



TA Bulletin #18 | January 16, 2018

Important Dates

2018

January 19 – Deadline:

Last Clothing Order

February 2

Non-Instructional Day –
NO SCHOOL

February 6 – Report Cards

February 15-16 – Teachers’
Convention – **NO SCHOOL**

February 19 – Family Day –

NO SCHOOL

February 21

Women in Engineering 2018

February 21 & 22

Grad Photos

Important Meetings

*Leadership Meeting at
Lunchtime in Rm 118

*First Grad Meeting:

Wed, February 7th Room 121
@ Lunch

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.

NSS Debate Club

NSS is proud to announce that we started our first ever debate club in Mrs. McGregor’s classroom on Wednesdays at lunch. We encourage everyone to come and join the fun, where we will be discussing and debating national and foreign issues.

Women in Engineering Day 2018

You are invited to attend Women in Engineering Day 2018 on **February 21st, 2018**. This event is designed to introduce **Grade 10 and 11 girls** to engineering. **This fun-filled interactive day includes:**

- information on engineering
- an engineering design competition
- department demonstrations
- lunch
- life as an engineering student presentation
- a panel discussion led by successful female engineers

For more information see Ms. Howell or Ms. Boughton.

Graduation 2018

Graduation Closing Ceremonies this year will be **Friday, June 29th at 11am** at the Markin MacPhail Centre here at COP. First grad meeting for students for information will be **Wednesday, February 7th** at lunch in Ms. Biegler’s room.

Grad Photos

Grad Portraits will be taken at Markin MacPhail Centre in Room 4 on:

February 21st & 22nd
April 3rd & 4th

Students will be able to book their appointment online – information forthcoming

Leadership Meeting

Today at lunchtime in Room 118

School Clothing Order

We will be placing our **last** clothing order for NSS hoodies and sweatpants. Please have payment and order form (attached) to main office **by this Friday, January 19th**.

Hoodies	\$45
Sweatpants	\$40

Yearbook

Please remind students/parents to send in pictures to Mr. Weipert at klweipert@cbe.ab.ca, including sport pictures so as many of the students are represented in the yearbook as possible.



NSS Bandu's (Buffs)/Shorts/Toques/Mugs 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

Insulated Mugs \$20

Cash/Cheques will be accepted. Thank you.

Foothills Academy

Foothills Academy provides information sessions to the public.

Tuesday, January 16th



Mindfulness for Families

Mindful Schools states that mindfulness means ‘maintaining a moment-by-moment awareness of our thoughts, emotions, bodily sensations, and surrounding environment’. During this workshop, Foothills Academy teacher Ayra Kelly will share specific techniques to help children with Learning Disorders and/or Attention-Deficit/Hyperactivity Disorder (ADHD) manage stress and develop mindful ways of thinking in order to help them regulate their emotions both at home and at school. Parents will leave with simple and easy ways to integrate these methods into their home.

Click <http://www.foothillsacademy.org/parent-workshop/> to register.

Parent Information Sessions around the City of Calgary

Community Education Services provides numerous education sessions throughout the year free to parents, guardians, educators, and families. These are the sessions for the month of January. Please visit their website to find details information, times and locations of the sessions.

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

January 18 – Helping your child find school success

January 23 – ADHD & Executive Functioning

January 23 – Anxiety and Its Associated Consequences during Childhood and Adolescence Part 1

January 25 – Internet Safety

January 25 – Little Warriors: Prevent It! Taking Action to Stop Child Sexual Abuse

January 29 – The Implications of ADHD for Kids, Parents and Teachers

January 31 – Healthy Brain Development: Protective & Risk Factors

Accomplishments 2017-2018

Name	Sport	Competition	Accomplishment
Charlotte Innes	Track & Field	Jack Simpson Open	1st Place – 60m **New track record 8.10 sec 1st Place – 150 m 19.99 sec – 0.05 off record 1st Place – 4 x 200 m
Toby Cairns	Gymnastics	Men's Artistic Gymnastics – Gym Power 1 st Trials to Westerns	1st Place – all Around – Level P5
Isaiah Francis	General Athleticism	Western Canada Ski Cross Series – Sunridge Ski Cross Challenge	3rd Place – Saturday 4th Place – Sunday
Kailey Allan	Luge	NORAM Youth A Luge Women's single	Bronze
Devin Wardrope	Luge	NORAM Youth A Luge Men's single	Gold
Ryan Kuehn	Luge	NORAM Youth A Luge Men's single	Silver
Eric Dorin	Luge	NORAM Youth A Luge Men's single	4th Place
Thomas Fassnidge	Luge	NORAM Youth A Luge Men's open	5th Place
Kailey Allan and partner	Luge	NORAM Youth A Luge Women's doubles (first time event)	Gold
Jenna Smith and partner	Luge	NORAM Youth A Luge Women's doubles (first time event)	Bronze
Sophia O'Brien-Doerksen	Figure Skating	2018 Canadian Tire National Skating Championships Novice	4th 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.***

