

National Sport School TA Bulletin #4 September 25

Important Dates

Sept 25 SCHOOL PHOTOS
Sept 25 Grade 9 Vaccinations, AHS Immunization Update bottom of bulletin
Sept 25 6 pm Parent Council
Oct 2 Terry Fox Run and BBQ (modified timetable 1,2,TA,3,4)
Oct 3 11:45 am Making Treaty 7 Field Trip to Jubilee (21 students)
Oct 8 Thanksgiving Holiday No School for Students
Oct 10 Practice SAT(PSAT)
Oct 18 NSS Reunion (evening - ticket purchase - details to come)
Oct 19 Photo Retakes
Oct 24 11:45 Kiiktistinoniks (Our Grandmothers) Field Trip to Arts Commons (21 Students)
Oct 25 NSS Awards
Oct 26 PD Day No School for Students

Practice SAT(PSAT)

Any student wanting to write the Practice SAT(PSAT) Wednesday Oct. 10th in period 1 and 2 please see Mr. Jewan to sign up sport limited.

Leadership

There is a leadership meeting on Tuesday, September 25, 2018 at lunch in room 113.

Orange T-Shirt Day

Every year at the end of September, Canadians across the nation wear orange shirts to raise awareness of the residential school system and assimilation of First Nation children during the last 100 years. Orange Shirt Day is also an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come. On behalf of Leadership, **NSS will be hosting its own orange t-shirt day Monday, October 1st 2018.** At the end of 2nd period students with an orange shirt will gather for a picture outside. For more information on the matter, you can visit <http://www.orangeshirtday.org/>

Toonie Tuesdays - The Terry Fox Foundation

The Terry Fox Foundation has worked for over thirty years to achieve Terry Fox's vision of a world without cancer. **Starting this Tuesday, donations for the Terry Fox foundation will be accepted to further cancer research.** NSS will be hosting its annual Terry Fox run will be held on Tuesday, October 2nd 2018. For more information on the matter, you can visit <http://www.terryfox.org/>

Yearbooks from 2017/18 are in

They will be handed out in TA. Students - If you are interested in contributing to the yearbook please watch out for the upcoming meeting in the next couple of weeks. We will be expecting that one student from each TA will be helpful in creating their TA page for the yearbook.

Parent Council Meeting

Tuesday September 25 from 6:00 - 7:30 pm - All parents/guardians invited.

6:00 - 6:30 Parent Council Meeting

The Parent Council provides support to school administration and are a requirement for each school. We are in need of Parent Council volunteers, including Council Chair as the past chair has stepped down. Typically there are 8 meetings (Sept, Oct, Nov, Jan, Feb, Mar, Apr, May) per year. Each meeting we discuss the happenings at school and gather parent input and feedback. At times we will share official results of surveys and academic performance as per requirements. We are in need of volunteers to come forward with an expression of interest to participate formally on the council - usually 3-5 for a school our size. All parents are invited to attend on an informal drop-in basis for which ever meetings they are available for and interested in. Typically we will have an information session as well to provide parents with helpful insights, tools and resources to support their parenting of high performance student athletes. This month's session is about mental fitness and is described below.

6:30 - 7:30 Mental Fitness

Clare Fewster: Mental Performance Consultant - NSS

New school, higher level sport, in general, MORE DEMANDS for both you and your student-athlete. Clare Fewster, our in-house Mental Performance Consultant/Counsellor, has gathered a wealth of knowledge from her many years working at NSS. She will be sharing her insights about mental fitness and stress as it relates to the student athlete. Specifically, she will highlight some of the challenges adolescents face as they navigate their way through the demands of school, sport and being a teenager. She will also discuss how we, as parents, can support our children through these pressure-filled years. Clare will outline how she can work with our student athletes to assist them with the unique challenges they can face.

We hope to see you there!

Upcoming University Information Sessions:

U of C - November 20, 2018 11:00 am – 4:00 pm
UBC November 13, 2108 9:4 0am – 10:30 am

Grade 9 and 10 Upcoming Fieldtrip on October 3rd

At NSS 'We are all Treaty People' - what does this mean? As a part of our developing awareness and learning more about Indigenous history and culture, the Humanities team is taking 22-40 Grade 9 and 10 students to see 'Making Treaty 7'.

2018 Making Treaty 7 production is grounded in the Blackfoot word Kaahsinnoniks which roughly translates to ancestor – yet means so much more. Building on the Making Treaty 7 productions which saw sold-out crowds since 2014 and a national tour last year, in 2018 we take a fresh look at the history and legacy of the events at Blackfoot Crossing in 1877. Making Treaty 7 is a unique intertwined work of dance, theatre, music and poetry built on guidance and stories from Treaty 7 Elders, and through them our Kaahsinnoniks. The performance invites an exploration of the true spirit and intent of what the treaty meant to Indigenous peoples, while investigating the consequences and implications of Treaty 7, 141 years later.

Wednesday, OCTOBER 3 at 11:45 am (buses board at 10:45) at the Southern Alberta Jubilee Auditorium . If you'd like to experience this amazing, groundbreaking production, please see Ms. Moos. Field Trip Forms need to be in by Thursday, Sept 27th! So we can order more tickets if needed. The first students to get their forms in, will be selected. If there are leftover tickets grade 11's and 12's are welcome to come. Make sure you sign up with Mrs. Moos and get a form.

There are also public performances in the evenings on October 3rd and 4th. Tickets are available through Ticketmaster. Receive \$10 off with the CODE MT2018.

Accomplishments

Congratulations to NSS Golf team members for their participation in last week's ASAA Calgary Zone Qualifier. Moving on to the ASAA Golf Provincials winning the boys event was Elias Theodossopoulos. Grace Bell finishing second in the girls event will also be competing in the ASAA Golf Provincials September 24 and 25 in Calgary.

Darwin Orsler, Mountain Biking

XCO Championships September 2018, Gold Medal – U17
Marathon Provincial Championships September 2018 - Gold Medal – U17
XCO Championships- June 2018 - Bronze Medal – U17

Isabelle Orsler, Mountain Biking

XCO Championships September 2018, Gold Medal – U17

Chase Robertson, Equestrian

North American Youth Championships – Dressage, Jr Young Rider
Bronze Medal – Individual Test, Gold Medal - Freestyle

Emily Tobber, Equestrian

Alhambra Fall Championships - 1st Place – 3 Day Eventing

Elias Theodossopoulos, Golf - CBE Golf Qualifier - 1st Place

Liam Collens, Soccer -GK Soccer Provincials - U17-Tier 1 - Gold - Team qualifies for Nationals

Liam Collens - photo

Alberta Health Services Immunization Update

Changes and Updates to the School Immunization Program

Alberta Health has made changes to the school immunization program that will take effect in the 2018/19 school year.

What is changing?

HBV and HPV vaccines

Previously in Alberta, Grade 5 students were offered three doses of vaccine for Hepatitis B (HBV) and three doses of vaccine for Human Papillomavirus (HPV). Alberta is moving from a three-dose vaccine schedule in Grade 5 to a two-dose vaccine schedule in Grade 6 for both HBV and HPV vaccines. Alberta Health has made this change to align with the evidence, which shows that administering two doses at least six months apart will provide children with good protection against Hepatitis B and Human Papillomavirus diseases.

The Grade 9 school immunization program including the diphtheria, tetanus and acellular pertussis (dTdap) and Meningococcal (MenC-ACYW) vaccines will continue to be offered.

The HBV vaccine given in a two-dose series is approved for children 11 years up to and including 15 years of age. In Alberta, the majority of students are 11 years of age in Grade 6, therefore HBV immunizations will be offered in Grade 6 rather than Grade 5.

The HPV vaccine given in a two-dose series is approved for children 9 years up to and including 14 years of age who have a well-functioning immune system. HPV immunizations will be offered at the same time as the HBV vaccine, in Grade 6 rather than Grade 5. A three-dose series will continue to be offered to students with compromised immune systems.

Catch-up immunization program

In the 2018/19 school year, public health nurses will be reviewing the immunization records of all Alberta students from Grades 1 to 9 to assess immunization status. You will be contacted if your child is missing immunization information.

With your consent, your child can be offered the immunizations they are missing at school. You will continue to have the final decision on immunizing your child.

As per current practice, if a highly contagious vaccine-preventable disease, such as measles, occurs at school, children with missing immunization information or declined immunization may be excluded from school to protect their health. In some cases, children may need to stay home for several weeks.

Below is an outline of the changes that will occur to the school immunization program in the 2018/19 and 2019/20 school years.

2018/2019 School Year

Students in Grade 5 will not be immunized with the HPV and HBV vaccines, as they will be offered the vaccines the following year in Grade 6.

With your consent, children in Grades 1 to 9 who are missing immunizations will be offered immunizations at school.

2019/2020 School Year

Students in Grade 6 will be offered immunization with the HPV and HBV vaccines as a two-dose series.

With your consent, children in Grades 1 to 9 who are missing immunizations will be offered immunizations at school.

Alberta Health Services, Public Health will work closely with the schools and school authorities to ensure that immunization does not interfere with students taking the Provincial Achievement Tests.

More information on immunization and Alberta's routine immunization schedule and changes to the school immunization program is available at www.health.alberta.ca/health-info/immunization.html

If you have any questions about immunizing your child, please contact your school's public health nurse, call 811 or visit <http://immunizealberta.ca/>.