

TA Bulletin November 19

Important Dates

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

In this issue

Athlete Achievements
Culture of Excellence
NSS Performing Arts Club
NSS Scholastic YA Teen Book Club
Athlete Development (Gym Strip)
Leadership (NSS Clothing Sales and Sandwich Making)
Peer Tutoring for Chemistry and Biology:

Athlete Achievements

Please provide us with information about your athletic successes so we can celebrate with you. Send your results and pics if you have them to sgmacdonell@cbe.ab.ca.

Culture of Excellence -

The Bully and the Bystander - Being aware of your role

While being excellent is a challenge that most NSS student athletes rise to daily in academics and their sports sometimes it's the social parts of the student athlete's day that it's harder to make the right choice. In any given situation there are typically four roles that youth take on: Leader (initiator), Participant (contribute, exacerbate), Follower (engage, may be reluctant), and/or Witness (observer). This is okay when the action is positive or neutral towards others. However, when the action is negative towards others these roles either support the leader in the unkind act or don't take any action at all - they are bystander roles. This results in attention being given the bully and continued bullying of the victim. Youth need to think about the role they are taking on and stand

up to it and make a change. When one person initiates unkind words/actions the others in the group or those nearby need to respond in different ways to make it stop. They can be the Advocate (say no and stand up); the Distractor (changes subject gets initiator to focus on something else), Diffuser (removes themselves and takes victim away), and reporter (tell an adult). When youth stand up and stop accepting negative behaviour and unkind acts towards others it makes the difference to stop bullying.

National Anti-bully week is November 18-22, 2018

<http://www.bullyingawarenessweek.org/> , <https://www.bullyingcanada.ca/>

NSS Performance Arts Club



“Hear Ye, Hear Ye!, Calling all who secretly dance, sing, act or play a musical instrument or to those who wish to...”



Mrs. Moos is going to start a Performance Arts Club on Wednesdays at lunch. We can do some Improv, sing some rap, plan a visit to the theatre, or make a scene. It's up to you how this club can develop and grow.

To start: Help is needed to organize a 'NSS Showcase' for December. This will be a talent showcase for anyone who wants to bring out their artistic side and perform in a casual cabaret style. Let's meet this Wednesday at lunch in Room 118!

NSS' YA Teen Scholastic Book Club!

This month we will launch a 'Scholastic Reading Club' at National Sport School. Yes, that's right, Scholastic is also available for high school students and ordering is online! (Sorry, no fun flyers to be sent home and get lost). Please take a few moments to explore the selection online together and let your teen choose some books he or she is excited to read. They are great for presents as well! Click [here](#) for the online flyer.

Each month, the online flyers are filled with trusted, excellent quality YA TEEN books that are just right for your teen's reading level and interests. You can still also order from ARROW flyers (middle school and junior high) as well as Preschool – Grade 6. Selections change monthly! Scholastic is a very affordable way to purchase books. Plus, your order helps our NSS classrooms earn FREE books and resources!

Here are some books for this month: 'The Grand Escape' by Neal Bascombe , 'Resistance' by Jennifer E. Neilsen and 'Tough Issue Pack'. Once you've made your selections, please order online at www.scholastic.ca/canadaclubs

Your online order will be sent to Mrs. Moos automatically. Please submit your order by **NOVEMBER 30th**. All orders will be delivered to the school directly. Thank you for supporting your teen's reading success both at home and in the classroom!

Please email Mrs. Laila Moos if you have any questions at lsmoos@cbe.ab.ca

Athlete Development

Gym Strip

Students are required to wear their NSS gym strip daily for the Athlete Development Class. Each student received a gym strip shirt at camp, if you would like to purchase an additional the cost is \$15.00 or previous years are \$10.00, please see your Athlete Development teacher.

Any student who has borrowed loaner gym strip please return it immediately to the front desk as we require it to be returned at the end of the class for which you borrowed for laundering.

NSS Leadership

Students can join leadership any time and doesn't matter if you won't be able to make all the meetings.

CLOTHING - ORDER FORM HAS FINALLY ARRIVED....Please click on the link [HERE](#) to access the order form. Students have chosen to embrace the champion clothing this year. You will be able to try on the clothing at lunch times to ensure sizing. We also have NSS buffs, toques, ball caps, and t-shirts to purchase for \$10/item.

Sandwich making (brown bag lunch) for Drop In Centre- Over the past few years, NSS families have come together to make hundreds of sandwiches for the clientele at the Calgary Drop In Centre. This year the event will take place during TA on Tuesday, December 11. In order to make the sandwiches we need help from our NSS families to bring in the following item:

- Bread
- Cold meat
- Cheese
- Condiments
- Granola bars

Please note that the sandwiches will be frozen so no fresh vegetables can be added to the sandwiches.

Peer Tutoring for Chemistry and Biology:

There are only 8 weeks left of school and due dates are arriving faster than you think. If you are having trouble grasping certain concepts or need help with your assignments in Chemistry 20, 30 and Biology 20 and 30, come see Lisa Cozma (grade 12 student) with your questions after school in the student area, during TA, during period 3 in the spare room, or email your questions @ mihacaltaf@gmail.com.

If you need my assistance, give me a heads up on the content so I can be aware of the material we will work on. Don't be shy in asking for help!"

Thank you! Lisa C. :)