



National Sport School

Suite 110, 151 Canada Olympic Road S.W., Calgary AB T3B 6B7
t | 403-777-7329 e | nationalsport@cbe.ab.ca w | nationalsportschool.ca

TA Bulletin #2 | September 12, 2017

Important Dates

**Sept 14 & 15 – Camp
Non-Instructional Day – NO
CLASSES**

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

Important Meetings

**Leadership & Student
Council 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.

Badminton Club

Love Badminton? Starting today, students can play badminton in the BNTC gymnasium after school from 2:30 until 3:30 every Tuesday and Thursday. See Mr. Weipert for details.

Cross Country Meeting

Would all cross country running athletes please see Ms. Biegler today in TA for forms and information.

Online Summer Classes

Any student that was registered for Online Summer Classes with NSS who did NOT complete will need to see Mr. Jewan to arrange registration in another class ASAP. Reminder that CALM is a graduation requirement. Final NSS Summer Online marks are available in D2L and will appear on your November report card. Thank you.

Parent Resources

Please see the below for this month’s resources for parents and students.

NSS Camp Games Night

If you are attending NSS camp this week, please make sure to sign up for ONE of the games. SIGN UP sheets will be in the common area until Wednesday at lunch.

Leadership and Student Council

There will be a meeting today at lunch in room 119. Anyone interested in helping build the NSS community by organizing clothing, special events, and volunteering around the community please come to the first leadership meeting and be a great leader. We will be discussing events for the year, clothing and the possibility of student council.

BNTC (Bob Niven Training Centre) Membership for NSS students

BNTC Weight room access is now available for NSS Students.

- Open Training Hours Monday to Friday 7:00 a.m. to 9:00 p.m.
(No access will be granted outside of these times)
- PARQ and Training Centre Waiver will be required on the first day of training and must be signed by a parent or guardian.
- Please ensure you check in at the front desk prior to entry

Speakers' Bureau

Interested in improving your public speaking skills? Looking to become an ambassador for your school and your sport? Then the Speakers' Bureau may be for you!

Several opportunities to speak to elementary and junior high students are available throughout the school year. Please come see Mr. Zado for more information

PSAT Exam

Any students wishing to write the Practice SAT exam **Wednesday October 11** in the morning please sign up with Mr. Jewan.

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!

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

Loran Scholars Foundation

The Loran Scholars Foundation was founded in 1988 to fund outstanding students to study on Canadian university campuses. They are looking for well-rounded students who demonstrate character, promise of leadership and strong commitment to service in the community. The application is entirely online at www.loranscholar.ca/apply

Explore Your Future

Explore your future at Canada's largest international University and Student Travel Expo!
Study and Go Abroad Fairs – www.studyandgoabroad.com

When: September 23, 2017

Where: BMO Centre at Stampede Park (Free Admission)

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

cbe.ab.ca

Subscribe to Stay Informed

Parents/guardians,

Due to Canada's Anti-Spam Legislation (CASL), you need to subscribe online if you want to receive email or text messages on "commercial" school topics such as picture days, student fees, field trip costs, yearbooks, fun lunches and more. If you do not subscribe, you will not receive these messages but you will receive emails on non-commercial topics such as absence and emergency notifications.

In addition, if you want to receive any text messages from your school or the Calgary Board of Education, you need to opt-in for texts.

To receive all messages from your school and the Calgary Board of Education, complete these two steps:

- 1 | To subscribe to receive commercial messages, go to www.cbe.ab.ca/subscribe to enter your email address and click Subscribe. Use your primary email address on file at your school.
- 2 | To opt-in to receive text messages, use your cell phone to text the word **YES** to the six-digit number **724665**. Your cell number must be on file with the school.

If your contact information changes:

- Tell the school
- Subscribe online again, if your email address changes
- Opt-in for text messages again, if your cell number changes

Please note:

- Your subscription and opt-in will apply to any Calgary Board of Education school that your children attend; however, if you provided different contact information to different schools, you will need to subscribe and opt-in for every email address and cell number.
- Your subscription and opt-in will continue indefinitely unless you withdraw your consent.
- You can withdraw your consent at any time. To unsubscribe for commercial messages go to www.cbe.ab.ca/unsubscribe. To opt-out of all text messages, text **STOP** to 724665.
- SMS Terms & Conditions (www.cbe.ab.ca/SMS).

Thank you.



This request is sent on behalf of the Calgary Board of Education and our schools. Visit www.cbe.ab.ca/directory for school contact information.

Calgary Board of Education
1221-8 St S.W. Calgary T2R 0L4
t | 403-817-4000



quick reference guide | getting started with My CBE Account



My CBE Account is your gateway into the Calgary Board of Education's (CBE's) online parent tools. Available 24-7, **My CBE Account** allows you to view and pay fees, register for noon supervision, book a parent-teacher interview (select schools), view a child's Desire2Learn (D2L) progress and/or assessment information (select schools), and apply for a fee waiver online.

In this document, you will learn:

- About the **My CBE Account** requirements
- How to register for a new **My CBE Account**
- How to log into **My CBE Account**
- About the **My CBE Account** features, and
- How to log out of **My CBE Account**.

NOTE: This document references external resources; view it online so that you can follow the links. See the [Using Fees Central Guide](#) (PDF) for in-depth information and instructions.

My CBE Account Requirements

Computer Requirements

The **My CBE Account** website requires:

- [Mozilla Firefox](#) version 3 and up
- [Apple Safari](#) version 4 and up, or
- [Microsoft Internet Explorer](#) version 7 and up.

The **My CBE Account** receipts and help documents require the free [Adobe Reader](#) and [Adobe Flash](#) plug-ins.

Account Requirements

In order to use **My CBE Account's** online parent tools, your account must be connected to your CBE-enrolled child or children. To create this link, the email address that you use to register for **My CBE Account** must match the Legal Guardian email address on file at your child or children's school(s). If necessary, visit or contact the [school\(s\)](#) to update the information.

Confirm that you meet the requirements before you go to *Register a New My CBE Account*.

Register a New My CBE Account

TIP: In the [My CBE Account | Help](#) page, click "Getting Started with My CBE Account Demo" (Video) for the demonstration video for this procedure.

To register for a new **My CBE Account**:

1. Click [Create Your Account](#).

NOTE: You can also open the registration page as follows: 1. Click "Online Fee Payment" on the www.cbe.ab.ca home page, 2. Click [My CBE Account](#) on the right, and then 3. Click "Create Account" in the upper [My CBE Account](#) menu.

2. Enter your first and last name in the **First Name** and **Last Name** fields.

3. Enter your email address in the **Email address** and **Confirm email** fields. This email address will be your **My CBE Account** user name.

NOTE: The email address **must match** the Legal Guardian email address on file at your child or children's school(s). If necessary, visit or contact the [school\(s\)](#) to update the information.

4. Enter a password in the **Password** and **Confirm password** fields.

5. Enter the displayed code in the **Security Question** field.

6. Read and click the check box to accept the [Terms of Use](#) and [CBE | Privacy Statement](#).

7. Click **Submit Information and Request Account**.

I accept the Calgary Board of Education

Submit Information and Request Account

8. The **Account Status** message opens. Click **Ok**.

9. Check your email. Open the "Registration confirmation for My CBE Account" message in your "Inbox," "Junk," or "Spam" folder.

10. In the email, click "Complete Process."

Thank you for creating your My CBE account, please click here: [Complete Process](#)

quick reference guide | managing My CBE Account

My CBE Account is your gateway into the Calgary Board of Education's (CBE's) online parent tools. Available 24-7, **My CBE Account** allows you to view and pay fees, register for noon supervision, book a parent-teacher interview (select schools), view a child's Desire2Learn (D2L) progress and/or assessment information (select schools), and apply for a fee waiver online.

In this document, you will learn:

- When you need to update your information at your child or children's school(s)
- How to log into **My CBE Account**
- How to view and update your **My CBE Account** name, email address, and cell phone number
- How to change your password when you know your current password, and
- How to reset your password when you have forgotten your current password.

NOTE: This document references external resources; view it online so that you can follow the links. See the [Getting Started with My CBE Account QRG \(PDF\)](#) for **My CBE Account** registration information.

When to Update the School(s)

There are two situations in which you must update your information at your child or children's **school(s)** so that it matches the profile information in **My CBE Account**:

Before You Change Your My CBE Account Email Address

To maintain its link to your child or children, your **My CBE Account** email address must match the Legal Guardian email address on file at your child or children's **school(s)**. If you need to change your **My CBE Account** email, visit or contact the **school(s)** to update that information **before** you make that change in **My CBE Account**.

NOTE: You do not need to inform the **school(s)** before you change or reset your **My CBE Account** name or password.

Update an Incorrect or Missing Cell Number

You may need to visit or contact your child or children's **school(s)** to update the cell phone number on file for you if the one shown in **My CBE Account** is incorrect or missing.

Both scenarios are discussed in the upcoming *View/Update Your My CBE Account Profile* section.

Log Into My CBE Account

1. Open **My CBE Account**.
2. Enter your email address in the **User name** field.
3. Enter your password in the **Password** field.
4. Click **Login**.

The **My Account** page is displayed.

View/Update Your My CBE Account Profile

WARNING: Do NOT use a mobile device like a tablet or a smart phone to change your **My CBE Account** profile.

To view and update your **My CBE Account** profile information:

1. Log into **My CBE Account** as outlined in *Log Into My CBE Account*.
2. In the **Account Information** section of the **My Account** page:
 - View your name and email address. To change this information, proceed to Step 3 on the next page, **Account Information**



CBE Parent (cbeparent@gmail.com)
cbeparent@gmail.com

and

Accomplishments 2017-2018

Name	Sport	Competition	Accomplishment
Cassie Winkelaar	Synchro Swimming	2017 US Open	2nd Place- Team
Mitchel Pedersen	Gymnastics	2017 Canadian Championships	Qualified to World's Team
Thomas Goldring	Soccer	2017 Provincials	1st Place
Sam Bolton	Ski Jumping	Springer Tournee Park City, Utah	1st Place - U16 HS 68 2nd Place - U20 HS100
Stephane T.	Ski Jumping	Springer Tournee Park City, Utah	2nd Place – U16 HS 68 2nd Place – U16 Nordic Combined
Max S.	Ski Jumping	Springer Tournee Park City, Utah	3rd Place – U16 HS 68 1st Place – U16 Nordic Combined
Cayden Crowshaw	Equestrian	Spruce Meadows Masters	4th Place – 1.20m

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