TRAINING CAMPS 2024 - 2025

L-Iskola Nazzjonali tal-Isport

Malta

l-iskola nazzjonali tal-isport

Rivista Annwali 2024 - 2025

MESSAĠĠ MILL-KAP TAL-ISKOLA S-SUR ROBERT MAGRO

Għeżież studenti,
Għaddiet sena akkademika oħra, is-seba' waħda flimkien, inħares lejkom, kburi, u naħseb fil-kisbiet notevoli li kellna din is-sena. Ninsab kburi mhux biss bit-tragwardi li l-iskola rnexxielha tilħaq, u bil-logħob u l-kompetizzjonijiet li rbaħtu, imma wkoll bil-karattru u l-ispirtu li bih intom, l-atleti żgħażagħ tagħna, irrappreżentajtu lil Malta u lill-iskola.

Din is-sena, tat il-ftuħ għall-ewwel edizzjoni tal-Logħob tal-Iskejjel Maltin, fejn l-atleti tagħna mhux biss ħadu sehem u ħarġu bl-unuri, iżda wkoll urew talent artistiku, li jmur lil hinn mill-ħiliet ipprattikati fl-isport, meta taw spettaklu mill-isbaħ fil-ftuħ tal-okkażjoni. Din is-sena, l-atleti tagħna brillaw b'mod eċċezzjonali fuq diversi pjattaformi internazzjonali, b'mod speċjali fil-Logħob tal-Pajjiżi ż-Żgħar tal-Ewropa, fejn kisbu numru rekord ta' medalji.

Personalment, lil hinn mir-rebħiet, laqatni tassew il-mod li bih ikkompetejtu. Urejtu ħila, determinazzjoni u rispett, lejn l-isport u lejn in-nazzjon, fejn ġarrejtu l-bandiera ta' pajjiżkom, u kburin kantajtu l-Innu Malti ma' kull rebħa. Dan, għalija, huwa verament xhieda tas-suċċess. Inħoss, li bħala skola m'aħniex biss ngħinukom tilħqu l-milja tagħkom, iżda wkoll qed innisslu fikom l-oġħla valuri.

L-isport, kif tafu sew, ma jagħtikx biss rebħ. Huwa qasam ta' sfida, ta' tkabbir, u xi drabi ta' diżappunt. Huwa f'dawk il-mumenti diffiċili, li l-karattru veru tagħna jiġi ttestjat. U bl-istess mod, huwa f'mumenti ta' rebħa fejn niżvelaw min aħna verament. Ir-rebħa u t-telfa huma żewġ naħat tal-istess munita. Jum wieħed tgħolli t-trofew, u l-għada tikkontempla t-telfa fis-skiet. Dak li jiddistingwik mhuwiex l-iskor, imma dak li tkun tgħallimt. Araw li ġġibu ruħkom bil-grazzja fit-trijonf, u b'dinjità u riflessjoni fit-telfa.

Fid-dinja kompetittiva tagħna, huwa kruċjali li nitgħallmu kif nibżgħu għalina nfusna, imma wkoll għal xulxin. Dan hu fattur li jeħtieġ naħdmu fuqu. Atleti veri jibnu 'l xulxin. Kull atleta rispettabbli jinvesti fih innifsu u jirrispetta l-avversarji. Aġir negattiv, imur kontra kull kodiċi tal-etika fl-isport.

F'din l-iskola, aħna m'aħniex inħejjukom biss biex tiddominaw il-kamp sportiv. Fikom, aħna naraw il-mexxejja t'għada. La tohorġu minn din l-iskola, irridukom tkunu nies ta' prinċipju u bnedmin ta' integrità.

Din l-iskola tagħtikom ħafna aktar minn taħriġ fiżiku. Hawnhekk titgħallmu tibnu għeruq sodi permezz tad-dixxiplina, ir-rispett u l-perseveranza. Dawn il-valuri, jekk tħaddnuhom, iwasslukom lil hinn minn kull medalja. Tehodkom fejn tehodkom il-ħajja, inħeġġiġkom biex tibqgħu ankrati f'dawn il-prinċipji.

Aħna u nibnu l-pedamenti għas-sena li ġejja u lil hinn, nagħtikom parir wieħed, li jkollkom il-kuraġġ li tispikkaw, mhux biss fil-prestazzjoni tagħkom fl-isport, iżda fit-tħaddim ta' prinċipji etiċi. Hallu l-imġiba tagħkom tisboq ir-riżultati li tiksbu. Hallu d-dawl tagħkom jibqa' jilma, mhux biss meta tkunu fil-quċċata, iżda wkoll meta tkunu intom li tgħinu lil ħaddieħor jilħaq it-tragward.

F'ismi u f'isem l-amministrazzjoni, nirringrazzja lill-istaff kollu tal-Iskola Nazzjonali tal-Isport, fejn kull wieħed u waħda, mill-kbir saż-żgħir, ta s-sehem tiegħu biex intom, għeżież studenti, jkollkom sena oħra ta' tagħlim, taħriġ u suċċess.

Il-ħidma tkompli.

L-ISKOLA NAZZJONALI TAL-ISPORT

Staff: 2024 - 2025

GSSE: IL-LOGĦOB TAL-PAJJIŻI ŻGĦAR EWROPEJ

8 Medalji tad-Deheb jintrebħu minn studenti tal-Iskola Nazzjonali tal-Isport

Tmienja minn tlettax-il medalja tad-deheb fil-Logħob tal-Pajjiżi ż-Żgħar, intrebħu mill-istudenti tal-Iskola Nazzjonali tal-Isport. Sophie St John kisret ir-rekord ta' medalji f'dan il-logħob bi tlieta deheb, waħda fidda u oħra bronż fil-ġinnastika artistika .

L-Iskola Nazzjonali tal-Isport kellha sehem imprezzabbli fil-Logħob tal-Pajjiżi ż-Żgħar f'Andorra wara li tmien medalji tad-deheb, mit-tlettax li ntrebħu, kienu ġejjin mill-atleti ta' din l-iskola. L-għan prinċipali tal-iskola huwa li l-istudenti-atleti jkollhom il-possibilità li jitħarrġu waqt il-ħin tal-iskola għaldaqstant bla dubju l-livell tagħhom jogħla.

L-iskola ħabbret li mill-medalji li ntrebħu, 19 minn 56 ġew mill-istudenti tagħha. Sophie St John, studenta tal-10 Sena u l-atleta li l-aktar spikkat f'dan il-logħob, tinżel fl-istorja bir-rebħ ta' 5 medalji f'edizzjoni waħda. Sophie rebħet tliet medalji tad-deheb fil-ġinnastika artistika fosthom fit-tim, beam u vault, kif ukoll fidda fl-over all u bronż fil-floor. Janet u Julia, tewmin li wkoll jattendu l-Iskola Nazzjonali tal-Isport, kienu l-iżgħar kompetituri f'din l-edizzjoni tal-Logħob tal-Pajjiżi ż-Żgħar. Julia rebħet medalja tad-deheb fit-tim, kif ukoll fidda fil-floor, filwaqt li oħtha rebħet deheb fit-tim. Lyana Curmi Inguanez hija studenta li għadha kif temmet l-O-Levels, rebħet il-medalja tad-deheb fit-tim u kellha sehem impekkabbli sabiex tintrebaħ din il-medalja.

L-iskola ħatieq tieħu l-opportunità biex tifraħ lill-14-il student-atleta li spiċċaw l-istudji tagħhom u li kienu wkoll parti mill-kontingent ta' din is-sena. Fosthom insibu atleti li għamlu unur kbir fl-għawm u fl-għawm artistiku. Spikkat l-atleta brava Sasha Gatt li rebħet żewġ medalji tad-deheb fl-400m and 800m kif ukoll fidda fl-1,500m, filwaqt li Michela Portelli rebħet fidda fl-400m medley u bronż fil-100m butterfly. Fl-għawm artistiku Ana Cuhc rebħet medalja tad-deheb fid-duet kif ukoll medalja tal-bronż fis-solo tech. Zea Montfort rebħet medalja tad-deheb fid-duet u tnejn fidda fis-solo free u solo tech. Zea bhalissa qiegħda tkompli l-impenji tagħha fl-isport fi Spanja. Fl-atletika kien hemm tliet atleti li ħarġu mill-iskola, fosthom Alessia Cristina u Kurt Zahra, li rebħu medalja tal-fidda fil-4x100m, kif ukoll Josefa Micallef. Dixxiplina oħra li spikkat f'dan il-logħob kien il-Karate. L-iskola temmen bis-sħiħ f'dan l-isport, għaldaqstant jidħlu l-iskola numru ta' studenti-atleti li jridu jkomplu jitħarrġu f'din id-dixxiplina. F'dan il-logħob spikkat Jessica Vella li fl-ewwel jum tal-logħob rebħet medalja tad-deheb fil-kata, kif ukoll marru tajjeb ħafna Amy Cunningham u Emma Mizzi li ħarġu mill-iskola riċentament.

L-iskola temmen bis-sħiħ f'dan l-isport, għaldaqstant jidħlu l-iskola numru ta' studenti-atleti li jridu jkomplu jitħarrġu f'din id-dixxiplina. F'dan il-logħob spikkat Jessica Vella li fl-ewwel jum tal-logħob rebħet medalja tad-deheb fil-kata, kif ukoll marru tajjeb ħafna Amy Cunningham u Emma Mizzi li ħarġu mill-iskola riċentament.

Dixxiplina oħra li noffru t-taħriġ għaliha hija l-ġinnastika ritmika. Għalkemm ma ntrebħu l-ebda medalji f'din id-dixxiplina, l-iskola kienet rappreżentata minn Alyona Draguzja studenta tad-9 Sena li tat wirja stupenda kontra atleti ta' livell mondjali u etajiet ferm akbar. Fit-tennis spikka Alex Degabriele li kellu wirjiet spettakolari u fis-singles rebaħ il-medalja tal-bronż u oħra fidda fil-mixed doubles. Emma Montebello kienet parti wkoll mill-iskwadra bħala riserva għat-tieni sena konsekuttiva. Fir-Rugby 7's, wieħed mill-leaders tat-tim kien Jethro Zammit Randich li flimkien mat-tim rebħu medalja tal-bronż. Fiċ-ċikliżmu fejn il-livell dejjem qiegħed jikber bl-atleti professjonali li qed ikun hemm, Luke Borg, li kien ukoll student ta' din l-iskola, ta wirja tajba mat-tim tiegħu fil-mountain bike.

Mal-atleti kellna wkoll għalliema li fformat parti mill-iskwarda tat-tim nazzjonali għal bosta snin. Ms. Rosalie Borg ħadet sehem fl-atletika, fejn kisbet ir-raba' post fl-isteeplechase. Għalliema oħra, Ms Joanna Camilleri, li rebħet 6 medalji fil-Judo f'edizzjonijiet bikrija tal-Logħob tal-Pajjiżi ż-Żgħar, din is-sena esperjenzat din l-edizzjoni bħala ġurnalista sportiva għal Malta.

Numru ta' studenti-atleti tal-Iskola Nazzjonali tal-Isport bħalissa jinsabu barra mill-pajjiż, igawdu minn scholarships, kemm fl-iskola, kif ukoll fid-dixxiplina tagħhom. Fosthom, Julian Scerri fl-isquash, kif ukoll Rachela Pace fl-atletika. F'din l-edizzjoni tal-Logħob tal-Pajjiżi ż-Żgħar tal-Ewropa, total ta' 19-il medalja minn 56, fosthom 8 deheb minn 13, 6 fidda minn 24 u 5 bronż minn 19, intrebħu minn studenti li jattendu jew kienu jattendu din l-iskola. Persentaġġ ta' 34% kienu l-medalji mill-istudenti tal-Iskola Nazzjonali tal-Isport. Din hija indikazzjoni ċara ta' kemm il-proċess huwa importanti sabiex wieħed jara l-frott. L-Iskola Nazzjonali tal-Isport temmen bis-sħiħ fl-istudenti-atleti tagħha u se tibqa' tinvesti dejjem iżjed biex l-istudenti jkomplu jingħataw aktar kampijiet ta' taħriġ, kif ukoll jingħataw lezzjonijiet online lil studenti li jkunu qed jitħarrġu fid-dixxiplina tagħhom jew jirrappreżentaw lil Malta f'kompetizzjonijiet barra minn xtutna.

Nota Editorjali: **Radd ta' ħajr lil dawk li taw sehemhom f'din il-pubblikazzjoni maħruġa mill-Iskola Nazzjonali tal-Isport. Qed issibu numru ta' attivitajiet li saru kemm fl-Iskola tagħna kif ukoll attivitajiet li l-istudenti ħadu sehem fihom kemm fl-Iskola u kemm barra mill-Iskola. Hu mpossibli li jinkiteb kull ma sar matul is-sena skolastika li għaddiet; dawk akkademiċi u dawk sportivi. Imma l-Iskola Nazzjonali tal-Isport hi kburija b'dawk kollha li jagħtu l-kontribut massimu tagħhom qalb l-istudenti tagħna. Grazzi lil kulħadd!**

IL-KUNSILL TAL-ISTUDENTI: 2024-2025

Matul din is-sena skolastika, aħna, il-membri tal- Kunsill tal-Istudenti konna involuti f'diversi oqsma tal-ħajja skolastika.

Fassalna laqgħat biex nippjanaw avvenimenti ewlenin, u l-membri tagħna kellhom sehem attiv fl-Għawma għall-Karità, fil-ġbir tal-Fondi għal Pink October, u tajna bidu għall-kunċett tal-Wellness Day, fost l-oħrajn.

Din is-sena esplorajna ideat kif nistgħu ninvolvu aktar lill-komunità skolastika tagħna. Inizjattiva ċċitanti li ħadet il-ħajja dan l-aħħar hija t-tnedija tal-proġett NSS Podcast.

Bdejna l-ewwel podcast ma' Coach Paul Zammit, leġġenda fil-kamp tal-futbol Malti, intervistat mill-istudenta tal-10 sena Venita De Giorgio. mbagħad saru 3 NSS Podcast u ġew intervistati Coach ieħor Stefan Sultana, imbagħad sar NSS Podcast ieħor lill-istudenta tal-10 sena Sophie St John. Ġinnasta li serqet il-qlub ta' kulħadd bir-rebħ ta' dversi midalji fil-Logħob tal-Pajjiżi ż-Żgħar f'Andorra, imbagħad saru 2 NSS Podcast lill-coach tal-Basketball u Kap tad-Dipartiment tal-Edukazzjoni Fiżika Silvio Cassar u l-aħħar NSS Podcast sar b'intervista lill-Kap tal-Iskola Nazzjonali tal-Isport is-Sur Robert Magro.

Ninsabu kburin li qed naraw spunt minn tagħna jinbidel fi pjattaforma ġdida fejn nistgħu naqsmu mas-segwaċi tal-podcast mumenti mid-dinja tagħna bħala studenti-atleti.

Nixtiequ niżżu ħajr lill-Kap tal-Iskola li jagħti leħen lilna l-istudenti, jieħu l-ħolm tagħna bis-serjetà u jgħinna nwettquh. Grazzi kbira lill-amministrazzjoni u speċjalment lill-għalliema li jibdlu l-ħolm tagħna f'realtà.

Temmejna s-sena b'diskussjoni dwar ideat ġodda għas-sena skolastika li jmiss. Se nkunu qed inżommukom aġġornati. Flimkien, il-Kunsill tal-Istudenti jkompli jaħdem għal sena oħra ta' tkabbir u innovazzjoni.

LIVING THE DUAL LIFE

A Message from an Athlete-Teacher Ms Rosalie Cauchi

To be a physical educator teaching students who place sport at the centre of their lives is a true privilege. To be an athlete-teacher—meaning I'm able to fulfil my training hours during the working day—is even more special. That's because the dream my students are striving for, of successfully pursuing a dual career in both academics and sport, is the very life I live.

What makes this journey even more meaningful is having the privilege of being a parent to a child who also attended this school. Firsthand, my child witnesses the sacrifices it takes to manage a dual career—that of an athlete, a teacher, and a hands-on parent to him and another child, who are also athletes with their own demanding schedules. This life has taught me the true essence of discipline, sacrifice, and time management.

Words aren't enough to express the gratitude I have for the unwavering support I've received from the senior management team and, most importantly, my colleagues. Being an athlete takes a toll on both physical and mental health—on top of the daily pressures of managing personal and professional responsibilities. The fact that I travel several times a year to compete or attend intense training camps means I must often rely on my colleagues to support me in my absence. I'm truly grateful that I can do so without hesitation.

Throughout it all, my students remain at the centre of everything I do. That's why it is so important to have a dependable team around me—to ensure my students never miss out on their right to learn while they are in my care.

I've always been someone driven to achieve and to bring out the best in myself. Just four years ago, I transitioned from football to athletics. The shift, though challenging, was swift due to early morning dedication and rigorous training. Soon after, I earned my place on the national team, achieving notable timings in both road and track events.

Two years ago, I proudly qualified for the Games of the Small States of Europe, held in Malta. This year (2025), I once again achieved the qualifying time and represented my country in Andorra. I competed in one of the most gruelling and often overlooked event—the steeplechase. Though I narrowly missed a podium finish, falling short of a bronze medal by just one second, the experience was priceless. It reignited my motivation and proved to me that, even with age, determination knows no bounds.

To have shared these Games with many of my students is a feeling I cannot even begin to describe. Seeing them shine at such a young age—some as young as 12—on a major international stage is a true honour. For my students to see me as one of them rather than just their school teacher helps ignite a stronger bond between us and serves as a living example of what they can achieve.

To my students, parents, and all those who have followed my journey—you know this is a story of resilience and courage. My students often see me rushing into school, sweaty from training to get washed, to make it in time to start their lessons. They know I've been up early, fulfilling my motherly duties. And, just like them, they know that after school, I'll be heading to train again. They also know that "I'm tired" isn't something I say often or something I let them use as an excuse in class—because I live the same athlete lifestyle they do.

I believe that's why we share such a strong teacher-student bond: we understand each other on a deeper level. They know that even with my hectic schedule, I'm always there for them. When they travel abroad for competitions, I'm happy to hold online lessons on weekends to help them stay on track academically.

To anyone reading this, I encourage you to chase every goal you set. With strong planning, a solid support system, and effective time management, anything is achievable. Often, what holds us back is the excuses we make.

To my students: aim high—the sky is the limit. But remember, you must work for it every single day.

And to those who feel that age is a limitation—whether for fitness or career goals—I'm living proof that a determined mind can overcome anything.

I hope my journey serves as an example to my students and to anyone with a dream. With grit, passion, and resilience, anything is possible.

EKOSKOLA 2024-2025

L-Iskola Nazzjonali tal-Isport reġġhet rebħet il-Green Flag Award. **Prosit lil kulħadd**

THE IMPORTANCE OF PROPER UNIFORM WEAR FOR ATHLETES:

Health, Safety, and Physiotherapy Considerations

Wearing a uniform, and wearing it properly, is crucial for ensuring an athlete's overall health, safety, and performance. Beyond fostering a sense of discipline and team identity, proper uniform compliance directly impacts physical well-being and injury prevention.

From a health and safety perspective, well-fitted uniforms allow for optimal movement and breathability, helping to regulate body temperature and minimize the risk of overheating or chafing. Tight or restrictive clothing can impede motion, while overly loose garments may get caught on equipment or other students, increasing the risk of falls or collisions.

A simple yet critical example is properly tied shoelaces. Loose or untied laces are a leading cause of trips and ankle injuries on the field or court. An unstable foot position—caused by loosely tied shoes—can also lead to improper gait, increasing the risk of long-term issues such as plantar fasciitis, shin splints, or knee strain. From a physiotherapy standpoint, these are common, preventable injuries that often result in downtime from training or competition and may require extensive rehabilitation.

Furthermore, appropriate footwear that is worn and fastened correctly provides necessary support for the feet and ankles, reducing stress on joints and aligning posture, which is critical for both injury prevention and recovery.

In summary, proper uniform wear, including details as seemingly minor as shoelaces, is a fundamental aspect of an athlete's physical care. It supports safe training practices, reduces avoidable injuries, and aligns with the goals of physiotherapy and long-term athletic development.

THE OPENING CEREMONY OF THE MALTA SCHOOL GAMES

The Opening Ceremony was held at the Basketball Sporting Complex in Ta' Qali with the involvement of hundreds of school children from all over Malta and Gozo.

Monday 19th May 2025, saw over 50 students from our school taking part in the opening ceremony of the first ever edition of the Malta School Games. This time round our students did not just excel in sports, but together with students from the MVPA, gave a spectacular performance through dancing whilst showcasing their sports: from rhythmic gymnastics to weightlifting, from basketball to karate. This was a national occasion where our students showcased their various talents and disciplines. And here again: hats off for making NSS proud!

IL-LOGĦOB TAL-ISKEJJEL MALTIN - L-Ewwwel Edizzjoni

GRANDPARENTS DAY 2024-2025

The Grandparents' Event 2024–25 was another joyful and activity-filled morning! The celebration began with a beautiful Mass, after which grandparents joined their grandchildren in class for some special moments together. The fun continued with lively games of Bingo and other engaging activities that brought smiles all around.

To crown the day, singer Philip Vella delivered a fantastic performance that everyone enjoyed. The event concluded with delicious food, lovingly prepared in-house, making it a truly memorable occasion for all.

NSS 5km CHARITY RUN 2025

This year's run was another classic event! The pictures show just how well-organized and enjoyable it was for everyone involved. Thanks to the generosity of all participants, we raised €1,391, along with donations of toys and stationery, all in support of Puttinu Cares. A heartfelt thank you to everyone who contributed and made this event such a success!

NSS 2km CHARITY SWIM 2025

In January, NSS Aquatics students and Coaches braved the cold sea water and swam 2km for charity. A true testimony to our students' resilience, the swim in 16°C sea, raised the sum of €1220 in aid of Puttinu Cares.

NSS ANIMAL AWARENESS DAY 2024

The Animal Awareness Day event kicked off with fun, joy and a spirit of giving - Definitely a great start with a WOOF! We're not just about sports...

The day started with a clean up activity of a green area close to the school, which is mostly used by stray cats. Mr Paul Zammit, together with some neighbours (feeders), takes good care of the well being of these cats plus neutering and feeding.

ANNIMALI 360

Matul id-9 edizzjoni tal-Lejla Letterarja ANIMALS 360, l-istudenti esploraw it-tema mil-lat xjentifiku, akkademiku u umoristiku.

Ġimgħa mimlija attivitajiet fejn id-dipartimenti tal-lingwi ċċelebraw il-kultura u l-ilsien tal-pajjiżi differenti it-Taljan, il-Franċiż, il-Ġermaniż, l-Ispanjol, l-Ingliż u l-Malti, l-ilsien nazzjonali.

REBHIET U KISBIET GHALL-ISTUDENTI TAGHNA

TAHRIĠ GHALL-GHALLIEMA TAGHNA

MQF LEVEL 2 FOR OUR YEAR 9 STUDENTS

The MQF2 - Foundations in Sports Specific programme is offered to student-athletes in Years 7 and 8. This programme gives students the opportunity to engage in informative lessons centred around topics such as Media, Nutrition, Psychology and Physiology. These lessons aim to provide students with knowledge on topics which they may find useful throughout their sports careers. Coupled with these lessons, students are also exposed to fundamental sports lessons centred around Swimming, Gymnastics, Athletics and Weightlifting. These fundamental sports lessons aim to help our students build a strong foundation for their sporting careers. At the end of Year 8, students sit for a written exam which combines the subject knowledge of the theoretical specialised lessons and fundamental sports lessons in the form. The certificate obtained from this programme is recognised as a certificate at MQF2 level. Students are presented this certificate during the MQF2 Ceremony which is held in Year 9.

Open Day at The National Sport School

The National Sport School held its annual Open Day on the 10th of December 2024, welcoming both parents of current students and parents of prospective students. This event offered guests a unique opportunity to experience a typical day at the school and gain insight into what the school offers young athletes who excel in their chosen sport.

The day began with visitors gathering in the school foyer, where they were greeted by representatives from the various sports associations available at the school. Each association had the chance to promote and showcase their sport, giving attendees a glimpse into the diverse athletic opportunities provided. Students explained to the parents the role of Ekoskola at our school.

Following this, parents of prospective students attended informative sessions about the school and the specialised services available to students. These include physiotherapy, podiatry, and tailored nutrition lessons designed specifically for athletes. Guests also learned about the academic curriculum and the sport-specific training programmes integrated into student life. They were also informed about sport training camps and other opportunities abroad which are offered to our students.

Student council members then guided the visitors on a tour of the school's facilities. Guests explored the gyms, classrooms, science laboratories, library, and recreational areas. They were also invited to observe academic lessons and sports training sessions, both indoors and outdoors, offering a well-rounded view of the school's dynamic environment.

This year's Open Day proved to be an informative and engaging experience for all, with a record turnout of guests that reflected the growing interest in the school's commitment to combining academic excellence with top athletic development.

To conclude the day, visitors had the opportunity to meet and interact with the headmaster, heads of department, teachers, coaches and support staff who play a vital role in supporting student-athletes at the National Sport School.

THE NSS WELLNESS DAY 2025

The Wellness Day event was both successful and beneficial for the parents who attended. The event covered a wide range of essential topics, including Recovery Nutrition, Strength & Conditioning awareness beyond school hours, the importance of recovery periods, and post-injury rehabilitation in high-level sports. Discussions also focused on student-athlete wellbeing—encouraging reflection and balance—alongside Anti-Doping Education. Additionally, sessions on Podopaediatrics, Pilates, Yoga, Body Composition Testing, and Fitness with Self-Defence were held.

To conclude the event, the Malta School Games torch made its way into the National Sport School, accompanied by the MSG Anthem, the NSS Anthem, and the National Anthem. The Head of School then delivered an inspiring message to students and their parents.

JUM IL-PREMJAZZJONI 2024 - 2025

Din kienet serata fejn tajna ħarsa lejn l-għadd kbir ta' avvenimenti u kisbiet ta' matul sena skolastika li ġabet magħha diversi esperjenzi ġodda. Spettaklu mill-isbaħ Romeo u Ġuljetta fl-NSS li hija parodija, fejn l-istudenti sabu soluzzjoni għat-traġedja ta' Shakespeare, li ma kinitx tkun traġedja li kieku seħħet fl-iskola tagħna fejn l-istudenti jafu jiddjalogaw u jagħmlu l-għażliet tagħhom, u b'hekk jegħlbu kull preġudizzju. L-istudenti spjegaw kif l-isport jgħinhom jibnu ideali li jmorru lil hinn minn kull forma ta' segregazzjoni u li permezz tiegħu jibnu relazzjonijiet maturi u dejjiema.Il-qofol tas-serata ntlaħaq biċ-ċerimonja tal-għoti taċ-ċertifikati ta' mertu għall-2025 u l-premjijiet għall-eċċellenza akkademika, għall-2023-2024.

KLASSI 2025 - JUM IL-GRADWAZZJONI

The NSS Graduation Ceremony for the Class of 2025 marks a major milestone for our Year 11 students. Definitely a big one! Congratulations to all our Year 11 students! Good Luck for your future!

THE WITCHES

ABIGAIL FRASER

The witches are as ugly as a mole rat.
Their faces, as pale as snow,
their lips, drier than a desert.

The witches are so mean and cruel,
with their hair as wild as hay
and their clothes so tattered and torn.

You don't want to meet them
With their fingers so long and pale
and their nails as long as a lion's tail.

One is as green as a goblin,
the other as blue as a monster,
the last, purple as a beetroot.

The witches, they laugh like a hyena
While on their spindly broom.
Their shrieks present through the night.
The Witches ...

EXPO - Tas-Servizz Pubbliku

NSS students attended the EXPO Tas-Servizz Pubblika held in Ta' Qali in May. During the event, our students had the opportunity to explore various stalls that were of great interest.

TAGHLIM B'DIFFERENZA...
TAHRIĠ AKKADEMIKU BARRA L-KONFINI TAL-KLASSI

Fil-Malti, fl-Istorja u fix-Xjenza...

TRAINING CAMPS 2024 - 2025

The NSS is committed to providing our students with the widest range of experiences. To this end, international training camps were organized across 13 sporting disciplines. Our student-athletes trained in world-class facilities abroad, gaining exposure to diverse techniques and competition environments. In addition, our swimming team proudly competed at the World School Games in the UK