



Suite 110, 151 Canada Olympic Road S.W., Calgary AB T3B 6B7 t | 403-777-7329 nss main office@pallisersd.ab.ca



Bulletin #11 November 14, 2023

Important Dates:

November 14: Report Cards

November 29: Dress Up-Twin Day

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

Staffing Announcement:

Mr. Ben Thomas is currently away looking after his mental health. NSS supports him in this decision. Ms. Forsyth and Ms. Burkart are temporarily teaching and supporting his Math 10 and Math 9 students. The National Sport School Administration is currently working on a staffing solution. Mr. Thomas wanted students and parents to know that he hopes to get healthy and return as soon as possible.

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

myPass:

All high school students are encouraged to sign up for their Alberta Education <u>myPass</u> 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.

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.

Dual Credit Information Night:

Please <u>click to register</u> for the online Dual Credit Information Night at 7pm on Thursday, November 9. Click the titles on <u>over 50 courses</u> 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.

NSS Open Houses for new students:

Both of our open houses are at capacity. The application link and process for the 2024-25 school year will be posted on our website on December 1st.

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.







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SIZING

Upcoming CIHA games:

Thursday, November 16, 2023

CIHA U17 Prep vs SAHA 6:30pm @ WinSport D

Friday, November 17, 2023

CIHA U18 Prep vs Rink Winnipeg 1:00pm @ WinSport C

Saturday, November 18, 2023

CIHA U17 Prep vs Edge 4:30pm @ EDGE

Sunday, November 19, 2023

CIHA U17 Prep vs Edge 12:30pm @ EDGE

NSS Swag:

Show your school spirit with NSS Swag!! See attached order form for the available items. We will have sample sizes for you to try on at the front office. Please order and pay through your SchoolCash account. If you prefer to pay by cash or cheque please fill out the attached order form and return payment to the front office.

Order deadline is December 1, 2023!!



National Sport School - Page 2

CHAMPION MEN'S SIZING

	S	М	L	XL	2XL	3XL	4XL
CHEST	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60
WAIST	28 - 30	32 - 34	36 - 38	40 - 42	44 - 46	48 - 50	52 - 54

CHAMPION YOUTH SIZING

	YS (8)	YM (10-12)	YL (14-16)	YXL (18-20)
HEIGHT (INCHES)	50 - 51	55 - 58	62 - 64	67 - 68
WEIGHT	55.5 - 59	73.5 - 87	100.5 - 115	126.5 - 137
CHEST	27	28 - 29.5	31 - 32.5	34 - 35.5
WAIST	24.5	24.5 - 25.5	26.5 - 27.5	28.5 - 29.5

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

SUBMIT TO MS SCEVIOUR OR

SEE YOUR DESIGN ON OUR 2024 BIKEATHON SWAG!!





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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 Quorra G. and her 222's softball team based out of Saskatoon. They placed 3rd out of 18 teams in a tournament in Mesa, Arizona at the end of October.



Congratulations to Tatem S. who signed with Lindenwood University in Missouri to play with their NCAA Division 1 Hockey Team.







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Student Clothing Order Form

Name:	Grade:	TA:
Please order and pay online through schoolcash	. If you would like to pay cash or cheque,	please return the form and payment to the front office.

DEADLINE FOR ORDERS IS DECEMBER 1, 2023

If you have any questions or need assistance, please email Rebecca at rebecca.biever@pallisersd.ab.ca

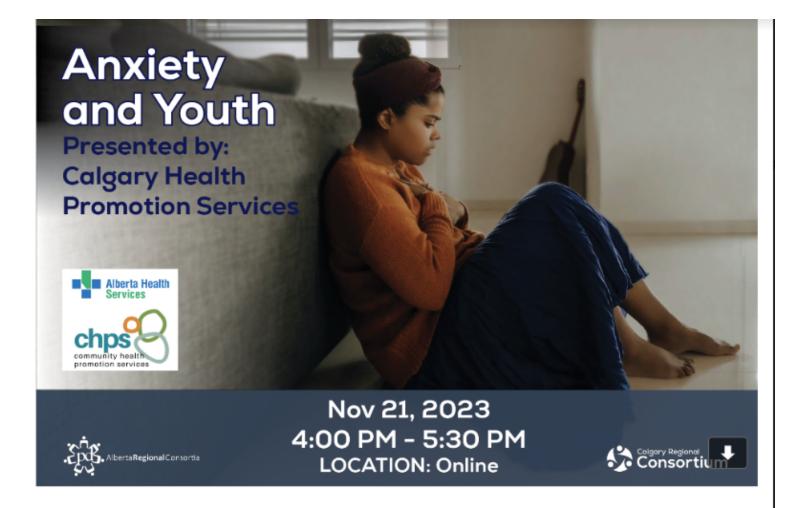
Item	Cost	Quantity	Size	(Check th	e size you	u are orde	ring)		Colour		2024 Grads only, check if you want added on sleeve	Total Cost
nem	Cost	Quantity	xs	s	М	L	XL	Light Grey	Red Black	Class of 2024	lotal coat	
Champion Crewneck YOUTH	\$45										Add \$10	
Champion Hoodie YOUTH	\$45										Add \$10	
Champion Crewneck ADULT	\$45										Add \$10	
Champion Hoodie ADULT	\$45										Add \$10	
Champion Sweatpant ADULT	\$45							Black	Grey			
Baseball Cap	\$20											
Socks Women's	\$20		Shoe 5	Size -9		Shoe Size 10-12						
Socks Men's	\$20			Size -8.5		Shoe Size 9-12						
Buffs	\$10											
Stormtech Backpack	\$80											
Beanie Toque (black)	\$15											





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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!!





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January 2024 Final Examinations - Grade 10 - 12

Monday, Jan 8		Tuesday, Jan 9		Wednesda	ay, Jan 10	Thursda	y, 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		Thursda	y, Jan 18	Friday, Jan 19	
				Last Day		Tutorials Avail	able as Needed	Tutorials Available as Needed ELA 20 (Zado) (Thomson) 9:00-11:00 Room 112 Room 114	
				s		Science 10 (Howell) (Forsyth) 9:00-11:00 Rooms 112,117&120	Social 20 (Part A) (Sharda) 9:00-11:00 Rooms 113 & 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 (I ELA 30-2 (I 9:00 - 1 Room 117	Part B) 2:00	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	
9:00-12:00 9:00	h 20-2 Math 10 C -12:00 9:00-12:00 m 120 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 9:00-12 Room	:00	First Day of Semester 2					





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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				



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Dual Credit Applications for semester two are now open at palliseroffcampus.ca/
dual-credit.

(Palliser login required.)

Apply by November 24.