



National Sport School

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TA Bulletin #5 | October 3, 2017

Cross Country

All Cross Country athletes please see Ms. Biegler sometime today for details regarding Wednesday's race.

NSS T-Shirts

If you did not attend camp and still have not received your NSS T-shirt, please see Ms. Oster today at lunch.

Online CALM

All summer CALM marks are complete and will be on your first report card in November.

Jacket Racket 2017

Jacket Racket is gearing up for 2017. NSS will be collecting Jackets from October 10 until November 10, 2017. Students, please bring your new or slightly used jackets to your teacher advisor.

Last fall Jacket Racket distributed 2500 coats to Calgary schools and social agencies such as The Alex, CUPS, Catholic Social Services and the Awo Taan Healing Lodge.

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 [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 today, October 3 in room 118.

Important Dates

October 16 – PD Day – NO CLASSES

Important Meetings

Leadership Meeting

TODAY 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

To 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 **signed** demographic report, please do so as soon as possible. **It is critical to have current demographic information for our submission to Alberta Education.**

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

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>

Who is this program for?

This program is designed for development and competitive athletes ages 13-18 who are looking for customized sport-specific conditioning programs to support performance for their competitive seasons.

Program outcome

This eight-week strength and conditioning program will help you develop specific conditioning elements to support your individual sport performance goals, maintain foundational fitness, and refine your movement competency to prepare you for your competitive season.

What is included

- Initial consultation/pre-screening with WinSport's Athlete Development Specialist and Strength and Conditioning coach
- Development of a customized, periodized training program to support your individual sport specific training and competition goals
- A one hour 1:1 orientation session to your customized program
- Three 75-minute semi-private coaching sessions per week at the Performance Training Centre
- Supplementary training program design
- All registered participants will receive an Under Armour training shirt

cbe.ab.ca



Calgary Board of Education

Leadership Link



Message from the Chief Superintendent

We have had a very busy and successful start to this school year, and I would like to share some of the highlights.

We opened Manmeet Singh Bhullar and Marshall Springs Schools in August and September, and Ron Southern and Griffith Woods Schools are set to open later this year. These four schools will create 3,000 exciting new learning spaces for students.

Our communities keep expanding, and we expect to report another record year of student enrolment. To support our more than 120,000 students, we hired an additional 240 teachers this year.

I hope that many of you were able to attend a welcome back or meet the teacher event at your schools. We encourage families to be a part of their school communities and I look forward to working together for student success.

David Stevenson
Chief Superintendent of Schools

Election Day is October 16

Calgary's civic election is October 16. Remember to get out and vote for your school trustee, mayor and city councillor.

This is a system-wide non instructional day and many of our schools will be used as polling stations.

Non-instructional days

Ever wondered what happens during a non-instructional day at your school? Students are not in attendance, but staff are working.

Non-instructional days may be used for parent/teacher/student conferences, professional learning for staff, appeals or organizational work. They provide opportunities for school and system

staff to work together as well as provide cost-saving measures for transportation. Individual schools may have the ability to include additional non-instructional days, depending on the circumstances.

Speak to your school's principal for more information on the professional learning opportunities happening at your school!

Classroom Improvement Fund

The CBE has been allocated \$13 million through the Classroom Improvement Fund grant. Through a grant application approval process, each school may be eligible for the following (for example): hiring of an additional part-time teacher or non-teaching staff, cost of new or augmented professional development initiatives to address student specific needs, or material or equipment for the classroom.

Principals and staff are collaborating on grant proposals to improve the student experience in the classroom.

2017-18 School fees

CBE fees for the 2017-18 school year have been finalized and approved. Fees are loaded into parents' [My CBE Account](#) during September and October. A confirmation email will be sent in October to all parents/guardians who pre-registered for yellow school bus service. The email will include transportation fee information and payment options. You can cancel your transportation pre-registration with no financial penalty using My CBE Account or replying to the confirmation email before Oct. 31, 2017.

No child is ever denied access to an education in the CBE because of an inability to pay. The CBE has a waiver process for families who can't afford to pay the fees. Visit our [Waivers](#) page for more information and the documents required as proof of income.

Parent Resources

Check out Alberta Health Community Education Services Upcoming Workshops – some highlights of workshops, but many more on CES website.

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

October 5 – Social Media and Teens

October 17 – Childhood Anxiety

October 19 – Marijuana and the Developing Brain

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 2017-2018

Name	Sport	Competition	Accomplishment
Chase Robertson	Equestrian	Pacific Regional Championship	First Place

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