



Gheżież studenti,

Din hi s-sena fejn nistgħu nġid li erġajna lura għan-normal, u l-entuzjażmu li bih l-iskola laqgħet l-opportunitajiet kollha li ġew ipprezentati lilha matul din is-sena, jixref f'kull qasam.

Din is-sena wettaqna l-avvenimenti kollha li kienu jsiru qabel il-pandemija u hafna aktar. Is-snin tal-pandemija, fejn id-dinja esperjenzat interruzzjoni tal-hajja normali, għallmuna napprezzaw kemm hu sabih li jkollna sena skolastika mimlija daqs bajda, fejn stajna nwetqu dak kollu li noholmu. Għalhekk, bhala skola din is-sena fittixna li nissodisfaw kull possibbiltà, li nimlew is-sena tagħna b'kull avveniment u li ma nitlifu l-ebda opportunità biex intejbu l-livell sportiv u akkademiku. Wara kollox din l-attitudni hija l-baži tal-ethos tal-iskola, fejn nġid lilkom l-istudenti tibbilanċjaw il-hajja akkademika u tilhqu l-kisbiet li tixtiequ, bl-impenn kollu li titlob karriera sportiva.

Is-snin li għaddew għallmuna wkoll inharsu 'l quddiem b'pożittività, għax fhimna li kull ostaklu nistgħu naħdmu biex negħlbu b'mod innovattiv u effiċjenti. Flimkien rajna li intom ma titilfux it-triq u tibqgħu taħdmu għas-suċċessi tagħkom. Din is-sena akkademika li għadna kemm temmejn kienet b'hekk xhieda tal-perseveranza, kemm tagħkom l-istudenti, kif ukoll tal-iskola bhala tim kollettiv li jahdem għall-ġid tal-isport Malti u l-atletici ċkejknin tagħna.

Ir-riżultati li kisbu l-atletici Maltin waqt il-Logħob tal-Pajjiżi ż-Żgħir, li sar f'Malta fil-ġimgħat li għaddew, iqawwi qalb kull atleta. Dawn ir-riżultati huma xhieda oħra li l-hila sportiva f'pajjiżna qed tiżdied, u li d-determinazzjoni tal-atletici tagħna qed tissaħħah. Rajna kif amministrazzjoni sportiva b'saħħitha tibdel il-ġrajja storika tal-isport Malti u dan jimla lilna l-edukaturi bil-kuraġġ. Is-suċċessi tal-istudenti tagħna, kemm daww passati, kif ukoll daww kurrenti, juru li l-impenn tal-iskola qed iħalli l-frott. L-isforzi tagħna matul din is-sena kienu mmirati biex nagħtukom l-aqwa taħriġ u formazzjoni. L-iskola tkompli tinvesti fir-riżorsa umana, f'taħliem u coaching professjonali, f'attrezzamenti, f'kampijiet ta' taħriġ, f'edukazzjoni alimentari u f'għajjniet speċjalizzati li jgħinukom bhala atleti biex taffaċjaw kull ostaklu fiżiku u psikoloġiku sabiex tilhqu l-miri tagħkom. Din is-sena komplejna wkoll insaħħu t-trawwim tal-għalliema akkademici b'taħriġ lokalment u barra minn



xtutna, u konna għalihom ta' sostenn waqt l-implimentazzjoni tar-riforma kurrikulari preżenti, fejn l-istudenti tas-snin tas-sekondarja bdew it-traġitt tagħhom lejn eżamijiet tal-Matrikola.

Huwa għalhekk li ntemmu din is-sena b'sodisfazzjon. Inhossni kburi bikom li bil-hila u l-grinta tagħkom tagħmlulna heġġa ninvestu dejjem fikom, għax intom il-futur tal-isport Malti. Inhossni grat lejn kull membru tat-tim skolastiku li din is-sena reġa' għamel hafna aktar minn dak li hu mistenni minnu sabiex flimkien tajniekom l-isbah esperjenza skolastika.

F'ismi, f'isem l-amministrazzjoni u l-għalliema, nixtieqkom sajj tajjeb u ta' mistrieħ, fejn thejju ruhkom sabiex f'Settembru li ġej inkomplu bil-vjaġġ tagħna.

Robert Magro  
Il-Kap tal-iskola



Hu mpossibbli li f'dan il-magazin tidher kull attività tal-iskola; kemm akkademika u dik sportiva, għaldaqstant għal aktar taħriġ segwu l-paġna ta' Facebook bl-isem National Sports School, Malta u l-website <http://nss.skola.edu.mt/>



# THE NSS ANIMAL AWARENESS DAY 2022...

€1330 collected together with Pet Food Donations...  
With the collaboration of Service Dog, Animal Welfare, Vet on Wheels, Police Dogs, Community Police, Fabio Spikeri and Moira Delia.



# THE ANNUAL CHARITY SWIM AND BEACH GAMES

The NSS2km Charity Swim and Beach Games event was a success. We believe that Christmas is a time for giving and our students and teachers managed to collect a total of €3000 which were donated to the Puttinu Cares Foundation. A heartfelt thank you goes to our main sponsors: Garmin, Eurosport, Ethnic sport, Go and Fun, R. Cauchi Enterprises limited, Jetski Adventures, Remax Ibragg, Remax Balluta and The Radisson Hotel Golden Sands. Last but not least we would like to thank everyone who helped in the organisation and running of the event. During the swim, our Year 7 & 8 students took part in beach games which were organised by our PE teachers. Special thanks to The Malta Beach Soccer Association and Malta Volleyball Association for coming to set up their equipment for the event.



# THE NSS GRANDPARENT'S DAY & PINK OCTOBER EVENT 2022



Special thanks to Ron Briffa, Ryan Hill, Fr Joshua Cortis, Vecchia Napoli, Kitchen Concepts, Uriage, Central Florist & Pet Store, Shapes Junior, Quattro Play Kids' Cafe', Perfect Profile, Mariosa Hairstyles and Highlight Zone Unisex Salon.

A generous amount of €1007 was collected from students, staff and grandparents themselves during the Grandparents' Day and was donated to Hospice Movement. The Malta Hospice Movement provides and promotes palliative care for persons suffering from cancer.



# TRAINING CAMPS 2022/2023

Swimming & Artistic Swimming Training Camp January 2023 @ Insep Paris, France.



The Belgrade Football Training Camp 2023 for the NSS Year 7 & Year 8 students.



Year 9 & Year 10 went to Sangalhos, Portugal for a 3 days training camp in Football.



# TRAINING CAMPS 2022/2023

3 NSS Year 10 students Antonio Overend, Oscar Newling Ward and Sephora Pawley took part in the Japan Judo Training Camp at The Heisei International University and at the Kodokan Arena, Tokyo with high level Judoas.



NSS Squash athletes went for a training camp at Santiago de Compostela in Spain. They were training under the Golan Squash Academy, founded this year by the former world number 5 and Head Coach Borja Golan and his team of coaches.



28 NSS student accompanied by 6 NSS Personnel went to Sangalhos, Portugal for a 3 days training camp in 2 different Sport disciplines; Basketball and Athletics.



48 NSS student and 9 Teachers/Coaches went to Sangalhos, Portugal for a 3 days training camp in 7 different Sport disciplines; Artistic Gymnastics, Rhythmic Gymnastics, Tennis, Handball, Cycling, Triathlon and Athletics.



Is-Surmast Is-Sur R. Magro jipprezenta l-ktieb li kien għe ppubblikat mill-Iskola Nazzjonali tal-Isport 'Sports Nutrition for Young athletes' Is-Sur George P. Xuereb, President għdid tal-Kunsill Skolastiku 2022-23.



EKOSKOLA Team 2022-23. The co-ordinators of the group are Mr. J. Zammit and Ms E. Borg.



NSS Student Council 2022-23 with the Head of School Mr. Robert Magro and co-ordinators Ms. Abigail Barbara and Mr. Darren Bezzina.





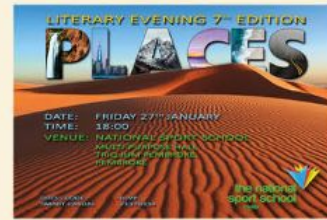
# THE NSS MOTHER'S DAY EVENT 2023

The NSS Mother's Day event 2023 was another successful occasion where all mothers and students present enjoyed the lovely atmosphere and the fun activities organised by our school staff.

The National Sport School  
**Mother's Day 2023**  
A big thanks goes to our sponsors

Yana's Jewellery  
two in one design  
TSS  
Uriage  
HEALTH PLUS  
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CENTRAL





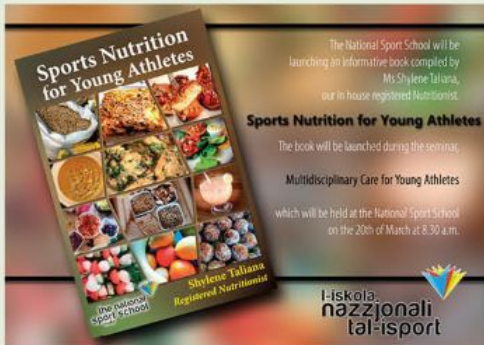
The Literary Evening:  
Another huge event: PLACES

These photos are just a little taste of the successful event at the National Sport School. Students took us to different PLACES with their readings, writings, drama and videos. Through various academic subjects, students shared with us their feelings, their home, their dreams, their successes and their growing knowledge. Well done to all the students involved, all parents and guardians who supported this event and all teachers who contributed to make the 7th edition of the Literary Evening yet another success. Well done!



The National Sports School organized a seminar for all parents in Multidisciplinary care for young athletes. The aim of the seminar was to highlight the importance of holistic care to support our young athletes throughout their development and to share the knowledge and services provided by the sports multidisciplinary team. During this seminar the school also launched the book 'Sports Nutrition for Young athletes'.

This seminar was addressed by Head of School Mr Robert Magro and five different Professional speakers in their respective subject. Mr Cedric Sciberras, the school physiotherapist spoke about Injury prevention and how to cope with injuries while the Schools Sports Nutritionists Ms Shylene Taliana talked about the importance of good Sport Nutrition and nourishment throughout their sport career i.e training and competitions. Mr Darren Bezzina, NSS Strength and Conditioning teacher spoke about the importance of having an understanding of biological maturity and how it affects physical performance. This brought about other various discussions including how to measure biological maturity, talent identification, and the concept of 'bio-banding'. Mr Ivan Farrugia, the school Podiatrist emphasized the importance of foot care and problems they may arise in the feet after training. The Sports Psychologist Ms Shona Zammit spoke about the importance of keeping a healthy mind while we train and compete thus applying the knowledge to athletic performance.



L-istudenti tal-Malti tal-10 Sena hadu sehem fl-ahhar edizzjoni ta' 'Il-Harsa ta' Rużann', attività fl-Imdina, il-Buskett u Had-Dingli, b'rabta mar-rumanz storiku ta' Francis Ebejer. Aktar tard, l-iskola pparteċipat għall-ewwel darba f'Mixjet il-Malti, minn Caxaru sa Aquilina, attività fil-Biblijoteka Ġenerali b'rabta mal-iżvilupp tal-ilsien Malti, u f'Marzu, l-għalliema tal-11-il Sena preżentaw is-Seminar annwali bi thejġija għall-eżami taċ-ĊES.



# YEAR 11 GRADUATION DAY 2023



# FATHER'S DAY EVENT

AT ST. THOMAS'S BAY



# CELEBRATION EVENING 2023

What a show! A great Celebration Day! We found Aladdin as he makes an appearance....  
he Revisited The National Sport School.

