



<p><u>Monday Oct. 9</u> Thanksgiving Holiday NO SCHOOL for staff or students</p>	<p><u>Tuesday Oct. 10</u> CLUB volleyball 3:00-4:30 small gym E sports Team A 3-430</p>	<p><u>Wednesday Oct. 11</u> X country zones in Picher Creek all day</p>	<p><u>Thursday Oct. 12</u> Select Choir Workshop E sports Team B 3-430</p>	<p><u>Friday Oct. 13</u> Oct. 13/14 – Tiger Classic Development Volleyball Tourney (boys – 13th, girls - 14th)</p>
<p><u>Monday Oct. 16</u> <u>80's Day</u> CLUB volleyball 3:00-4:30 small gym School Council 6:30 PM Learning Commons</p>	<p><u>Tuesday Oct. 17</u> <u>Twin Day</u> E sports Team A 3-430</p>	<p><u>Wednesday Oct. 18</u> <u>No backpack Day</u></p>	<p><u>Thursday Oct. 19</u> <u>PJ Day</u> E sports Team B 3-430</p>	<p><u>Oct. 20</u> <u>Red Carpet Dress</u> Fall Ball! 12pm – 2pm</p>

PATERSON PRESS “All the news that’s fit to print!” Oct.9-20 Parents

We send home the “Paterson Press” every second Friday. If you have feedback, please let us know! Call (403-329-0125) or email morgan.day@lethsd.ab.ca

Have you registered for:

PowerSchool? <https://ps.lethsd.ab.ca/public/>

School Cash Online? <https://lethbridge.schoolcashionline.com/>

Safe Arrival? <https://go.schoolmessenger.com>

If you have any questions or need assistance with these services, call Leanna or Jennifer in the office at 403-329-0125.


- **School Council** – Our next meeting is Monday October 17th at 6:30-7:30PM in the Learning Commons. Come on out and find out about what is happening at Gilbert Paterson and how you can be involved!
- **Tiger Athletics** – Our top bantam and midget aged runners will compete at zones this week in Pincher Creek. We will also be hosting our first volleyball tournament on October 13th and 14th.
- **Option and Activity Fees** – Fees for option courses and activities have been assigned on School Cash Online.
- **Feed the Bug** – Thank you to all who supported our food drive this week to help the local food banks. We will update our students with a total of the food collected during the week. We are proud of the efforts of Leadership 7 students and our school!
- **Parent Teacher Interviews – Oct. 26/27** – You will be sent a reminder closer to the dates about booking interviews with student’s teachers. Thursday interviews are from 12:30-4PM and 5PM-8PM. Friday interviews are from 8:30-11:40AM. You will be able to book a 10 minute time slot with core, PE, band or choir teachers.

Community Event – Oct 26th – 4pm to 6pm In partnership with My City Care MOBILE STREET STORE will be coming front of school at GPMS. Free clothing giveaway and sizes for family members


Spirit Week – Our grade 6 leadership group has organized a spirit week to lead up to our Fall Ball. Please see the calendar above for the dress up days.

VOLUME 1 Digital Wellness Edition ISSUE 1

PARENT NIGHT




QUESTION SUBMISSION AVAILABLE ON THE LETHBRIDGE SCHOOL DIVISION WEBSITE



Yates Memorial Theatre
November 15th 2023
7:00pm-8:00pm

HOSTED BY THE LETHBRIDGE SCHOOL DIVISION IN COLLABORATION WITH HOLY SPIRIT CATHOLIC SCHOOL DIVISION



THE TRUTH ABOUT YOUTH: CULTIVATING DIGITAL WELLNESS

The Lethbridge School Division and Holy Spirit Catholic School Division would like to warmly welcome parents, students, and staff to an evening of insight and collaboration. A collection of panel members with multidisciplinary viewpoints will be offering perspectives about youth and digital wellness. This event is intended to deliver guidance and support for families and individuals who are navigating parenting in the digital age. The panel members will be answering questions that have been submitted by parents (using the attached QR Code), and delivering their professional insights.

FOR MORE INFORMATION ABOUT DIGITAL WELLNESS: [CLICK HERE](#)

Fall Ball – Oct. 20th 12:00-2:00 (Small Gym) – The cost of admission is \$2. There will be snacks and pizza available to purchase.

Digital Wellness Edition – Our division digital wellness team are holding an information evening on November 15th. Please see information attached.

Counselling Updates – Stress and anxiety are a normal part of life. As the school year falls into a rhythm, students may feel increased stress with time management struggles, preparing for tests or quizzes, and demands within a fast-paced school environment. Intense emotions are often a part of the middle school experience and helping your child learn skills to handle the ups and downs will lead to positive coping throughout life. How to manage stress is a skill that is not innate and needs to be taught, just like long division or essay writing skills.

Anxiety Canada has a video about the 3Fs (the flight, fight, freeze stress response) and includes a helpful article about managing intense emotions:

https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/?_ga=2.128380556.1662664647.1696348738-293532099.1696348738&_gl=1*4nyxpc*_ga*MjkzNTMyMDk5LjE2OTYzNDg3Mzg.*_ga_Y4J3VSGKVS*MTY5NjM0ODczOC4xLjEuMTY5NjM0ODc2Mi4wLjAuMA..

<https://www.anxietycanada.com/articles/riding-out-intense-emotions/>

Did you know...Alberta Health Services offers virtual sessions for parents/caregivers who are navigating the challenges of raising adolescents in 2023?

“These educational sessions are designed for parents/caregivers who want to understand the foundation in which to support their child/teen’s self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship.”

Topics include boundaries, communication, and balancing technology in families. A full list of topics are included in the pdf or for more information/to register for any of the “Keep Calm and Parent On Information Sessions”, call **Access Addiction & Mental Health at 1-888-594-0211**



Parent ADHD Information Sessions	
These are educational sessions for parents and caregivers who want to learn about ADHD. The purpose of these sessions is to provide current introductory information around ADHD. The Zoom link below is the same for all ADHD parent sessions. Participants can choose to attend any of the sessions as many times as they like.	
Session Date:	Topic of Session:
September 19, 2023, 6-7 p.m.	What is ADHD & How to Talk to Your Child/Teen About It
October 3, 2023, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
October 17, 2023, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
October 31, 2023	Halloween – NO SESSION
November 14, 2023, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
November 28, 2023, 6-7 p.m.	Navigating School Systems & Community Services
December 12, 2023, 6-7 p.m.	What is ADHD & How to Talk to Your Child/Teen About It
December 26, 2023	Christmas Break – NO SESSION
January 9, 2024, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
January 23, 2024, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
February 6, 2024, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
February 20, 2024, 6-7 p.m.	Navigating School Systems & Community Services
To Register: Please call Access Addiction & Mental Health at 1-888-594-0211 – Choose option #3 for the SOUTH ZONE.	

Keep Calm and Parent On Information Sessions	
These educational sessions are designed for parents/caregivers who want to understand the foundation in which to support their child/teen's self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Coregulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. The Zoom link below is the same for all sessions. Participants can choose to attend any of the sessions as many times as they like.	
Session Date:	Topic of Session:
September 21, 2023, 6-7 p.m.	Ages & Stages – How Development Impacts Parenting Expectations
October 5, 2023, 6-7 p.m.	Building Communication Skills with Our Children/Teens
October 19, 2023, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
November 2, 2023, 6-7 p.m.	Understanding Anger and How to Manage Conflict
November 16, 2023, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship
November 30, 2023, 6-7 p.m.	How to Balance Technology in Your Family
December 14, 2023, 6-7 p.m.	Ages & Stages – How Development Impacts Parenting Expectations
December 28, 2023	Christmas Break – NO SESSION
January 11, 2024, 6-7 p.m.	Building Communication Skills with Our Children/Teens
January 25, 2024, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
February 8, 2024, 6-7 p.m.	Understanding Anger and How to Manage Conflict
February 22, 2024, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship
To Register: Please call Access Addiction & Mental Health at 1-888-594-0211 – Choose option #3 for the SOUTH ZONE.	