

## **Bulletin #25 March 5, 2024**

### **Important Dates:**

**March 5:** NSS Putt Putt Mini Golf Challenge

**March 14:** PI Day

**March 15:** PD day - no classes

**March 25 - April 5:** Spring Break

**April 8:** classes resume

### **GRAD CLASS OF 2024:**

Grad Meeting on March 6, 2024 in RM121 at lunch regarding photos. The photographer will be there to answer questions.

The Grad 2024 photo booking site is now live. They will take place at the school in Room 411. Booking dates are **April 19th, 22nd, 23rd, 24th, 25th and 26th**. Please click [here](#) to visit the site. Then follow the instructions below:

**Select Province/Enter City** - Click on **Go**

**Select School** - Click on **National Sport School**

**Enter First/Last Name** - Click on **Search**

Click **Schedule your appointment** - follow prompts to complete booking

### **Form for Continuing Enrollment for 2024/25:**

A link to the Continuing Enrollment:

Agreement and Consent Forms will be sent out later this week. Apologies for the delay!

### **Gratitude Question of the Week:**

What's one kind of thoughtful thing someone did for you recently?

### **NSS Yearbooks:**

Get yours today and preserve the unique experience of some of your most precious years! You can order online through SchoolCash or pay with cash or cheque at the office.



### **Waterloo Math Contest:**

**Last chance** to sign up for the Waterloo math contests in early April. There is a separate contest for grade 9, 10, 11, and 12 students. Please see Mr. Beaudin today if you'd like more details. I will register interested students later today (March 5th).

**16th Annual Calgary Brain Bee:**

Registrations are now open for the 2024 Calgary Brain Bee! Click [HERE](#)!! Registration ends March 15, 2024.

**16th Annual Calgary Brain Bee (2024)**



**2024 Bikeathon:**



**Registration for Bikeathon is now open!!**

Join in the fun on May 10th and support an amazing cause! This year's goal is to raise \$10,000 for Kidsport.

- Use this link to sign up your team or the QR codes that are posted around the school. [Bikeathon Team Entry Form](#)
- Pay for your entry using SchoolCash (\$25 per rider up until April 12)
- See Mrs Sceviour if you have any questions or if you want to register as a single rider (we can help you to find a team).

All riders will receive a t-shirt (unisex sizes) and have access to the Rider Lounge (full of snacks!) on the day of the event (May 10).

If you would like to make a donation but will not be riding you can make a donation using the link below.

[Donate to KidSport](#)

**Please see the last page of the bulletin for some FAQ's!**

**Garden Cafe Specials for NSS Students:**

Please note there is no additional student discount on these items.

Monday	Burger & Fries	\$9.95
	Veggie Burger & Fries	\$10.25
Tuesday	Taco in a bag - Doritos, beef, lettuce, cheese, sour cream, salsa	\$6.50
	Tacos - 6" tortillas (2), beef, lettuce, cheese, sour cream, salsa	\$7.50
Wednesday	Chicken Fingers & Fries	\$10.50
	Chicken Caesar Wrap	\$10.00
Thursday	Hog Dog & Fries	\$7.25
	Small Chicken Power Bowl	\$9.50

**AHS Vaping Session for Parents:**

Interested participants can register [HERE](#). If parents can't make the live session on March 6th, still encourage them to register as it will be recorded and they will have access to the session afterwards. See the attached poster and session details below for more information.

**Session Description:** Join the Alberta Health Services Healthy Schools and Population Health Promotion team for a virtual parent learning session on the youth vaping epidemic. In this session, parents will learn about what vaping is, current vaping trends among youth and the harms and risks associated with it. We'll explore what legislation is in place at the local and provincial level to combat youth vaping use and what you and your child's school can do about it. Ideas on how to talk to kids and help them quit, as well as where to go for more information will also be covered. Have your voice be heard and your questions answered by an expert in the field.



**Student Successes:**

Congratulations to our figure skaters who represented Alberta at the 2024 Novice Canadian Championship Skate Canada Cup.

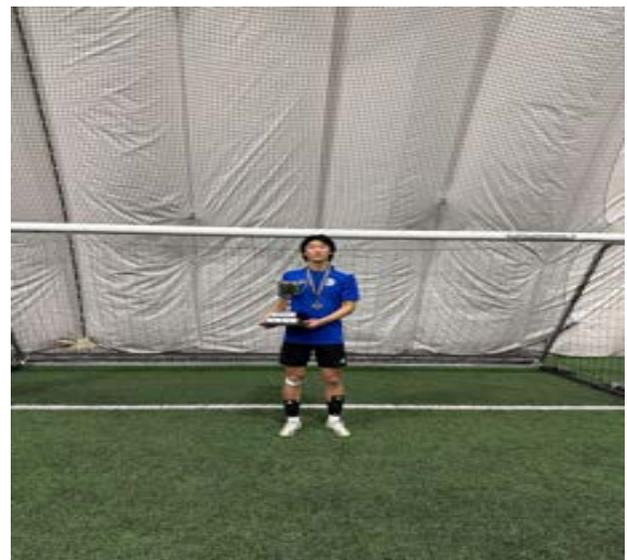
Parker H. Novice Men 4th  
Stella M. Novice Dance 10th  
Cambie S. Novice Synchro 11th  
Grace L. Novice Synchro 11th



Congratulations to Larissa B. who competed in the Star Series 4 over the weekend. She received a silver medal in the U13 Star Category.



Congratulations to Skyler C. and his team who have taken 1st place in the cities CMSA standings this past weekend. They also won the Provincial qualifiers taking gold. Good luck to them as they play for the Provincial title in a couple of weeks.



Congratulations to all the NSS Athletes that recently competed in the Lake Louise Speed Series-SG.

First Photo

Andrew Cross - 2nd  
Eric Berthiaume - 3rd  
Adam Jalbert - 5th  
Hugh Boskovich - 10th

Second Photo

Adam Jalbert - 3rd  
Andrew Cross - 7th  
Hayden Blower - 8th

Please see the link for all race results.

<https://albertapine.ca/calendar/>



## **Bikeathon FAQs:**

- *Do I need to ride for 12 hours? No, the 12 hours of biking is to be covered by your team of riders. You can decide who will ride, when they will ride, and for how long. The recommended team size is 6-8 but any number of riders is allowed.*
- *Do I need to be there for 12 hours? No, as long as someone is riding, you do not need to be there for the whole time.*
- *Where will we be riding? The bikes will be set up in CSI in Winsport.*
- *Will I miss classes? You might miss class while you are riding, but you will not miss all of your classes on May 10. When your team signs up for shifts, try to ride during your spare (if you have one). Teachers are aware that some students will be missing some classes on this day. The main office will have a list of who is riding, and will place an attendance note in Edsby.*
- *Who can sign up? Your team should be made up of students, teammates, family members, coaches, alumni, etc.*
- *What if I can't find enough people to make a team? See Mrs Sceviour, and she can put you together with other students who are looking for teammates too.*
- *How much does it cost? \$25 per rider, which includes a tshirt. Payment can be made online through School Cash. Each student school cash account is set up to take up to 8 entry fees, in case the other riders on your team are not current NSS students.*
- ***Why should I do this? We are very lucky to have the opportunity to take part in many different sports at a high level. Many young Calgarians do not have the money or equipment to play. This is our chance to give back to others!! And it will be fun!!***



***SIGN UP HERE!!***



# A Year to Remember

Get excited. Get inspired.  
Get ready for grad pictures.

**Prestige**  
Photography by Lifetouch

## You only graduate once, your grad pictures matter.

As a part of the Lifetouch + Shutterfly family, Prestige Photography by Lifetouch is excited to help you celebrate this once-in-a-lifetime event!



**Step 1**

Review your photo session options here and select your favourite.



**Step 2**

Visit [prestigeportraits.ca](http://prestigeportraits.ca) to schedule the session that is right for you.



**Step 3**

Come prepared! Be sure to bring multiple outfits and props to your session.

### BOOK YOUR APPOINTMENT:

## National Sports School

Grad Photo Dates: April 19<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>, 2024.

Photo Location: School

Notes: Please come to your session 15 minutes prior to start time.

**Click [here](#) to book!!!**

## Community Education Service



*Improving emotional health and well being*

# ADHD & Executive Functioning

**Rebekkah Bright BSW, RSW & Melissa Ramsay BSW, RSW**  
**Rocky View School Division and MHCBC Stepping Stones to Mental Health**

**Wednesday, April 17, 2024**  
**10:00 am – 12:00pm**

The session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

[Click here to register](#)

**FREE**

online event



This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Rocky View School Division** and **MHCBC Stepping Stones to Mental Health**

[CES@ahs.ca](mailto:CES@ahs.ca) <http://community.hmhc.ca/> 403 955-4730

## Tutorial Times at NSS ~ Semester 2

*Morning - 8:00 to 8:30 A.M.*

*After School - 3:00 to 3:30 P.M.*

<b>Teacher</b>	<b>Time #1</b>	<b>Time #2</b>
<b>Anderson</b>	Tuesday Lunch	Wednesday Lunch
<b>Bamford</b>	Monday Morning	Wednesday After School
<b>Beaudin</b>	Wednesday after school	Thursday at lunch
<b>Biegler</b>	Monday After School	Thursday After School
<b>Boughton</b>	Tuesday Lunch	Wednesday After School
<b>Burkart</b>	Monday Morning	Tuesday & Thursday After School
<b>Brzezinski</b>	Tuesday After School	Thursday After School
<b>Howell</b>	Monday Lunch	Wednesday After School
<b>Katsimihias</b>	Monday Lunch	Wednesday Lunch
<b>Kehler</b>	Wednesday Lunch	Thursday Before School
<b>Pentney</b>	Wednesday After School	Monday Lunch
<b>Pratt</b>	Tuesday After School	Thursday Lunch
<b>Robichaud</b>	Monday After School	Thursday Before School
<b>Sceviour</b>	Monday Lunch	Wednesday After School
<b>Sharda</b>	Tuesday Afterschool	Thursday Lunch
<b>Tarney</b>	Monday Morning	Tuesday/Wednesday Morning
<b>Taven</b>	n.a.	Thursday Lunch
<b>Thomson</b>	Tuesday After School	Thursday Lunch
<b>Zado</b>	Monday Morning	Thursday After School