



National Sport School

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TA Bulletin #4 | September 27, 2017

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

Cross Country

Would all Cross Country athletes please come to room 121 (Ms. Biegler's room) for a quick meeting **today** right after the BBQ (noon).

NSS Fees 2017-2018

Reminder: Thank you to all who have sent in their payment already. If you have not already done so, please send in your payment with the **attached NSS Fee Agreement form** to NSS **as soon as possible**. You may also pay online for your convenience. Thank you.

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.

Leadership Meeting

The next leadership meeting will be Tuesday, October 3 in room 118.

Important Dates

October 16 – PD Day – NO CLASSES

Important Meetings

Leadership Meeting

Tuesday, Oct 3 in room 118

PARENT MEETINGS

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.

Grade Nine Vaccination Forms

Would all grade nine students please return the vaccination forms as soon as possible.

Student Demographic Verification Reports

Demographic verification reports were handed out during TA three 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!

Performance Prep Program

For any athlete who is not currently attached to a specific training group with their respective sport, or requiring support with refreshing their current training program, they can enroll in the **Performance Prep Program** at WinSport. They offer an 8-week general strength and conditioning program for athletes who are not training regularly at present or a customized sport-specific training program for those who are regularly training but need a more specific program to help them reach time-sensitive competitive goals. Please see the attached link for dates and training time options (before and after school options are available). The next program block starts **October 16th**.

Here is the link to the website:

<https://www.winsport.ca/performancecentre/athletedevelopment.cfm>

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

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!

Youth Education Summits Here is what Summits are going on this school year:

Our Youth Education Summits are a **dynamic, no-cost program** designed for you and your junior high and high school students!

They feature **tours, workshops** and **hands-on** activities that will inspire student-led action on **environmental topics** that **matter to them**.

Schools will leave with **ideas** and **inspiration** to implement a **school-based education** and **action project!**

Alberta Boreal Careers Project (ABC): **October 19-20 – Lac La Biche**

Wood Buffalo Student Sustainability Summit (S3): **November 2 - Fort McMurray**

Calgary Climate Change (C3): **November 7-8 Calgary**

Edmonton Energy Efficiency (E3): **December 5-6 Edmonton**

Navigate registration is open!
March 8 -11, 2018 Canmore

www.navigate.ca



Learn More & Apply Today!



Applications to participate in Canadian democratic practices are due before **November 27, 2017**.

The Forum Experience: A week that will change your life. Would you like to contribute to the future of your community and your country? Are you interested in decision-making and politics? Do you want to create relationships with people from different places? Forum is for you! Be a part of an incredible week behind the scenes of the world of federal politics on Parliament Hill. Make your voice heard during parliamentary simulations and develop unbreakable links with peers that share the same ideas and passions as you. See the website for dates. <http://forum.ca/?lang=en>



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

If you are looking any online information to help understand your anxious child check out this link.

<http://www.worrywisekids.org/node/43>

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
Miki Chantler	Rowing	BC Champs, Victoria, BC	Gold- Junior Women's double U17 Silver- Junior Women's pair U19 Silver- Junior Women's quad U19
		Alberta Open, Calgary, AB	Gold- Junior women's single U17 Gold- Junior women's double U19
		Canada Games, Kenora, ON Royal Canadian Henley, St. Catharines, ON	Silver- Alberta Women's eight Gold- Senior Women's eight
Shawn Fair	Snowboarding		Potential member of the Team Canada to the Pyeong Chang, Korea, Winter Olympic Games in February 2018
Matt Cyr	Cross Country	XC 2017 Canmore Park	13th out of 109 – Junior Boys 5K
Kailey Allen	Cross Country	XC 2017 Canmore Park	25th out of 104 – Junior Girls 5K
Cory Rogans	Cross Country	XC 2017 Canmore Park	4th out of 125 – Intermediate Boys 5k
Santiago Osuna-Wefer	Karate	Irish Open, Dublin	2nd Place - Kata

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