



## 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 [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.

### 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 [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.

### 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.

### 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!!**



## SIZING

### CHAMPION® MEN'S SIZING

	S	M	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.



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

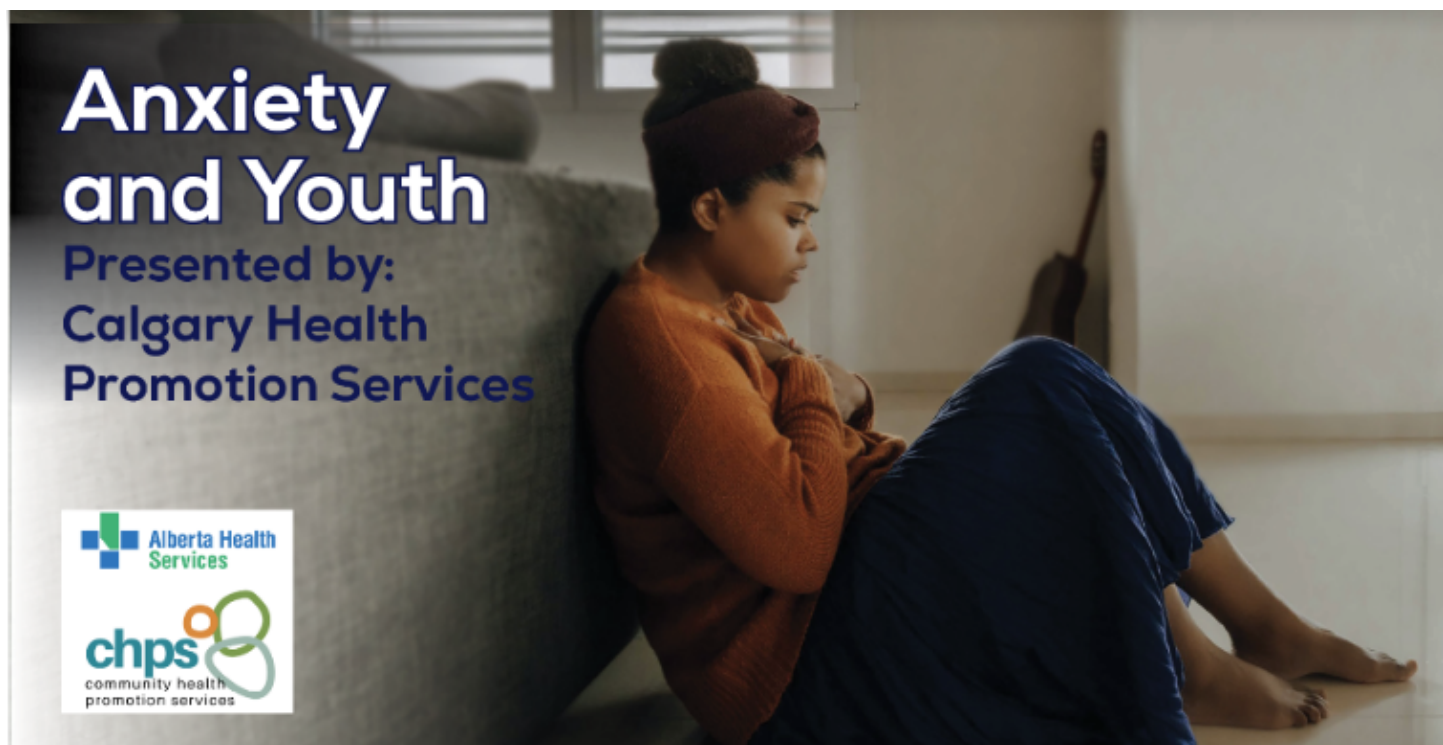
SUBMIT TO: MS SCEVIOUR OR  
MS SPENCER

SEE YOUR DESIGN ON OUR 2024  
BIKEATHON SWAG!!





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## 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	
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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t | 403-777-7329 [nss\\_main\\_office@pallisersd.ab.ca](mailto:nss_main_office@pallisersd.ab.ca)

### 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				



**Dual Credit Applications** for  
semester two are now open at  
[palliseroffcampus.ca/  
dual-credit.](https://palliseroffcampus.ca/dual-credit)

(Palliser login required.)  
Apply by November 24.