



National Sport School

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TA Bulletin #15 | December 12, 2017

Important Dates

December 12 - TODAY

Foothills Academy Parent
Workshop – 7:30-8:00 p.m.
[See Page 4](#)

December 13 – Lunch

Debate Club Room 113

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 (Parent-
Focused Approach) @ Hall
of Fame - [See Page 2 & 4](#)

Important Meetings

Leadership Meeting TODAY,
Rm 118 at Lunch

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 is having a door decorating contest. 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!

Leadership Meetings

Leadership meeting will be at lunch on **today** in Room 118

Yearbook Committee meeting will be on Wednesday, December 13th in Room 119

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 will have be starting 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.

Holiday Dress-Up

‘Tis the Season to be Jolly! Dress up in your favourite Holiday attire on Snack Sharing Day Tuesday, December 19th.



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 - Page 6.

January 15, 2018 7:00 PM - 8:30 PM (sign-in at 6:45 p.m.)

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. **See Poster on Page 4.**



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
Josh Burger	Figure Skating	Dance Pairs Skate Challenge - Montreal	9 th 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.**

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.

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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**