



Bulletin #13 November 28, 2023

Important Dates:

November 29: Dress Up-Twin Day

December 1: PD Day - no students

December 1: Last Day to order NSS Swag

December 5&12: Door Decorating/Gingerbread Houses

December 8: Early Dismissal 12:45pm

December 18-22: Spirit Week

December 19: TA Potluck

Staffing Announcement:

We'd like to welcome Ms. Katsimihas, who will be teaching Math for Mr. Thomas who is currently on leave.

Message from Parent Council:

As parent council, we would like to provide our amazing teachers and staff with an appreciation lunch before the holiday break, specifically Friday, December 15th.

If you would like to contribute please send your monetary contribution to sportschoolparents@gmail.com by Sunday, December 10th.

Many thanks!!

Cara Bonney

Chair, on behalf of the NSS Parent Council

Veterans Food Bank:

November 30th is the last day to bring in your non-perishable items for the Veterans Food Bank. 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.

Dual Credit Information:

The dual credit application deadline has been extended to Wednesday, November 29. If you have any questions, please contact [Charlene Foster](#).

Gratitude Questions of the Week:

Name a food you are grateful for...any specific reason?

Student Successes:

We love celebrating our students' successes!! Please email nss_main_office@pallisersd.ab.ca if you would like to share a photo and the results of your competition.

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!!



SIZING

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!!

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



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

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>



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 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™

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



Palliser
Regional Schools

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				