the Calgary Stampeders, and the Calgary Hitmen. His client roster includes Olympians, professional hockey and football players, coaches, surgeons, musicians, business executives, and dancers. In all cases, they are guided in the process of optimizing both performance and health.

Participants who put Dr. Brown's teaching into practice will gain confidence in their ability to navigate the challenging and emotional task of supporting their young performers, enhancing their enjoyment, performance, and wellbeing.

Click on this hyperlink for [**The Performance-Enhancing Parent**](#) to view a preview of the course and enrol.

Rise Above: Training For Excellence

Becoming an Olympian takes diligent training, expert knowledge in sport science, psychology and physiology, and a relentless pursuit of excellence that most of us never are privileged enough to gain insight into. Join Scott Gow in this course as he teaches you the steps to achieving excellence in your life. If excellence is your goal, this course will facilitate your journey and enhance your life.

Scott is a NSS alumni, a two-time Olympian, a World Championship bronze medalist and 11-year veteran of Biathlon Canada's National Team. Scott has a number of athletic achievements to his name, most notably a World Championships bronze, Olympic 5th place, four-time Canada Winter Games gold



medalist, numerous Senior and Junior National Championship titles, 2020 and 2022 Biathlon Canada Male Athlete of the Year, 2022 Alberta Male athlete of the Year, and 2016 Alberta Sport Connection Team of the Year.

Scott retired from competition in April 2022 and is currently finishing his degree in Kinesiology at the University of Calgary with aspirations of becoming a doctor.

Competing in two Olympic Games in this incredibly gruelling sport necessitated Scott becoming an expert in understanding his body and mind, and how he could maximize his performance on demand.

This course shares the principles Scott adopted to overcome the obstacles we all encounter in our lives, as well as how to develop a growth mindset so you can continue to progress towards your goals.

Scott's knowledge is drawn from the lifetimes of experiences of coaches, sport scientists, teammates, mentors, and international competitors.

Click on this hyperlink for [Rise Above: Training For Excellence](#) to view a preview of the course and enrol.



Raising Digitally Responsible Youth: A Parent/Caregivers Guide

September 2023

Parenting is hard, and the rapid rise of technology and social media use in the lives of their kids makes it harder.

To help, we're extending complimentary access to download [Raising Digitally Responsible Youth – A Parent's Guide](#) from Safer Schools Together. The guide was designed to help introduce Parents and Caregivers to leading social media platforms, video games, and relevant trends that are either being used already or have the potential to be used by their children.

This guide is full of tips, how-to's and definitions for the most widely used apps – including TikTok, Snapchat, Instagram and more. Best of all – **it's complimentary, and you can share it with every parent in your community.**



winSPORT™

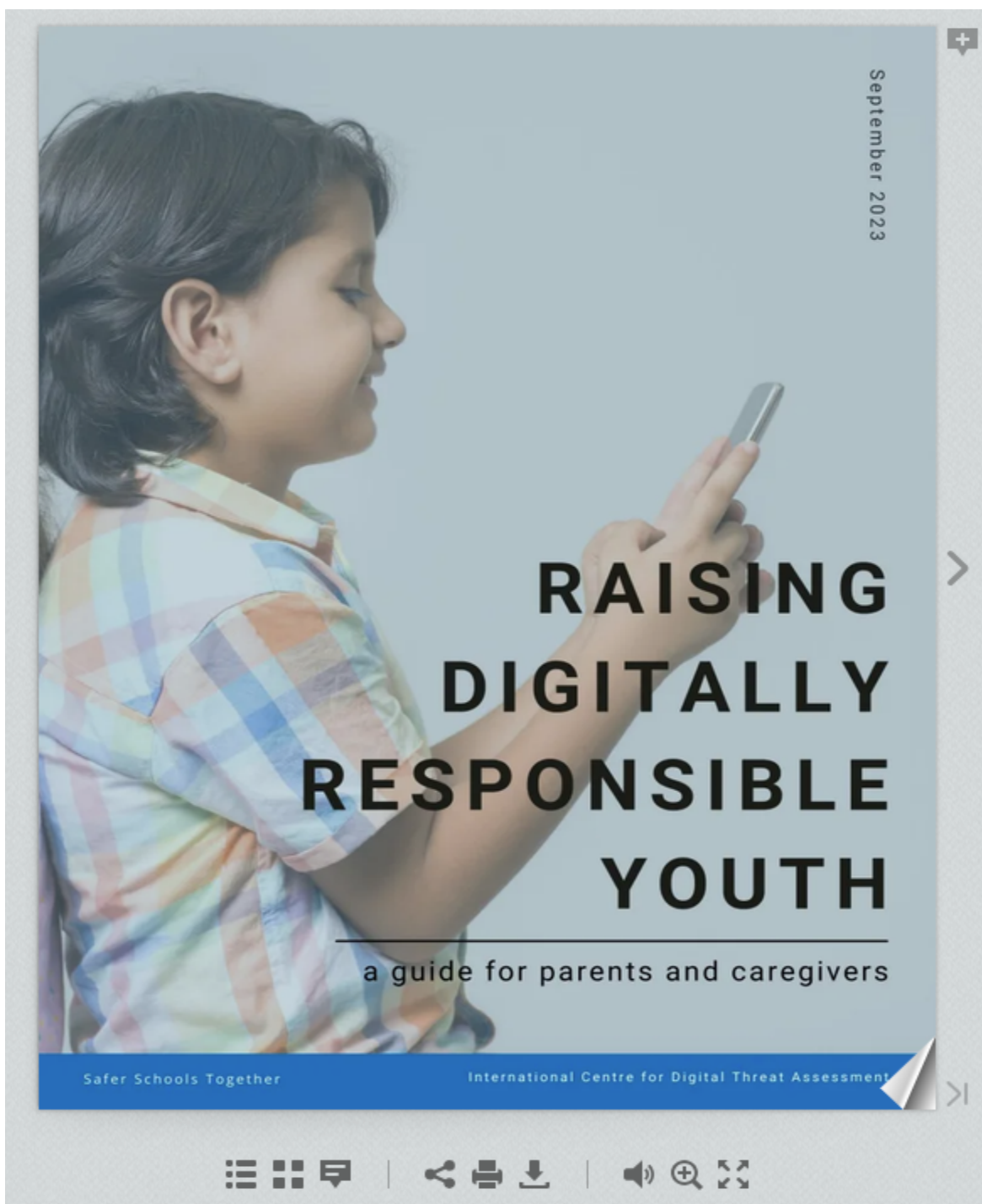


Palliser
Regional Schools

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



[GET YOUR COPY NOW!](#)



WinSPORT™



Palliser
Regional Schools

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



CALLING ALL STUDENTS AND STAFF OF PALLISER SCHOOL DIVISION!

Get ready to unleash your creativity and showcase your photography skills in our exciting photo contest. We're on a quest to capture the vibrant spirit and sense of community within our schools. Join us as we celebrate the beauty, diversity, and talent that make our division truly special.

CATEGORY IDEAS:

- **School Pride:** Capture the essence of school spirit and pride.
- **Land-based Learning:** Learning outside the classroom through Indigenous traditions and ways of knowing.
- **Nature's Splendor:** Showcase the beauty of the natural world surrounding our schools
- **Unity in Diversity:** Celebrate the multiculturalism and inclusivity within our school community.
- **Learning in Action:** Highlight the joy and excitement of learning in classrooms, labs, or extracurricular activities.
- **Friendship and Fun:** Capture candid moments among students and staff.
- **Architectural Interests:** Photograph the unique architectural elements or landmarks in our schools.
- **Community Engagement:** Illustrate the active involvement of our schools within the local community.
- **Embracing Change:** Depict how our schools adapt to the ever-evolving world around us.
- **Cultural Connections:** How does your school celebrate traditions and culture?



SUBMISSION GUIDELINES:

- Submit as many entries as you like!
- Photos must be original, high-resolution images (at least 300 dpi).
- Please include a brief description of the photo and its significance to your school community
- Photos must be submitted using this form:
- Black and white, other creative

JUDGING CRITERIA:

- The submissions will be evaluated based on creativity and originality, technical skills, emotional impact and storytelling



PRIZES:

- **Grand Prize:** Overall best photo will receive a FujiFilm Instax camera and film, donated by London Drugs
- **Runners Up:** 2 \$50 gift cards to London Drugs
- **Honorable Mentions:** Selected photographs will be highlighted on our website and social media channels.



IMPORTANT DATES:

- **Contest Launch:** Sep 14, 2023
- **Submission Deadline:** Oct 12, 2023
- **Judging Period:** October 12 - October 26
- **Winners Announcement:** Nov 1, 2023



ENTRY FORM LINK/QR CODE:

<https://forms.gle/fDCGWNsmErSmu94f8>

