



## National Sport School

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**CBE NEWS:** <https://www.cbe.ab.ca/news-centre/Pages/default.aspx>

## TA Bulletin #2 | September 11, 2018

### Important Dates

#### SEPTEMBER

- 11 – 11:45 a.m.** – Leadership Meeting
- 13 & 14** – Students at Camp
- 21** – Non-Instructional Day – **NO SCHOOL**
- 25 – SCHOOL PHOTOS**  
– Grade 9 Vaccinations

#### OCTOBER

- 2** – Terry Fox Run & BBQ (modified timetable) – **PARENT VOLUNTEERS NEEDED**
- 3** – 11:45 a.m. Making Treaty 7 Field Trip to Jubilee
- 8** – Thanksgiving  
– **NO SCHOOL**
- 18** – NSS Reunion
- 19** – Photo Retakes
- 24** – 11:45 A.M. Kiiiktistinoniks (Our Grandmothers) Field Trip to Arts Common
- 25** – NSS Academic Awards
- 26** – PD Day – **NO SCHOOL**

### Message from the Principal

It has been great to get to know the students at NSS and meet many of the parents at the Camp meeting last week. This year we are focussed on our student athletes and their communication and ownership of their learning. We want to support them in advocating for themselves in terms of their schedule, academic and training needs. Please support your child by encouraging them to write emails about their learning needs. Help your child by assisting them with how to approach teachers and/or peers about the conditions they need for success. Parents/guardians need to email or phone about absences as ultimately parents/guardians are required to advise of attendance matters. We would also like feedback from student athletes and parents/guardians about NSS and programming. If there is a compliment or concern please let us know so that we can understand what's working and what's not. This gives us the opportunity to continue with programs and supports that are working and adapt or change those that aren't meeting the needs of our learning community. Quite often "the only limits we have are those we place upon ourselves." Together we can support our student athletes to achieve academic and sport success.

### Students with Individual Program Plans (IPP)

New Staff Member – Lara Moos is our new Resource Teacher and she is joining our team part-time to coordinate your students' Individual Program Plans (IPP) with our staff.

Each student who has an IPP will have an identified Responsibility Teacher who will be the primary support for your student. The Responsibility Teacher, along with Lara, will share the student learning goals with the rest of the teachers that work with your student. Lara will be coordinating the IPP goal setting process with the parents/guardians and Responsibility Teacher.

Please make an appointment with Lara to discuss your student's IPP on September 18, 19, 20 evening, 21, 25, 27 or 28 via email [lemoos@cbe.ab.ca](mailto:lemoos@cbe.ab.ca). She will coordinate with the Responsibility Teacher to also attend the meeting with you and the student.

Following the collaborative goal setting process, the IPP will be sent home for signature. The goals will then be shared with the rest of the teaching staff. If at any time you would like to discuss your child's learning further, please connect with your student's Responsibility Teacher or Lara Moos. Thank you for your engagement and participation in the collaborative IPP process.

## Leadership Meeting

Any students who want to contribute to enhancing the positive school culture and interested in becoming strong leaders in school, sport and life, please join us for our first leadership meeting on **Tuesday, September 11** at lunch 11:45 in room 115 (Ms. McGregor's room)

## Parking of Bicycles

Students have been parking their bicycles by the washrooms causing a **safety hazard** as it is a fire exit. WinSport Security suggests using the bike racks by the Ice House.

## Student Wifi Access

There was a problem with the student wifi which has now been resolved. Students bringing their own devices should now be able to connect with their student login. Thanks to Mr. Yan, our Tech for finding the source of the problem and fixing it!

## Performance Training Centre (PTC)/NSS Student-Athletes Memberships

Reminder/update regarding our Academy Performance athletes and NSS student-athletes memberships and access here at the PTC. All of these athletes have full PTC memberships as part of our greater internal family as of this year. This gives all students access during all operating hours, including weekends, but there are some additional parameters/rules they need to follow:

1. **Sign-in at front desk** – all student-athletes are required to sign in upon arriving at the front desk. We have created binders for each separate group (please note that there are some overlap with the Academy athletes going to the school).
2. **Check-in on floor** – all student-athletes are required to check-in with the training staff upon arrival...every time! This allows us to know we have minors in the facility and can provide additional supervision/support to these individuals or groups as needed.
3. **UA Shirts** – IMPORTANT reminder to all student-athletes of PTC's UA policy and would request that they are **always** representing the brand while in the PTC in return for this privilege. **UA shirts must be worn.**
4. **BNTC Weight Room** – these student-athletes can also access the BNC (Bob Niven Centre) weight room if they prefer during the BNC regular operating hours. **Check-in will take place at the front desk only.**

*Message from Manager, Sport Development – WinSport*

## Cross Country/Golf

- 1) Any students who are interested in joining the Cross Country team. There will be an information meeting Tuesday at lunch in room 121.
- 2) Any grade 10-12 students who are interested in joining the golf team. See Mr. Jewan after school on Tuesday.

## Student Attendance

Please email [attendance\\_nss@cbe.ab.ca](mailto: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.

## Important Camp Reminders - Packing for the Weather

We are looking forward to camp at the end of the week. Snow, rain, or more snow, camp still goes on and we will be spending much of the day outside. In order to have the best experience possible please ensure that you are packing warm, dry clothing. Please refer to the packing list for everything you need. With the weather looking a little damp and chilly and possibly snowy it would be excellent to include some of the following items:

- winter boots or some sort of waterproof shoes/hikers
- several pairs of extra socks
- an extra set of warm clothing
- toques and mitts (waterproof if possible)
- winter jackets and snow pants and/or rain jacket and pants
- extra-large black garbage bags to put your bags in so they don't get wet while loading and unloading (if you put your bags into plastic bags, mark them with your name as they many will look the same)
- insulated travel mug and tea bags if you prefer tea (we will be providing hot chocolate)

See you at camp!

## Accomplishments

At NSS we are proud of our students' accomplishments in their sport. Please submit yours to [sgmacdonell@cbe.ab.ca](mailto:sgmacdonell@cbe.ab.ca) / [dsahfat@cbe.ab.ca](mailto:dsahfat@cbe.ab.ca) or to your Teacher Advisor. See below our table which we would love to see filled with your accomplishments! Any pictures in action are also welcomed!

## Accomplishments 2018-2019

| Name                   | Sport             | Competition   | Accomplishment  |
|------------------------|-------------------|---|---|
| <b>Cory Rogans</b>     | Mountain Climbing |   | <b>Links:</b><br><a href="https://gripped.com/news/new-rockies-routes-explore-remote-walls-bow-valley/">https://gripped.com/news/new-rockies-routes-explore-remote-walls-bow-valley/</a><br><br><a href="https://gripped.com/news/mike-doyle-sends-blue-jeans-direct-5-14-yam/">https://gripped.com/news/mike-doyle-sends-blue-jeans-direct-5-14-yam/</a> |
| <b>Lisa Cozma</b>      | Track and Field   | Alberta Track and Field Provincials<br>Alberta Summer Games<br>Legions National Track and Field | <b>Gold Medal – Heptathlon</b><br><br><b>Gold Medal – 100m hurdles</b><br><br><b>6<sup>th</sup> Place – Heptathlon</b>  |
| <b>Miki Chantler</b>   | Rowing            | Western Canada Sprints<br>Alberta Open<br><br>Royal Canadian Henley<br><br>Western Canada       | <b>Gold – Double</b><br><br><b>Gold Medal – Four</b><br><b>Gold Medal – Quad</b><br><b>Silver Medal – Eight</b><br><b>Gold Medal – Double</b>   |
| <b>Jarvis Chantler</b> | Rowing            | Western Canada Sprints<br><br>Alberta Open<br><br>Royal Canadian Henley<br>Western Canada       | <b>Gold Medal – Quad</b><br><b>Bronze Medal – Double</b><br><b>Silver Medal – Four</b><br><b>Silver Medal – Quad</b><br><b>Silver Medal – Double</b><br><b>Gold Medal – Double</b>  |
| <b>Brooke Frerichs</b> | Golf              |   | <b>Links:</b><br><a href="https://calgary.ctvnews.ca/video?clipId=1456258">https://calgary.ctvnews.ca/video?clipId=1456258</a><br><br><a href="https://calgary.ctvnews.ca/mobile/video?clipId=1472588">https://calgary.ctvnews.ca/mobile/video?clipId=1472588</a>   |

## PHOTO GALLERY



Cory Rogans



Lisa Cozma



## 2017-2018 AGF AWARDS BANQUET ACHIEVEMENT AWARD RECIPIENTS

### **2017-2018 FEMALE T & T - ATHLETE OF THE YEAR**

#### **Alexandra Boucher**

Calgary Gymnastics Centre

Canadian Age Group Team Member – Individual Trampoline and Synchronized Trampoline  
2017 WAGC - 15-16 Individual Trampoline – 31<sup>st</sup>

2018 Junior Pan Am Championships, Team Member - TRI – Finalist (8<sup>th</sup>), TRS - SILVER

2018 Pacific Rim, Team Member - TRI – Finalist (8<sup>th</sup>), TRS – 4<sup>th</sup>

2018 Canadian Championships – SILVER, L5 TRS & GOLD Women's TRA Team

### **T & T FEMALE**

#### **Abby McCaig**

Calgary Gymnastics Centre

2018 Canadian Championships GOLD, L6 17U DMT; BRONZE, L6 17U TRA; GOLD Women's DMT Team

### **T & T MALE**

#### **Mitchel Pedersen**

Calgary Gymnastics Centre

2017 WAGC Team Member – 53<sup>rd</sup> TRA 15-16

2018 Junior Pan Ams Team Member - TRA

#### **Roman Carlson**

Calgary Gymnastics Centre

2018 Canadian Championships - SILVER, Junior TRA; BRONZE, L6 17U DMT; GOLD Men's TRA Team