



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 #14 | December 5, 2017

Travel Plan Form

Reminder: Students are required to complete a Travel Plan form when they will be away for more than 2 days. **It is IMPORTANT to bring your signed Travel Plan form to the office** and we will take a copy – your attendance will then be entered in our system to avoid any emails/calls regarding your absence. For an absence of 1-2 days, please call/email the school so your child is not marked absent “unexcused”. Thank you.

My CBE Account

<http://www.cbe.ab.ca/Pages/default.aspx>

If you tried to create an account to pay for NSS fees and/or to book Parent-Teacher Conferences, using the email address we have on file on our system, and you get an “Error” message or you have any other problems, please report it to National Sport School office staff. We will then have CBE’s technical team investigate it now rather than later. Thank you.

Concussion Article

Hello NSS families, one of the NSS parents forwarded a link to a great article “A Neuroscientist’s Diary of a Concussion” written by Daniel J. Levitin. Well worth a read.

<https://www.newyorker.com/culture/personal-history/neuroscientists-diary-of-a-concussion>

NSS Door Decorating

Again this year, NSS will have a door decorating contest that will start tomorrow December 6th. TA’s are asking to decorate their door to celebrate the holiday season. Judging will be on the last day of school, December 21st. Prizes will be given to the best dressed door!

Peer Tutoring

For those students who would like to help fellow NSS students with subjects or those who would like a little assistance with classes, please feel free to work together in Room 118 on Wednesday’s period 1. If there is more interest we can expand the peer tutoring program.

World Cup Luge at COP

This weekend, come and cheer on many NSS graduates as they compete at the Viessmann Luge World Cup at COP. **See attached poster on last page** for times.

Important Dates

December 5 - TODAY

U of C Application Workshop
6:30pm - **See Page 5**

December 6 – Door

Decorating starts today

December 7 – Grade 9

Vaccinations (PM)

December 8 –

Non-Instructional Day -

NO CLASSES

December 12

Foothills Academy Parent
Workshop – 7:30-8:00 p.m.
See Page 4

December 19 – 9:40-10:30

Holiday Snack Sharing

December 21 – Last day of

Classes & Door Decorating
Judging

December 22 –

Non-Instructional Day -

NO CLASSES

Dec. 23–Jan. 7 – WINTER BREAK

2018

January 8 – Classes resume

January 15 –

AHS Workshop: Motivating
Unmotivated Teens

See Page 6

Important Meetings

Holiday Snack Sharing: Attention Parents and students→ On Tuesday, December 19th NSS is asking everyone to participate in a “snack” potluck during the TA Block. Tables will be set up in the student gathering area for treats to be shared to help celebrate this special season. Items can be placed there that morning. It is important to label and separately contain any items that have nuts. Suggested sharing items: Cookies, chips, drinks, cake, chocolates, candy canes, muffins, etc. If you have any questions, please contact Leanne Topp (lmtopp@cbe.ab.ca)



Motivating Unmotivated Teens: A parent - focused approach

NSS has collaborated with Alberta Health Community Education Services to provide parents with this upcoming session. Please go to the CES session website <http://community.hmhc.ca/sessions/> to register in advance. (See Page 6)

January 15, 2018 7:00 PM - 8:30 PM

Canada's Sport Hall of Fame Ridell Family Theatre

Parents become concerned with their children's lack of motivation for school achievement when their achievement falls short of their potential. When parents attempt to enhance motivation, they find motivating young children challenging, motivating teens daunting. The task is formidable, particularly when there is a history of academic underachievement. Simply put: habits are difficult to change. Habits or patterns of behavior do not apply solely to teens, but also to parents. The idea of changing parental behaviour in such cases is not new. What makes my approach somewhat different is that I have made parental behavior the underlying principle permeating my thinking on this topic. The result is a parent - focused approach to the problem. I share the key elements of my perspective in this session. While by no means a quick solution, parent counselling, in my experience, has proven more effective than teen-focused intervention.

This session is FREE and open to all - parents, professionals and students.



NSS Bandu's (Buffs)/Shorts/Toques for Sale

Please see Mr. Jewan and/or the office if you wish to purchase any of the above-mentioned NSS items.

Bandu \$10

Short \$10

Toque \$15

Cash/Cheques will be accepted. Thank you.

Accomplishments 2017-2018

Name	Sport	Competition	Accomplishment
Alex Urquhart	Freestyle Skiing	Big Air Canada Cup Whitehorse, Yukon	9 th Place
Eric Dorin	Luge	ALA Cup 1	1 st Place
Thomas Fassnidge	Luge	ALA Cup 1	3 rd Place
Ryan Kuehn	Luge	ALA Cup 1	2 nd Place
Kailey Allan	Luge	ALA Cup 1	2 nd Place
Nathan Eidt	Luge	ALA Cup 1	3 rd Place

Please submit your accomplishments to:
sgmacdonell@cbe.ab.ca/dsahfat@cbe.ab.ca or to your Teacher Advisor – **Pictures of NSS Students in action (in their sport/competition) would be much appreciated.**



FOOTHILLS ACADEMY SOCIETY
 A Leader in Learning Disabilities since 1979

December Parent Workshop: Inside Your Teen's Brain: What's Going On?

When

Tuesday, December 12, 2017
 from 8:30 PM to 8:00 PM MST
[Add to Calendar](#)

Where

Foothills Academy
 745 37 Street NW
 Calgary, AB T2N 4T1



[Driving Directions](#)

The past decade has given us plenty of new information about the workings of the teenage brain. But, what is a parent to do with this information? On the one hand, parents are told that teens are "at-risk" and need many rules to keep them safe. On the other hand, they are told that imposing too many rules makes them a "helicopter parent" who compromises the brain development of their teens.



In this session, you will learn about the peculiarities and potential of the teenage brain, learn to sort through the messages and build the skills to constructively navigate the sometimes-maddening world of parenting a teen.

Presenter: [Nicole Caines, Registered Psychologist](#)

Click on the link below to register.

[Register Now!](#)

[I can't make it](#)



The University of Calgary is hosting an upcoming Application Workshop event on campus, and we hope you can join us!

The Application Workshop event is designed for prospective students to receive assistance and apply for undergraduate programs at the University of Calgary. The event will provide the opportunity for students to apply on the spot and receive application assistance from the Admissions and Recruitment Team.

Representatives from the Office of the Registrar will also be on hand to answer questions related to admission requirements, scholarships, awards, bursaries, student loans, and much more!

For students who are unsure about their specific program choice, advisors will also be available who specialize in career and program exploration.

Here are the event details:

Event Date: December 05, 2017 06:30 PM to 08:30 PM *Mountain Standard Time (North America)*

Location: On-campus:
University of Calgary,
Main Campus Engineering Block G,
Room 124, 2500 University Drive NW,
Calgary, AB

Space is limited. To RSVP for this event, please [click here](#).

To learn more about the University of Calgary, download our [2017-18 Domestic Viewbook \(digital\)](#) today!

Community Education Service



Motivating Unmotivated Teens: A parent - focused approach

Sal Mendaglio, PhD, Professor, University of Calgary and Registered Psychologist

January 15, 2018

7 - 8:30 pm

Sign in: 6:45pm

Canada's Sport Hall of Fame

Ridell Family Theatre

169 Canada Olympic Road SW, Calgary

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955-4747

Parents become concerned with their children's lack of motivation for school achievement when their achievement falls short of their potential. When parents attempt to enhance motivation, they find motivating young children challenging, motivating teens daunting. The task is formidable, particularly when there is a history of academic underachievement. Simply put: habits are difficult to change. Habits or patterns of behavior do not apply solely to teens, but also to parents. The idea of changing parental behaviour in such cases is not new. What makes my approach somewhat different is that I have made parental behavior the underlying principle permeating my thinking on this topic. The result is a parent - focused approach to the problem. I share the key elements of my perspective in this session. While by no means a quick solution, parent counselling, in my experience, has proven more effective than teen-focused intervention.

This session is FREE and open to all - parents, professionals and students.

Level I: This session presents an overview of motivation in teens, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child & Adolescent Addictions & Mental Health Portfolio & Psychiatry (CAAMHPP) of Alberta Health Services and the **National Sport School at Canada's Sport Hall of Fame Theatre**

CALGARY, Canada

December 8-9 décembre

Winsport's Canada Olympic Park
88 Canada Olympic Road SW
Parc olympique canadien Winsport
88 chemin Canada Olympique SO

December 8 décembre

15:00 - Doubles
16:20 - Doubles
17:40 - Men / Hommes
19:15 - Men / Hommes
Awards / Remise des prix

December 9 décembre

9:40 - Women / Dames
11:00 - Women / Dames (Live on CBC / En direct sur CBC)
12:50 - Team Relay / relais par équipe
Awards / Remise des prix
10:00 - 16:00 - Christmas at the Track
10:00 - 16:00 - Noël sur la piste

luge.ca/wc2017



VISSMANN LUGE WORLD CUP

Coupe du monde de luge
VISSMANN

VISSMANN TEAM RELAY WORLD CUP PRESENTED BY BMW

Coupe du monde VISSMANN
de relais par équipe
présentée par BMW

