



National Sport School

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TA Bulletin #7 | October 17, 2017

Important Dates

October – Collection for Jacket Racket till November 10th

October 19 - Awards Ceremony

October 24 – WE DAY application form due – see Ms. McGregor

Important Meetings

URGENT: NSS Awards Night Speakers – Meeting TODAY in Room 113 at lunch

Leadership Meeting
TODAY in room 118

PARENT MEETINGS

January 15, 2018 -
Motivating Your Teenager -
Community Health Services

NSS Awards Night Speakers' Meeting – URGENT

Meeting TODAY in Room 113 at lunch. Would the following students please meet the Awards Team in Room 113:

Grace Lew	Madison Hilderman
Isla Hawkins	Mikey Walker
Megan Tucker	Matt Topham
Alessio Carello	

Leadership Meeting

Please meet in Room 118 today. We need a team to work on clothing orders and a team to work on Halloween festivities.

NSS FEES 2017-2018

Thank you to all parents who have paid this fee, however we are very concerned that we have more than 50% of NSS fees still outstanding.

Payments can be paid **online** 24/7 for your convenience or by sending a cheque payable to “National Sport School” with the completed NSS Fee Agreement form (**attached** here again). Printed forms are also available at the office. Payment **as soon as possible** would be greatly appreciated. Thank you for your cooperation.

Cross Country City Championships

Congratulations to the students that braved the freezing temperatures and participated in the Cross Country City Championship on October 11th. Please see results towards the end of the TA Bulletin under Accomplishments.

Farewell

It is with sadness that we say farewell to Toby Brodwin, our Secretary/SIS Assistant. However we are happy that Toby is moving to an exciting position with CBE. We thank her for her 5 years of service to our staff, students and parents. She will be missed by all.

Welcome

Please welcome Susan MacDonell, our new Secretary/SIS Assistant who has been with CBE for 30 years. Please stop by to say hello on her first day **Monday, October 23rd**, and introduce yourself.

Special Olympics Calgary – Looking for Volunteers

Special Olympics Alberta – Calgary is a sports organization that provides opportunities for individuals with an intellectual disability. We offer a cross country ski program, but this year, we did not have any coaches sign up to volunteer with the program. As this is a qualifying year for our athletes for 2019 provincial games, we are desperately searching for coaches/volunteers to help us out. Please contact Karen Hurley if you are able to assist.

Special Olympics Alberta- Calgary

#14 2180 Pegasus Way NE

Calgary, AB T2E 8M5

T-1. 403-735.1022 F-1. 403.735.1025

Email- karen@specialolympicscalgary.ca

www.specialolympicscalgary.ca

Special Olympics Alberta - Calgary

LOOKING FOR COACHES & VOLUNTEERS
for our Cross Country Skiing program!

CALGARY
SPECIAL OLYMPICS
ALBERTA

Dryland Training
October 21- November 25
Saturdays 9:00am - 10:30am
Foothills Academy
(745—37 St NW)

Skiing
December 2 - February 24
Saturdays: 9:30 - 11:30am
Confederation Park Golf Course
(3204 Collingwood Dr NW)

The poster features four images of athletes in various skiing poses: a skier in a red and white suit, a coach in an orange jacket talking to an athlete, a skier in a blue and red suit with bib number 38, and a skier in a grey and orange suit with bib number 116 celebrating. At the bottom, there are social media icons for Twitter, Facebook, Instagram, and YouTube, along with contact information: @SpecialOCalgary, info@specialolympicscalgary.ca, 403-735-1022, and www.specialolympicscalgary.ca.

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.

WE Day – November 1, 2017 at the Saddledome

This year's WE Day event is on Wednesday, November 1, 2017. It is a full day event, and students are invited to apply for a ticket through the NSS. You will be asked to provide information on your volunteering initiatives (past and present). **Please see Mrs. McGregor** for WE Day application forms. Completed forms are due by **Tuesday, October 24**.

What is WE Day?

WE Day brings world-renowned speakers and A-list performers together with tens of thousands of young people to celebrate their contributions and kick-start another year of inspiration. You can't buy a ticket to WE Day. Students earn their way by taking one local and one global action through WE Schools, our yearlong educational program that engages and empowers young people to become compassionate leaders and active citizens. Some students collect food for homeless shelters. Others raise money to build classrooms overseas. Every young person makes their own journey to WE Day, but together, they discover their power to change the world. – Taken from the WE Day page

For more information, please visit this link: <https://www.we.org/we-day/what-is-we-day/>

Parent Workshop

October Parent Workshop:

25 Things Kids with ADHD Wished their Parents Knew

When: Tuesday, October 17, 2017 from 6:30 pm to 8:00 pm - \$10 at the door

Where: Foothills Academy – 745-37 Street NW, Calgary, AB T2N 4T1

Presenter: Dr. Brent MacDonald, Ph.D. (Registered Psychologist)

Most parents of kids and adolescents who have ADHD try very hard to be compassionate and understanding of the nature of ADHD and its various effects on behaviour, mood, and academic performance. What we can all forget, sometimes, is that somewhere in there is a kid who understands ADHD better than anyone else.

This presentation is based on hundreds of conversations with kids with ADHD and their response to the basic – but critically important-question “What do you wish others knew about you and your ADHS?” Using their own words is a great place to engage in truly understanding the condition and developing more effective ways to work with kids, adolescents, and young adults who have ADHD while also framing the symptoms in a much more positive manner, so the focus is on strengths as opposed to focusing on the negative effects of ADHD. Strategies developed in collaboration with kids with ADHD will also be discussed.

For more information please visit <http://www.foothillsacademy.org/parent-workshop/>

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 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
Devan Dawes	Figure Skating	SASK Skate	1st Place
Milina Giesbrecht	Cross Country	Cross Country City Championships	8th Place (out of 125) and Qualified for Provincials
Mathieu Cyr	Cross Country	Cross Country City Championships	24th Place (out of 106)
Valeria Diaz	Karate	US West Coast Open Karate tournament	Gold Medal – 14-15 yrs category Silver Medal – 15-16 yrs category
Carolyn Maxwell	Luge	Canadian Luge Championships	Bronze Medal
Avery Lebsack	Volleyball	Invitational Tournament	4th Place (with Bowness Volleyball Team)

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

