



National Sport School

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TA Bulletin #3 | September 19, 2017

Student Hill Gate Passes for Vehicles

WinSport appreciates all groups that use our facilities and we understand that the West Track Service Road provides convenient access to Canada Olympic Park, either on a regular basis or occasionally. As a National Sport School student, WinSport is providing you the opportunity to purchase an optional gate pass for a \$25 (plus tax) administration fee (one per family). This fee provides gate access for one year.

If you are interested in purchasing a road access pass, please contact Christie Rodrigues at crodrigues@winsport.ca. After confirming your eligibility, please visit Guest Services at the Markin McPhail Centre or Frank King Day Lodge to pay the fee and pick up the road access pass.

Cross Country Meet

There will be a Cross Country Running meet this Wednesday at 4:15 at Canmore Park in Confederation Park. Students please meet Ms. Biegler today at lunch in room 121 for singlets.

Leadership Meeting

There will be a leadership meeting today at lunch in room 119. Would all students interested in joining the leadership group please attend.

Clothing/Leadership

In order for students to purchase clothing with the NSS logo, leadership students must be willing to organize, accept payment and distribute the clothing orders. Clothing will be discussed in today's meeting at lunch. If you would like to participate in leadership, please come to the meeting today. If you cannot make this meeting, please see Ms. Fewster or Mr. Weipert.

Terry Fox Run

Once again NSS will be taking part in the Annual Terry Fox Run. The event will take place on Wednesday, September 27th at 11:00 am. Students are encouraged to bring in donations to their TA or to the main office in support of cancer research. The run will be a 1.5km loop on the grounds here at WinSport. Students need to be prepared to be active during this time. It would be nice to see as many NSS students as possible running in such an important event. A welcome BBQ will be set up in the west parking lot for all students to have some lunch after the event.

The schedule for Wednesday will be as follows:

Period 1	8:30-9:40
Period 2	9:40-10:30
TA/run	10:50-11:40
Lunch	11:40-12:10
Period 3	12:10-1:20
Period 4	1:20-2:30

Important Dates

Sept 22 – Non-Instructional Day – **NO CLASSES**

Sept 27 @ 11:00 a.m.

Terry Fox Run – Welcome BBQ after the event

Important Meetings

Cross Country Meet

TODAY at Lunch in Room 121 with Ms. Biegler

Leadership Meeting

TODAY at Lunch in Room 119

PARENT MEETINGS

September 26, 2017 at 7:00 p.m.

: "Stress, Sport and your Adolescent Athlete at Sport Hall of Fame – details below

January 15, 2018 -

Motivating Your Teenager - Community Health Services

Student Attendance

Please email attendance_nss@cbe.ab.ca if your student will be late or away from school. You may also call the attendance line at 403 777-7329, press 1 for the attendance.

Students that are late or leave early must sign in and sign out at the front office otherwise they will be marked absent "Unexcused" from their class. If your student will be absent for 3 or more days, they must complete a "**Travel Plan**" form that is available at the front office.

Student Demographic Verification Reports

Demographic verification reports were handed out during TA two weeks ago. Thank you to all the students that have returned their reports. If you have not returned your demographic report, please do so as soon as possible. It is critical to have current demographic information for our submission to Alberta Education.

Remembrance Day Ceremonies

Four grade 12s are needed to plan, practise and execute this year's Remembrance Day Ceremonies. Not only will you be providing a valuable service to the school, but you will also earn a unit towards your English 30 course. Semester 2 students are more than welcome to participate. Please see Mr. Zado for more information.

NSS Awards Night - Oct. 19 - Speakers Wanted!

Every year, we celebrate the successes and accomplishments of our amazing NSS students. We are looking for students to present academic and citizenship awards at our upcoming ceremony on October 19. Please contact Ms. Boughton, Ms. Moos, or Ms. McGregor if you are interested in presenting an award!

Mount Royal University

Mount Royal University will be holding their annual Open House on Saturday, October 28, 2017. The event will take place at the Roderick Mah Centre for Continuous Learning. Please visit mru.ca/OpenHouse for more information.

University of Alberta

The University of Alberta would like to invite Calgary high school students and their families to take part in their annual Open House!

Date: Saturday, October 21, 2017

Time: 9:00 am-4:00 pm

Where: Butterdome, U of A North Campus, Edmonton

Please visit their website at uab.ca/openhouse for more information

Parent Meeting!

Stress, Sport and your Adolescent Athlete

When: **Tuesday, September 26, 2017, 7:00 pm**

Where: **Sport Hall of Fame Theatre**

New school, higher level sport, in general, MORE DEMANDS for both you and your student-athlete. Clare Fewster, our in-house Sport Performance Counsellor, has gathered a wealth of knowledge from her many years working at NSS. She will be sharing her insights about mental fitness and stress as it relates to the student athlete. Specifically, she will highlight some of the challenges adolescents face as they navigate their way through the demands of school, sport and being a teenager. She will also discuss how we, as parents, can support our children through these pressure-filled years. Clare will outline how she can work with our student athletes to assist them with the unique challenges they can face. **Please RSVP to Toby** at TJBrodin@cbe.ab.ca or call 403-777-7329 Ext "0"

Upcoming Parent Meetings Confirmed Dates:

January 15, 2018 – Motivating Your Teenager - Community Health Services

The Indspire Youth Laureate Cross Canada Tour

On October 18th, 2017, Indspire is inviting high school students to the University of Calgary to be inspired by three outstanding young First Nations, Inuit, and Métis youth who will share their stories of how they overcame adversity and began to achieve their dreams. Students will learn about what it's like to transition from high school to post-secondary education and what resources are available to them to help them in their educational endeavours.

Register <https://www.eventbrite.ca/e/canada-150-indspire-youth-laureates-cross-canada-tour-2017-tickets-30697057726> your high school or post secondary students to join us in Calgary on October 18th, 2017. Registration is free, but you must register to reserve your seat.

Students in attendance will have a chance to win exciting prizes including an iPad Mini!



Dear Colleagues,

The Palix Foundation, the Alberta Family Wellness Initiative, Community Education Service and Western Canada High School are pleased to invite you to a special presentation by

Nancy Mannix, JD, Chair and Patron of the Palix Foundation

Can One Story Change Everything?

How Early Childhood Experiences Impact

Child Development, Addiction and Mental Health throughout Life

Open to everyone - parents, teachers and students alike
Brain health is determined by more than just our genes.
Learn how early experiences get built into our brains and bodies and what the AFWI is doing to support research into early brain development, mental health and addiction and how they are educating everyone about the science of brain development and its impact on lifelong health.

September 19, 2017 7-9 pm

Western Canada High School – Gymnasium

641 17 Ave SW, Calgary

Registration Required: <http://community.hmhc.ca/> or call 403 955 4747

Free Admission – open to everyone 15yrs +

Parent Resources

Although we are offering some dynamic presentations to the parents this year, I thought it would be valuable to share some community resources that are free to the public. The Alberta Health Services Community Education program provides numerous excellent sessions about child and adolescent mental, emotional and sexual health. Click on the link to see the program offerings. <http://community.hmhc.ca/sessions/?p=in-person>

Some upcoming sessions include (click on the above link to find dates, times and how to register):

Anxiety and Teens

Emotional Regulations in Teens

Social Media and Teenager

Healthy Brains – Healthy Children

Psychological Assessments

The cost for the psychological assessments can be overwhelming. The University of Calgary Integrated Services may be another lower cost option for the assessment process. Click on the link below to find out more information.

<http://werklund.ucalgary.ca/ise/home/assessments>

Clare Fewster

Sport Performance and Life Counsellor

403-777-7329 ext. 2557 - Hours - Mon–Thurs 8:30 am – 2:15 pm

Chfewster@cbe.ab.ca

ACCOMPLISHMENTS

Name	Sport	Competition	Accomplishment
Melissa Fryer	Wrestling	2017 Cadet Pan-America Wrestling Championships	Silver
		2017 Cadet Team Canada Trails	Qualified to World's Team
		2017 Alberta Open	Gold (Juvenile & Junior) & Outstanding Juvenile Female
		2017 Montreal Open	Gold (Juvenile)
Claire Timmermann	Alpine Skiing		Named as a Member of the 2017-2018 Alberta Ski Team

Please submit your accomplishments to tjbrodbin@cbe.ab.ca / dsahfat@cbe.ab.ca or to your Teacher Advisor.