



**GILBERT PATERSON MIDDLE SCHOOL**  
CONQUER THYSELF, THEN CONQUER THE WORLD

2109 - 12 Avenue South, Lethbridge Alberta T1K 0P1 Phone: (403) 329-0125 Fax: (403) 320-8418

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March 25, 2020

Dear Parent/Guardian:

In response to the COVID-19 pandemic, we would like to inform you of the Gilbert Paterson Wellness Team's approach to supporting students and families in the coming weeks.

### **Connection**

This week, we will start contacting all students/families with whom we currently connect on an on-going basis. At this time, we will be offering continued and regular individual supports for students who would like to connect directly with a Wellness Team staff member. These will be scheduled according to student and Wellness Team member availability and in a format that works best for the student and family. In addition, we will engage in a conversation about the risks and benefits to different modes of connection, given that we are now communicating differently than our face-to-face visits at school.

\*As a reminder, we do not provide therapy and will focus on strengthening positive coping skills.

Members of the Wellness Team will be checking their TEAMS account between the hours of 9:00am and 3:00pm Monday to Thursday and 9:00am and 11:00am Friday to respond to additional requests for support. If your child is accessing Wellness Team support on an ongoing basis, you will be contacted by phone or email. Our current informed consent process and Limits of Confidentiality still apply, and parents/guardians will be contacted immediately if we are made aware of a risk of harm to your child or others.

Since we are not always available for immediate response, please inform your child of the following additional supports:

- **Kids Help Phone** at 1-800-668-6868 or text CONNECT to 686868 or access live chat online or the app
- **Distress Line of South Western Alberta** (403-327-7905 or 1-888-787-2880)
- **Woods Homes 24/7 Support Line** (403-317-1777)
- **911** in case of an **emergency**

### **Resources & Activities**

We will be providing resources and activities on TEAMS. These will be shared each week, with an introduction on Mondays and discussion on Thursdays and can also be accessed by your child at any time on the GPMS Wellness Hub on the TEAMS platform.

We look forward to continuing to support GPMS students as needed. If you have any questions or concerns, please reach out to us by email at:

Christine Oviatt, Teacher Counsellor  
Cheryl Smith, Family School Liaison Counsellor  
Kevin Taylor, Student Support Worker

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Sincerely,  
The Gilbert Paterson Wellness Team