

# National Sport School

TA BULLETIN (#11)

November 16, 2016

<p><b><u>UPCOMING IMPORTANT DATES</u></b>  <i>November 22 – Sandwich-making Day for the Calgary Drop-In Centre</i>  <i>November 24 – NSS Open House – 7:00 pm at NSS</i>  <i>November 25 – Post-Secondary Day – <b>NO CLASSES</b></i>  <i>December 2 – Non-Instructional Day – <b>NO CLASSES</b></i>  <i>December 16 – <u>Last day of classes before Winter break</u></i>  <i>January 3 – <u>Classes Resume</u></i></p>	<p><b><u>UPCOMING MEETINGS</u></b>  <b>Yoga</b> – NO YOGA in November  <i>Leadership Meeting – TODAY AT LUNCH IN ROOM 119</i></p>
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## **SANDWICHES FOR THE CALGARY DROP-IN CENTRE**

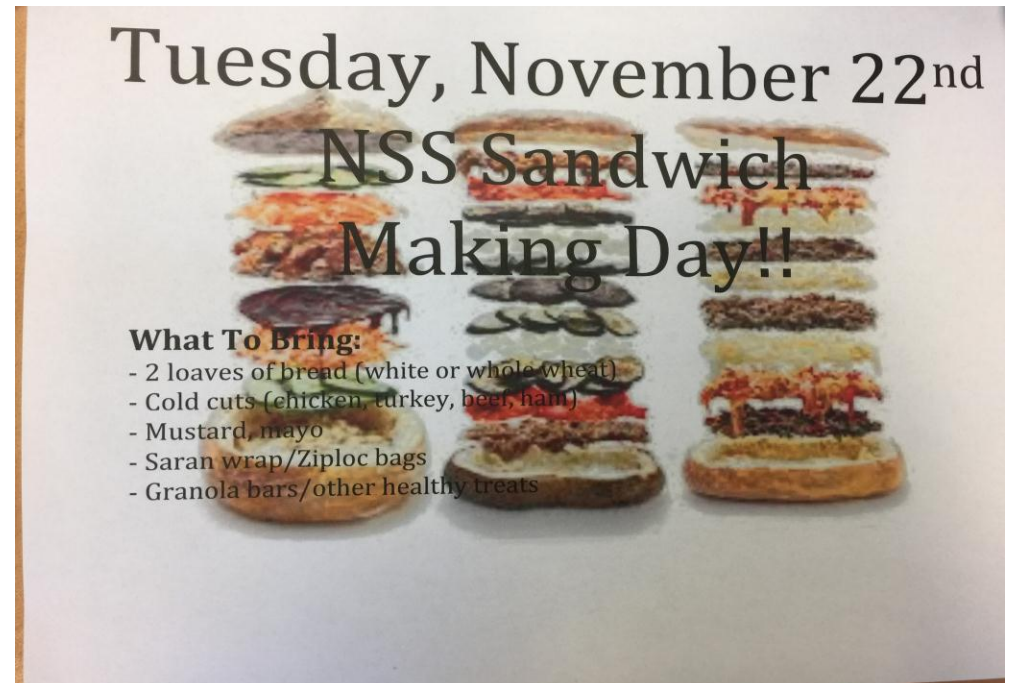
On November 22 NSS will be making sandwiches for the Calgary Drop-In Centre. Parents: please read the **attached** letter from our student leadership team on how you can help! Thank you!

**TAs - We would really appreciate your help in organizing each TA with a variety of items from the list below.** We need **everyone** to contribute to this worthy cause! We would like everyone to bring one or more items from the list below. Thank you very much!!!

**Our goal is 1000 sandwiches!**

- 2 loaves of bread (white or whole wheat)
- Cold cuts (chicken, turkey, ham or beef)
- Mustard/ Mayo/Butter/Margarine
- Saran wrap or Sandwich/Ziploc bags
- Granola bars or other healthy treats

**NO VEGETABLES PLEASE. THESE SANDWICHES WILL BE FROZEN!**



## **COOKIE DOUGH SALES**

Grade 10 Humanities class is doing a Cookie Dough Fundraiser for the Mustard Seed as part of their Social Action. Please see attached forms for more information. Order forms are due November 24<sup>th</sup>.

## **PICK-UP AND DROP-OFF OF STUDENT-ATHLETES**

For anyone who picks up or drops off their student-athlete, please use the loop in front of the Markin MacPhail entrance. The parking lot in front of the school door (west side) gets very congested at school start and end. Delivery vehicles have had difficulties accessing the school and other businesses as a result. The east door (back of the school) is open before and after school for students to come through and this is accessible directly from the Markin MacPhail drop-off loop.

## **NOVEMBER 25<sup>TH</sup> – POST-SECONDARY DAY**

NSS student-athletes and families, please join us from 9:00 a.m. until Noon on Friday November 25<sup>th</sup> to explore the post-secondary application process. Representatives from several post-secondary institutions from Alberta and western Canada will be available to discuss their schools, applications, scholarships and answer any questions you may have.

## **LEADERSHIP MEETING**

There will be a leadership meeting in room 119 today at lunch.

## **ACCESS FOR NSS STUDENTS TO THE BNTC**

As of **Thursday, October 20, 2016** all National Sport School Students between the ages of 14-18 years of age have access to the BNTC for a low price of \$99.00 + gst.

*Conditions:*

Valid for the duration of the school year only (Expires June 30, 2017)

*Without a coach access:*

Monday – Friday            3:00pm – 9:00pm

Sat/Sun                        1:00pm – 5:00pm

Visit a Guest Service Specialist at the BNTC today.



Calgary Board  
of Education

National Sport School



winSPORT  
Winter Sport Institute

# OPEN HOUSE INVITE

20 Plus Members of Canada's Teams at the 2010 and 2014 Winter Olympic Games completed their high school education at the National Sport School.

We invite you to attend our annual Open House to find out why.

**Date:** Thursday, November 24, 2016

**Time:** 7:00 pm - 9 pm

**Location:** National Sport School

110-151 Canada Olympic Road SW

403-777-7329

The National Sport School is a collaboration between WinSport and the Calgary Board of Education. It was established in 1994 to provide an environment for Canada's high-performance student-athletes to pursue excellence in both their academic and athletic careers. The National Sport School is well-known for its strong academic standing, as well as its innovative learning environment customized for high-performance student-athletes.



# ACCOMPLISHMENTS

## 2016-2017

NAME	SPORT	COMPETITION	ACCOMPLISHMENT
Miki Chantler	Rowing	Competition in Victoria	<b>2<sup>nd</sup> Place – Women’s Open Double Race (9 University Teams)</b> <b>3<sup>rd</sup> Place – Women’s Open Single (12 University Teams)</b>

Please submit your accomplishments to [tjbrodwin@cbe.ab.ca](mailto:tjbrodwin@cbe.ab.ca) / [dsahfat@cbe.ab.ca](mailto:dsahfat@cbe.ab.ca) or to your Teacher Advisor

**Previous Bulletin:**

**THE VALUE OF LITERACY**

At this time of the year, students are reflecting on how to improve their progress in school. As educators, we are aware that improving a student’s exposure to reading is essential. Daily reading is the ideal practice, however, reading when you can, will help your personal oral and written vocabulary across all subject disciplines. Think about how much reading is required to understand a higher level question in a science or math.

We want to ask staff, and families to help our students be prepared for our reading practice on Tuesdays (during TA) and whenever possible. With this weekly commitment, it is our school’s goal to assist everyone’s academic core understanding and success.

The Calgary Public Library provides library cards for every staff member and student in the CBE. If you are interested in one, please see the front office staff.

**“If you don’t have time to read, you don’t have the time (or the tools) to write.  
Simple as that.” – Stephen King**

"Reading for as little as 6 minutes is sufficient to reduce stress levels by 60%. It slows the heartbeat, eases muscle tension and alters the state of mind."

GALAXY STRESS RESEARCH,' MINDLAB INTERNATIONAL, SUSSEX UNIVERSITY (2009)

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#### **PING PONG PADDLE MISSING**

A very expensive Ping Pong Paddle in a black case went missing on October 31. If you have seen this paddle would you kindly return it to the front office. Thank you.

#### **PARENT/TEACHER CONFERENCES**

The Calgary Board of Education has developed a program which allows parents to book an interview/conference time. To begin you will need to take a couple of minutes to create your account. If you have used the **CBE system** in the past you will not have to create an account, you will use the one you used last time. Please go to <https://webapps.cbe.ab.ca/MyAccount/Account/LogOn> to log in. Conference online booking begins today, **November 8, 2016 from 4:00 p.m. and will end November 14 at 6:00 p.m.** Please see the **attached** for instructions.

#### **NOVEMBER 25<sup>TH</sup> – POST-SECONDARY DAY**

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#### **HOUSE OF COMMONS PAGE PROGRAM**

Don't miss the 2017-2018 House of Commons Page Program Application deadline – Monday, December 5, 2016. The Page Program provides young Canadians with the best seats in the country to listen to heated parliamentary debates of our nation, learn about Canadian politics first hand, as well as share this year-long phenomenal experience with fellow young Canadians from coast to coast. It is an once-in-a-lifetime opportunity that will mark one of the most memorable years of your life. (Cissie Liu, former House of Commons Page). Please see the **attached** for more information.

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November 2016

Dear NSS Parents and Supporters:

Welcome to our ***IndeyGo Cookie Dough*** fundraiser! This year for our Humanities 10 Social Action Project, we are selling cookie dough in tubs to raise money for The Mustard Seed. Money raised will be aimed specifically towards food and nutrition for the shelter. Our goal is to sell over 100 tubs which will raise \$500, so please help us achieve our goal by purchasing some tasty and easy to make cookie dough just in time for holiday baking. Looking for a “treat without the wheat”? They offer **gluten free options too!**

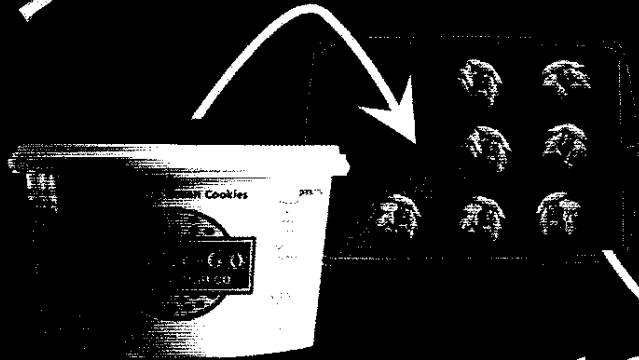
We will be handing order forms out to student athletes at school this week. You will see that there is ample space to include your order as well as any of your neighbours, friends and co-workers! You are also encouraged to photocopy this form and provide to others if that is more convenient. More information is available at [www.indeygo.com](http://www.indeygo.com). The order forms will be due to the Main Office on Thursday, November 24, 2016. Please make cheques payable to the **National Sport School**.

Thank you in advance for your support,

The Mustard Seed Fundraiser Team  
National Sport School

# IN-DEY-GO

Frozen Cookie Dough



## Choose from 10 fabulous flavours!

### Chocolate Chunk

Dark chocolate chunks smothered in love. Chocolate Chunk is our 'true blue' classic.

### Oatmeal Coconut Chocolate Chunk

A delicious blend of oatmeal and chocolate with an IN-DEY-GO twist.

### Oatmeal Raisin Spice

A perfect blend of oats and spice, spiked with plenty of plump raisins.

### White Chocolate Macadamia Nut

Aloha from the Big Island! Chock-full of nuts and creamy white chocolate chunks.

### Dark Chocolate White Chocolate Chunk

The YIN/YANG of cookies. A dark chocolate cookie with white chocolate chunks. Guaranteed to satisfy any chocolate lover's craving.

### The Mother Lode

Whole wheat flour, oats, pecans, sunflower seeds and raisins. You don't have to love granola to fall for this cookie.

### Monster Cookie

With tons of Smarties® buried inside, little monsters young and old love this cookie.

### Shortbread

Light and fluffy... a delicious melt-in-your-mouth sensation.

### Ginger Crinkle

Ginger and spice and everything nice. Guaranteed to put a snap in your step.

### Sugar Cookie

A delectable dough – perfect for the creative cookie enthusiast to cut into shapes and decorate.

Made with non-hydrogenated ingredients  
No preservatives added  
Not available in stores  
Dough can be thawed and refrozen

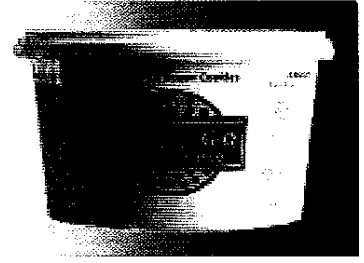


Make delicious gourmet  
cookies in only 20 minutes  
Each tub makes 4-6 dozen cookies  
Dough stays fresh for months in the freezer

**IN-DEY-GO**  
FUNDRAISING INC.

1-877-463-3946

www.indeygo.com



Name of Participant: \_\_\_\_\_  
 Phone # of Participant: \_\_\_\_\_  
 Name of Organization: \_\_\_\_\_  
 Teacher's Name/Class #: \_\_\_\_\_  
 Order Deadline: \_\_\_\_\_

Name	Contact Info	Chocolate Chunk	Dark Chocolate	White Chocolate Chunk	Ginger Crinkle	Monster Cookies	The MotherLode	White Chocolate Macadamia Nut	Oatmeal Coconut Chocolate Chunk	Oatmeal Raisin Spice	Shortbread	Sugar Cookie	AMOUNT PAID
		\$16	\$16	\$16	\$16	\$16	\$16	\$16	\$16	\$16	\$16	\$16	
<b>PLEASE PRINT:</b>													
Total for each Column													

RETURN ORDER FORM BY: \_\_\_\_\_  
 PICK UP TIME & DATE: \_\_\_\_\_  
 PICK-UP LOCATION: \_\_\_\_\_  
 COORDINATOR'S NAME: \_\_\_\_\_  
 COORDINATOR'S PHONE #: \_\_\_\_\_

CHEQUES PAYABLE TO: \_\_\_\_\_

Thank You for  
your support!

TOTAL # OF TUBS SOLD	
TOTAL \$ SUBMITTED	

SELLER'S SIGNATURE: \_\_\_\_\_