



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](mailto:nss_main_office@pallisersd.ab.ca)

## Bulletin #10 November 6, 2023

### Important Dates:

**November 10:** PD Day - no students

**November 13:** School Closed

**November 14:** Report Cards

**November 30:** Open House 7-9pm - must be registered through Eventbrite

**December 1:** PD Day - no students

**December 8:** 2nd Open House 1-3pm - must be registered through Eventbrite

### Remembrance Day Poppies:

Poppies are located at the front office with a donation bin. Take a poppy, leave a donation!!

### Remembrance Day Ceremony

NSS will recognize this important event on **Thursday, November 9th at 10:30am**. As we approach this year's ceremony, please remember that upon entering the room to remove hats, turn cell phones OFF and to wear a poppy. Poppies are available at the front desk and will be provided upon entrance to the ceremony if you don't have one.

### Revised Bell Schedule: Thursday, November 9th

**Period 1:** 8:30-9:30

**Period 2:** 9:30-10:30

**Assembly:** 10:30-11:25 (Paskapoo Rooms)

**Lunch:** 11:25-11:55

**Period 3:** 11:55-1:23

**Period 4:** 1:23-2:50

### University of Calgary

Are you interested in attending U of C? A representative will be here on November 15th during lunch in room 114 to provide information and answer questions.

### Veterans Food Bank

We will be collecting non-perishable items for the Veterans Food Bank from November 6th to November 30th. Please drop your items in the bin at the front office. Monetary donations can be made using the the following link:

<https://veteransfoodbankalberta.ca/donate>

### Busy Lunch Times at WinSport:

WinSport will be hosting the Rocky Mountain Classic this week. Students are **NOT** to be on ice level unless they have scheduled ice time. The Garden Cafe will also be busier than usual so please plan your lunch accordingly.

### myPass

All high school students are encouraged to sign up for their Alberta Education [myPass](#) Account. This account is a self-service website where students can order high school transcripts, view diploma exam marks, view progress towards a credential (diploma or certificate), among many other useful features.

### Dual Credit Information Night:

Please [click to register](#) for the online Dual Credit Information Night at 7pm on Thursday, November 9. Click the titles on [over 50 courses](#) to see all the details. Note there are a few late additions including **Psychology for Everyday Life** (UofC), the **Transportation Trades exploratory** (SAIT), **Health Care Aide** (Lethbridge College, Outdoor Leadership (Prairie College) and the **Justice Studies bundle** (Bow Valley College). All high school students who meet the stated prerequisites are welcome to apply starting November 10. Applications are due November 24.



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**Grade 12's:**

If you do not have an account with Apply Alberta, now is the time to make one! If you need assistance, see Ms. Kilbreath in the Student Common area.

**Palliser Beyond Borders:**

The deadline to start CALM in Semester 1 is November 15th. Students need to have completed GO (Getting Online) and be actively engaged in CALM by this time.

**Bikeathon Logo Contest:**

See your design on our 2024 Bikeathon swag!!!  
Submit your designs to Ms. Sceviour or Ms. Spencer by December 1st.



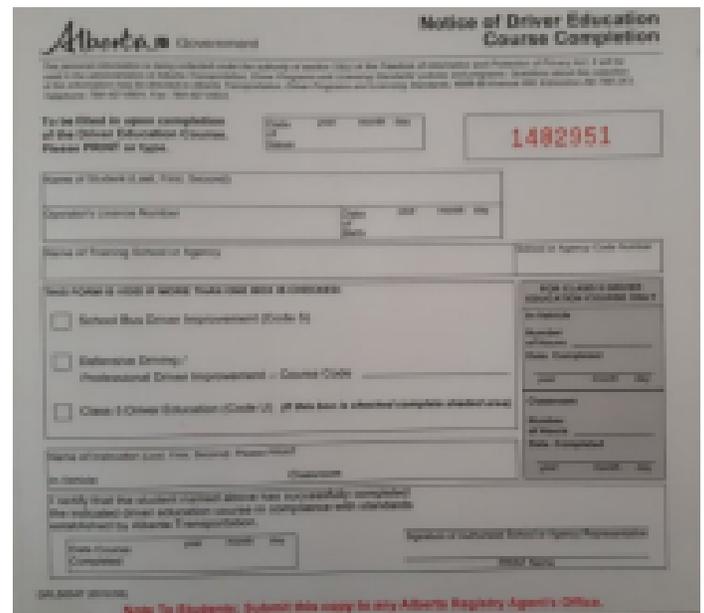
**BIKEATHON 2024**  
**LOGO CONTEST**  
 NATIONAL SPORT SCHOOL

SUBMIT TO MS SCEVIOUR OR MS SPENCER  
SEE YOUR DESIGN ON OUR 2024 BIKEATHON SWAG!!

**You may have earned extra credits:**

Did you know that you might be eligible for an extra credit or two towards your High School transcript? If you have completed any of the following, please bring your proof of completion to the front office.

- Alberta Transportation Class 5 Driver Training 10 (need official certificate)
- Level 1 Certification) 10
- Canadian Ski Instructors' Alliance Ski Instructor (Level 2 Certification) 10
- Canadian Ski Instructors' Alliance Ski Instructor (Level 3 Certification) 10
- Canadian Ski Instructors' Alliance Ski Instructor (Level 4 Certification) 10
- Canadian Ski Instructors' Alliance Ski Instructor (Snow Park Certification)
- Lifesaving Society Bronze Cross 10
- Lifesaving Society Lifesaving Instructor 10
- Lifesaving Society National Lifeguard – Pool 10
- Red Cross Water Safety Instructor 10



### Student Successes:

Congratulations to Addie P, Stella M and Parker H, who all earned a spot on the Select Team for AB/NT/NU and all qualified for Skate Canada National Challenge Competitions.

Addie P: Silver Medal in Junior Ice Dance



Stella M: Novice Ice Dance Champions



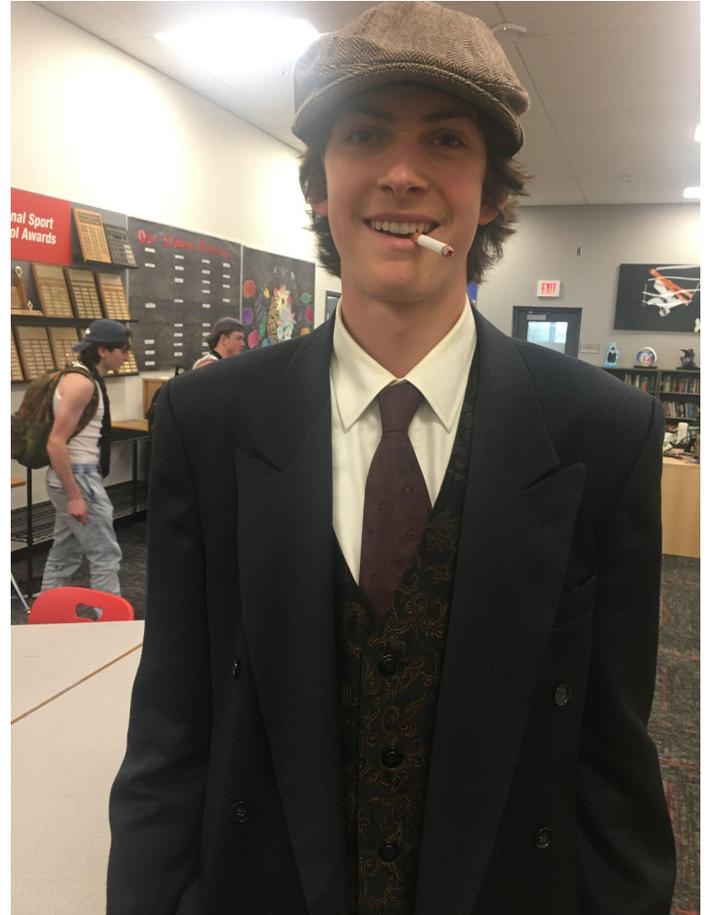
Parker H: Novice Men's Champion



### Halloween Photos:







# Anxiety and Youth

Presented by:  
Calgary Health  
Promotion Services



Nov 21, 2023  
4:00 PM - 5:30 PM  
LOCATION: Online



**Audience: All administrators, educational assistants, guidance counsellors, instructional leaders, parents, pre-service teachers, support staff and teachers**

Anxiety is one of the most common mental health concerns affecting children and families across the lifespan. Parents and schools play an essential role in helping children manage their anxiety. This session will explore what anxiety and stress are, how to recognize it, and how to support resilience.

**[CLICK HERE TO REGISTER!!](#)**



**January 2024 Final Examinations - Grade 10 - 12**

Monday, Jan 8		Tuesday, Jan 9		Wednesday, Jan 10		Thursday, Jan 11		Friday, Jan 12		
<b>Classes Resume</b>				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				
<b>Monday, Jan 15</b>		<b>Tuesday, Jan 16</b>		<b>Wednesday, Jan 17</b>		<b>Thursday, Jan 18</b>		<b>Friday, Jan 19</b>		
				<b>Last Day of Classes            Grades 10-12</b>		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		
<b>Monday, Jan 22</b>		<b>Tuesday, Jan 23</b>		<b>Wednesday, Jan 24</b>		<b>Thursday, Jan 25</b>		<b>Friday, Jan 26</b>		
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					
<b>Monday, Jan 29</b>		<b>Tuesday, Jan 30</b>		<b>Wednesday, Jan 31</b>						
Physics 30 9:00-12:00 Room 117		Science 30 9:00-12:00 Room 117		<b>First Day of Semester 2</b>						



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**January 2024 Final Examinations - Grade 8 - 9**

<b>Monday, Jan 22</b>	<b>Tuesday, Jan 23</b>	<b>Wednesday, Jan 24</b>	<b>Thursday, Jan 25</b>	<b>Friday, Jan 26</b>
Regular Classes 8 & 9	Regular Classes 8 & 9	Regular Classes 8 & 9	Regular Classes 8 & 9	PD Day Grade 8 & 9
<b>Monday, Jan 29</b>	<b>Tuesday, Jan 30</b>	<b>Wednesday, Jan 31</b>		
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				