

Bulletin #12 November 21, 2023

Important Dates:

November 21: Parent Council Meeting

November 29: Dress Up-Twin Day

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

December 1: PD Day - no students

December 1: Last Day to order NSS Swag

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

Reminder to Please be on Time!!

Over the past few weeks, many students are showing up late to their classes, especially period 1. We understand there are times when this cannot be helped due to weather, training or traffic. Please make sure you are giving yourself enough time to arrive a few minutes early and are ready to begin your class on time at 8:30am.

Parent Council Meeting:

Parent Council Meeting is November 21, 2023 at 6:30pm. This meeting will be hosted in person at the school in Room 112.

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>

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.

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:

Dual credit applications are due this Friday, November 24. Choose from nearly 50 courses including psychology, medical terminology, animation and business offered by 7 institutions including the University of Calgary, SAIT and Olds College. The full course list and the online application are available at palliseroffcampus.ca/dual-credit. If you have questions or need assistance, please email [Mrs. Foster](#).

Lost and Found:



Are these your items?? Please collect them by November 30th or they will be donated.

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!!

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

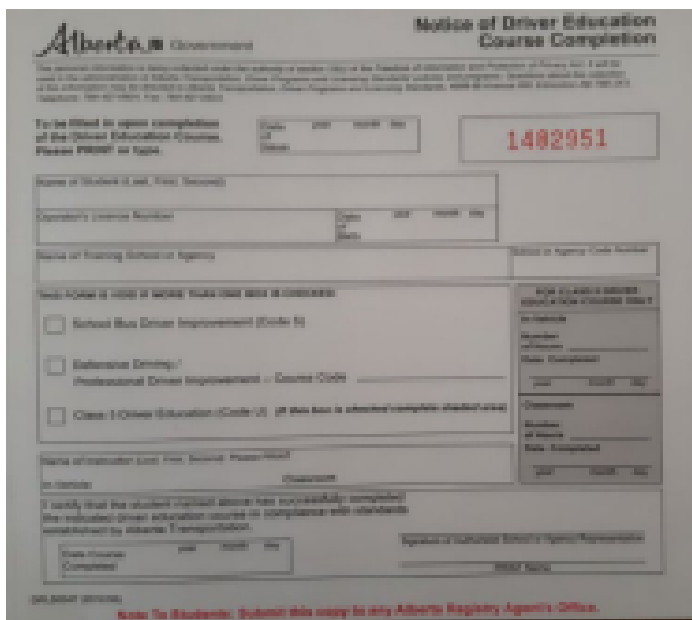
Palliser School Division Cookbook:

“The Diversity, Equity, and Human Rights (DEHR) committee is excited to embark on a project aimed at celebrating the rich cultural diversity within our staff and student community. We are inviting all members to contribute their cherished family recipes, as we strive to curate a meaningful and flavorful recipe book. These recipes should hold special cultural significance to you and your family, offering a glimpse into the culinary traditions that have shaped your heritage.

Once we've gathered an assortment of recipes, we plan to compile and publish a recipe book that will be available for purchase. We strongly encourage you to include accompanying pictures with your submissions, though this is entirely optional.

If you would like to participate, please fill out this Google Form. For more details please get in touch with the DEHR committee chair at suneet.kharey@pallisersd.ab.ca. Our target is to have this project completed and the recipe book available for purchase in time for the upcoming spring season. Your participation will contribute to a culturally diverse collection that we can all enjoy and appreciate.”

<https://forms.gle/hj2RyUhVrfCZB2hG7>



The document is a form titled "Notice of Driver Education Course Completion" from the Alberta Government. It is used to report the completion of a driver education course. The form includes fields for the student's name, date of birth, and a unique identifier (1402951). It also has sections for the instructor's name and the agency's name. There are checkboxes for "Student has Driver Improvement (Code 1)", "Student has Driving (Professional Driver Improvement - Course Code)", and "Class 1 Driver Education (Code 1)". The form is signed by the instructor and the agency representative. At the bottom, it says "Submit this form to the Alberta Registry Agency's Office."

Student Successes:

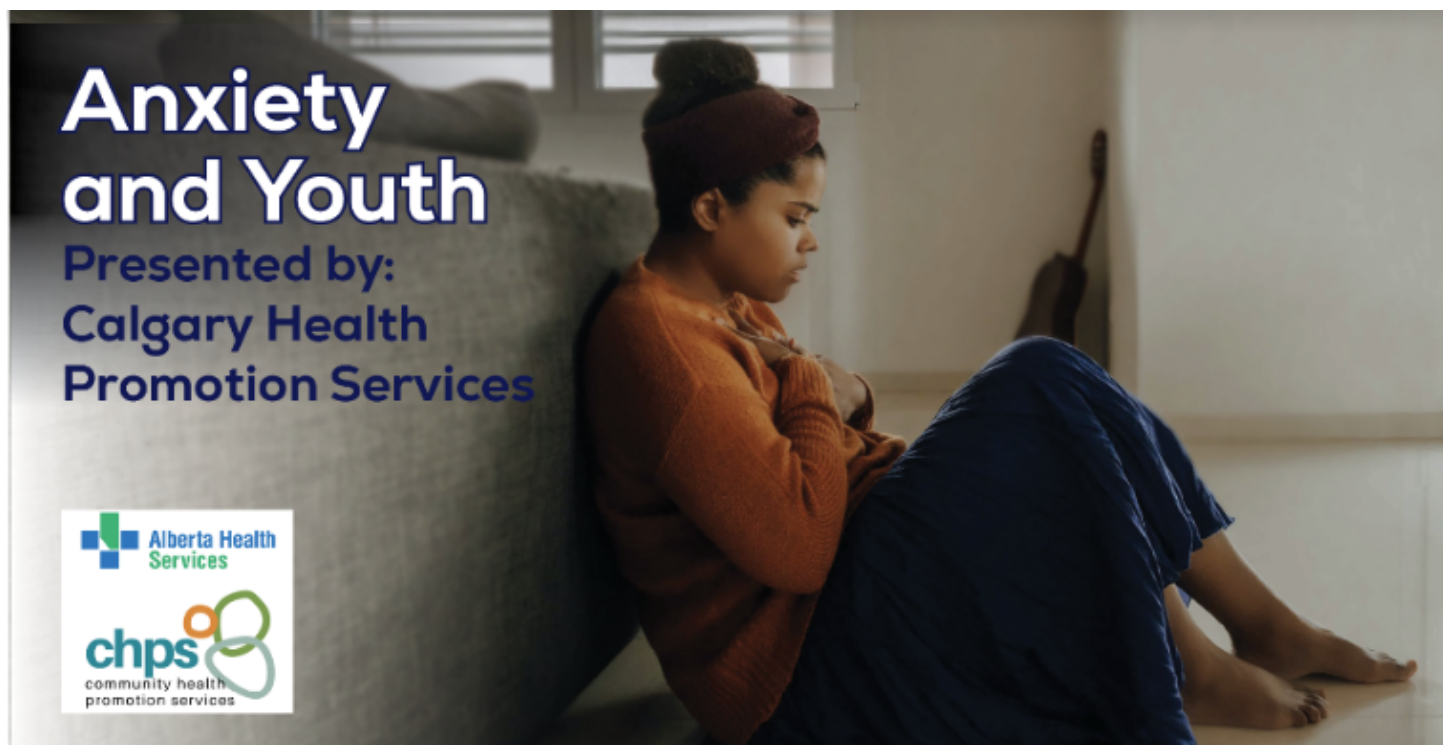
Congratulations to both Cambie S. and Della S. who competed this past weekend at the Airdrie Skating Club Star Series.

Cambie S. - Silver Star 7 Artistic, Silver Star 8 Free Program and 4th Star 9 Short Program





Della S. - Gold Star 5 Artistic and Silver Star 5 Free Program







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

Suite 110, 151 Canada Olympic Road S.W., Calgary AB T3B 6B7

t | 403-777-7329 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.