

# National Sport School TA Bulletin October 30, 2018

---

## TA Bulletin October 30

### Important Dates

- Oct 30 Leadership Meeting at Lunch
- Oct 30 TA Pumpkin Carving
- Oct 31 Halloween - Wear Costumes
- Nov 2 Due date to register for November 21 math contest (from U of Waterloo)
- Nov 13 Report Cards - Virtual  
UBC Presentation
- Nov 15 Bowness/NSS Common Open House - 7PM @ NSS
- Nov 19 Grade 9 Vaccinations
- Nov 20 Parent/Teacher Interview - 11am-7pm  
Post-Secondary Day - 11am-2pm
- Nov 22 NSS Open House - 7pm @ NSS
- Nov 23 Non-Instructional Day - no classes
- Nov 27 University of Victoria Business School presentation
- Dec 7 Non-Instructional Day - no classes
- Dec 21 Last day of classes before Winter Break
- Dec 24 - Jan 4 WINTER BREAK
- Jan 7 Classes resume

### In this Issue

- Athlete Accomplishments
- PowerSchool - Update on Marks and Report Card
- Parent Teacher Interviews Sign Up
- Culture of Excellence and Awards Night Appreciation
- University of Waterloo Math Contest
- Halloween Costumes on October 31
- Scholarship information
- NSS Athlete Performance Review

## Accomplishments

- **Madison Tansowny, Gymnastics**

Alberta Gymnastics Federation (AGF) 2018 National Achievement Award.



- **Alexandra Boucher, Gymnastics**

T&T Female Athlete of the Year 2018

- **Gabriel Mata, Karate**

Bronze in Karate 1 Tournament, Cancun

- **Matej Pederson, Speed Skating** (NextGen Team 2018-2019)

4th Place B Final, Division A 1500m-KSPN KPS International ST Invitation Cup Heerenveen, Netherlands

3rd Place A Final, Division C 500m-KSPN KPS International ST Invitation Cup Heerenveen, Netherlands

2nd Place overall, 100m Junior A Men-Alta Valtellina Trophy, Bormio, Italy

1st Place, B final of Junior A 1500m-Alta Valtellina Trophy, Bormio, Italy

6th Place Overall Classification for Junior A Men-Alta Valtellina Trophy, Bormio, Italy



## PowerSchool - Update on Marks and Report Card

As many parents and students have noticed the marks summary is not available on Power School as teachers work behind the scenes documenting mid-term marks for Semester 1 and write their comments. With Power School it's all or nothing so we will make marks and comments visible on Report Card Day which is November 13. The Report Cards will be visible by noon on November 13. Report Cards will be virtual only. If you would like a printed report card please email Sue Macdonell at [sgmacdonell@cbe.ab.ca](mailto:sgmacdonell@cbe.ab.ca). If you have any questions about the report cards in general please ask your student's teacher. If you have other questions please contact Kathy Salmon, Principal at [klsalmon@cbe.ab.ca](mailto:klsalmon@cbe.ab.ca) or Rob Jewan, Assistant Principal at [rdjewan@cbe.ab.ca](mailto:rdjewan@cbe.ab.ca).

## Parent Teacher Interview Sign Up

Parent Teacher interviews are on November 20 from 11am to 7pm. The sign up for parent teacher interviews will be open November 13 at 7am. Book your interviews by logging in to your My CBE/PowerSchool account at <https://sis.cbe.ab.ca/public/home.html>. If you experience any difficulty please email please email Sue Macdonell at [sgmacdonell@cbe.ab.ca](mailto:sgmacdonell@cbe.ab.ca).

## Culture of Excellence and Awards Night Appreciation

The Awards Night held on October 25th was the epitome of excellence! The biographies of the award recipients were inspiring. The accomplishments of our student award recipients as nothing short of amazing. Congratulations to all of our winners for this well deserved and earned recognition of all of your hard work. The students who volunteered as Masters of Ceremonies and award presenters were exemplary in the way they carried themselves and delivered powerful messages. The awards would not have happened without the leadership of Ms. Bell McGregor, Mrs. Danielle Boughton and Mrs. Laila Moos. These teachers worked tirelessly behind the scenes to create a very special evening. We invite all of our students to take the opportunity to reflect on themselves as athletes, students and community contributors. We know there is much excellence in many of our students in these areas. You are encouraged to continue to aspire to do your best in all you do. "What your heart can believe, your mind can conceive and you can achieve!" - Napoleon Hill, Jesse Jackson and Muhammad Ali

Award Name	Winner Name
Grade 9 Citizenship Booster Club Award	Kendra Hawkins
Grade 10 Citizenship Booster Club Award	Max Stretch
Grade 11 Citizenship Booster Club Award	Grace Lew
Grade 12 Citizenship Booster Club Award	Isla Hawkins
Avish Makol Award for Citizenship	Matthew Topham
Grade 9 WinSport Academic Award	Kailey Allan, Zoe Phaneuf
Grade 10 WinSport Academic Award	Mitchel Pedersen, Olivia Gibson & Max Stretch
Grade 11 WinSport Academic Award	Elijah Thompson, Alessio Carello
Grade 12 WinSport Academic Award	Matthew Topham, Isla Hawkins & Claire Timmermann
Governor General Bronze Medal Winner	Connor Howe
WinSport Athlete Development Award	Eryka Dupuis-Lepack & Hunter Nelson

## University of Waterloo Math Contest

Please see Mr. Beaudin ASAP if you are interested in writing on November 21st. The deadline to register is November 2nd (this Friday).

## Halloween Costumes on October 31

All NSS student athletes and teachers are encouraged to wear costumes to celebrate Halloween and build NSS spirit. Dress up as a traditional Halloween ghoul, a meme, an emoji, a star, a sport hero, a historical person, or a character from a book - anything goes! All we ask is that you are mindful as you

choose your costume and ensure they are 'tactful' and not too gory or daring! We hope everyone has a ghoulishly great day!

## Scholarship Information

- Terry Fox Humanitarian Award - Valued at \$28,000

Suitable candidates are those who demonstrate true humanitarianism, are compassionate and altruistic. They are doers who inspire and make positive impacts on the lives of others.

Although marks of distinction in academics, athletics and civic life will be looked at, the factors most heavily weighed are **courage and humanitarianism**.

- For online application system and further eligibility criteria visit [www.terryfoxawards.ca](http://www.terryfoxawards.ca)

•

## NSS ATHLETE PERFORMANCE REVIEW

The Performance Training Centre (PTC) is excited to offer Athlete Performance Reviews to the NSS student-athletes. Athletes can either review their current training plan or build a new training plan if they currently do not have one through their sport organization.

How to book:

- Contact the Performance Training Centre at [train@winsport.ca](mailto:train@winsport.ca)
- An initial consult will be scheduled with our Exercise Physiologist. It is recommended that a parent/coach be present at this consult.

After the initial consult, the athlete will receive a training plan which will be reviewed every 4 weeks with their assigned Strength & Conditioning Coach to allow for progress monitoring and program adjustments. The initial consult will be approximately an hour, and the review process every 4 weeks will be approximately one and a half hours to allow for a review of the previous 4 weeks and an orientation on the next phase of the training program.

The NSS student-athlete will be able to complete their dryland training in the PTC during their free time. We highly recommend that the athlete's coach be involved in the initial review process, so strength and conditioning can be incorporated into their current yearly training plan. These reviews are available to all NSS students upon request.

---

National Sport School



**Calgary Board of Education**

---