

Bulletin #18 January 16, 2024

Important Dates:

January 17: Last Day of Classes Grades 10-12

January 26: No Classes for Grades 8&9

January 31: Report Cards / Semester 2 starts

February 9: No Classes for Grades 8&9

February 20&21: No Classes for Grades 8&9

February 22&23: Teachers' Convention

Volunteer Opportunity:

Are you looking for Volunteer Hours or Experience? Springbank Curling Club is looking for volunteers to assist with the Provincial Wheelchair Curling Championships, Jan 19-21.

Games are approximately two hours long. No experience is required, we will provide any training needed before each game. Positions include assisting curlers on the ice, entering scores online and posting points scored.

Please contact Cori at (403) 819-5341 or email cori.vankeulen@gmail.com

US College Expo:

This is an amazing opportunity for students who are interested in pursuing higher education in the United States. The US College Expo 2024 is a one-day event in Toronto & Calgary where you can meet with special guests and representatives from US colleges, gather information about their programs, and get answers to your questions about the admissions process. The US College Expo will feature a wealth of information, guest speakers, and opportunities to engage with representatives from various US colleges. It's an event tailored to empower students as they navigate the exciting path toward higher education. Don't miss this chance to learn about

your options for studying in the US and to have some fun while doing it! Register now for free at <https://uscollegeexpo.com/register> and we'll see you at the US College Expo.

Sunday, April 28, 2024

11:00AM - 2:00PM

Arts Commons

Gap Year Expo:

Not sure what you want to do after grad? Would you love the opportunity to travel, build your resume, or start a business before university, but not sure how to take the first step?

Join the Canadian Gap Year Association at their upcoming Gap Year Expo on Sunday, January 28th.

CanGap offers a safe space for students and families to learn about the gap year pathway, how to decide on taking a gap year, and how to make the most of your intentional break from formal studies.

During the expo, you'll get the opportunity to chat with gap year experts, gap year alum, and leaders from diverse gap year programs across Canada.

Register at cangap.ca/expo.



Education USA Webinar Schedule: Becoming a U.S. Student-athlete

Wednesday, January 24, 5-6 pm ET

[REGISTER HERE.](#)

Join EducationUSA to learn more about options and opportunities for student-athletes. We will go into detail on the various conferences that have athletic scholarships (NCAA, NAIA, NJCAA) and what their eligibility requirements are. For any student who is considering playing sports in the USA!

Step 2: Finance your Studies

Wednesday, February 7, 5-6 pm ET

[REGISTER HERE.](#)

Join EducationUSA for a review of typical costs associated with studying in the USA and the different types of financial aid (scholarships, grants, loans, employment, talent scholarships, and athletic scholarships) that you may be eligible for.

Inclusion and Accessibility on U.S. College Campuses

Wednesday, March 6, 5-6 pm ET

[REGISTER HERE.](#)

Join EducationUSA and a panel of U.S. university representatives to learn more about accessibility and inclusion on their campus, including initiatives, resources, centres, and more.

Prestige Photography Scholarship for 2024 GRADS:

Tell Prestige Photography what your grad photos mean to you for a chance to receive one of three \$1,000 scholarships toward your academic or career goals. Simply submit your application and a one-page essay by January 31, 2024 to qualify.

[APPLY NOW!!](#)

Garden Cafe Specials for NSS Students:

Please note there is no additional student discount on these items.

Monday	Burger & Fries	\$9.95
	Veggie Burger & Fries	\$10.25
Tuesday	Taco in a bag - Doritos, beef, lettuce, cheese, sour cream, salsa	\$6.50
	Tacos - 6" tortillas (2), beef, lettuce, cheese, sour cream, salsa	\$7.50
Wednesday	Chicken Fingers & Fries	\$10.50
	Chicken Caesar Wrap	\$10.00
Thursday	Hog Dog & Fries	\$7.25
	Small Chicken Power Bowl	\$9.50

Upcoming CIHA games:

Come support your fellow classmates/students this weekend! Wear BLUE!!

Saturday, January 20, 2024

CIHA U18 vs SAHA 5:45pm @ WinSport



GANGWON 2024



**YOUTH
OLYMPIC
GAMES**

Halfpipe

Quincy Barr (Calgary, Alta.)

Trent Morozumi (Calgary, Alta.)

Luge

Bastian van Wouw (Red Deer, Alta.)

Ski Cross

William 'Kael' Johnston (Calgary, Alta.)

Cole Merrett (Calgary, Alta.)

Ski Jumping

Tarik VanWieren (Calgary, Alta.)

(From January 19th to February 1)

Best wishes to all the these student-athletes from the





NATIONAL SPORT SCHOOL

2024-2025 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
- Sport Nutrition
- Vision therapy and sport vision training
- Vestibular therapy
- Proactive multi-modal neuro-performance enhancement / prevention programs



Performance Medicine Clinic Attributes

- Affordable comprehensive pricing for an entire athletic season with team/club/sport association and family member discounts
- 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

2024-2025 Season Opportunity

- **if you are a skier, snowboarder, or ice hockey player 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**. This project is supported by Mitacs, Own the Podium, Canadian Sport Institute (CSI) Calgary, BCI and generous philanthropic donors so will be **no cost to you**.
- if you are interested, please contact us at 587-391-9840 by March 31, 2024 and we'll get you set up.

Subscription Program Information

- 2024-2025 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:

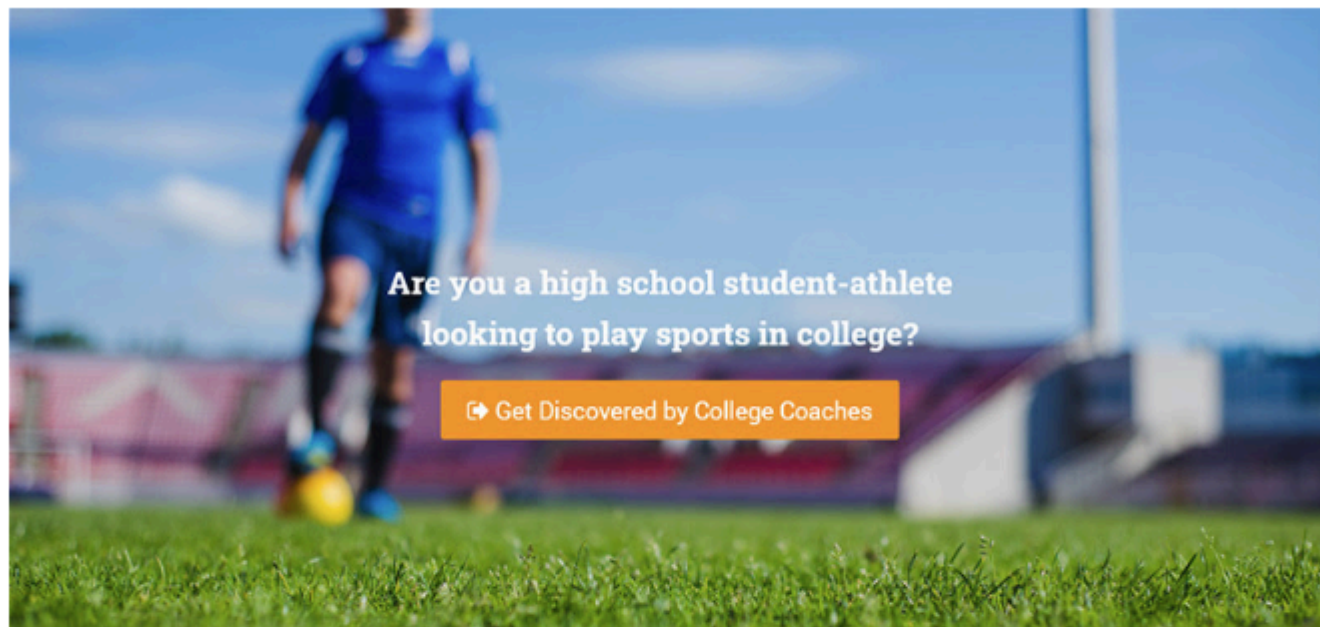
- \$250 per athlete + GST
 - includes all the above baseline, post-concussion, and other acute sport-related injury assessments for an entire athletic season at no additional cost



- if an athlete has coexisting and/or confounding factors that may or may not reflect ongoing 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.



Do you want to play sports in college? Get Recruited

We're excited to let you know that [NCSA College Recruiting](#), the online recruiting arm of IMG Academy, has teamed up with Prepskills and will be onsite for the US College Expo in Toronto.

Want to know more about the #1 college recruiting platform, where 90% of college coaches come to scout new recruits? Senior Director of Regional Education at NCSA, Julian Jenkins, will be onsite hosting recruiting assessments as part of your US College Expo experience. Julian will be discussing ways to elevate your athletes' recruiting process, along with what needs to be done to succeed and find the right fit college!

For over 20 years, NCSA has been a leader in college athletic recruiting, and is proud to continue growing their legacy as part of IMG Academy. Whether you're just looking for college recruiting advice or are seriously interested in how to get athletic scholarships, we encourage you to schedule your recruiting assessment with Julian while onsite to discuss your recruiting game plan more in depth!

[START YOUR FREE NCSA PROFILE HERE!!!](#)



Any Grade 10 and 11 girls interested in Engineering??

You probably know that engineers build bridges, but do you know that they write computer software? Investigate new ways to bring clean water to communities? Design medical devices that are changing the face of healthcare?

Join us for a **FREE** annual event designed to introduce Grade 10 and 11 girls and non-binary youth to the exciting world of engineering! Not only can students find out more about the diverse array of engineering disciplines they can choose from, they get a "day-in-the-life" experience of what studying engineering with us would be like.

This fun and engaging day includes:

- Interactive Engineering Demos
- Engineering Design Challenge
- Department Fair
- Keynote Speaker
- Free lunch

Date: Thursday, February 22, 2024

Location: Schulich School of Engineering, ENC 70

Time: 8:45 a.m. - 3:30 p.m., registration opens at 8 a.m.



January 2024 Final Examinations - Grade 10 - 12

Monday, Jan 8			Tuesday, Jan 9		Wednesday, Jan 10		Thursday, Jan 11		Friday, Jan 12	
Classes Resume					ELA 30-1 (Part A) ELA 30-2 (Part A) 9:00 - 12:00 Room 112 & 114		Social 30-1 (Part A) Social 30-2 (Part A) 9:00 - 12:00 Room 113 & 114			
Monday, Jan 15			Tuesday, Jan 16		Wednesday, Jan 17		Thursday, Jan 18		Friday, Jan 19	
					Last Day of Classes Grades 10-12		Tutorials Available as Needed		Tutorials Available as Needed	
							Science 10 (Howell) (Forsyth) 9:00-11:00 Rooms 112,117&120	Social 20 (Part A) (Sharda) 9:00-11:00 Rooms 113 & 114	ELA 20 (Zado) (Thomson) 9:00-11:00 Room 112 Room 114	
Monday, Jan 22			Tuesday, Jan 23		Wednesday, Jan 24		Thursday, Jan 25		Friday, Jan 26	
Math 30-1 9:00-12:00 Room 117	Math 30-2 9:00-12:00 Room 114		ELA 30-1 (Part B) ELA 30-2 (Part B) 9:00 - 12:00 Room 117 & 114		Social 30-1 (Part B) Social 30-2 (Part B) 9:00-11:30 Room 117	Social 20 (Part B) 9:00-11:00 Room 113 Room 114	Bio 30 9:00-12:00 Room 117		Chem 30 9:00-12:00 Room 114 & 117	
Math 20-1 9:00-12:00 Room 107&112	Math 20-2 9:00-12:00 Room 120	Math 10 C 9:00-12:00 Room 113, 118, 121	Chem 20 (Biegler) 9:00-11:00 Room 121	Bio 20 (Sceviour) 9:00-11:00 Rooms 120 & 112	Physics 20 (Robichaud) 9:00-11:00 Room 112					
Monday, Jan 29			Tuesday, Jan 30		Wednesday, Jan 31					
Physics 30 9:00-12:00 Room 117			Science 30 9:00-12:00 Room 117		First Day of Semester 2					



WinSPORT™



Palliser
Regional Schools

National Sport School

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January 2024 Final Examinations - Grade 8 - 9

Monday, Jan 22	Tuesday, Jan 23	Wednesday, Jan 24	Thursday, Jan 25	Friday, Jan 26
Regular Classes 8 & 9	Regular Classes 8 & 9	Regular Classes 8 & 9	Regular Classes 8 & 9	PD Day Grade 8 & 9
Monday, Jan 29	Tuesday, Jan 30	Wednesday, Jan 31		
Regular Classes 8	Regular Classes 8 & 9	First Day of Semester 2		
Science PAT (Howell) (Burkart) PAT 9:00-10:15 Rooms 122, 406, 407, 408				