



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.

Oct.23-Nov.3 Parents

<p><u>Monday Oct. 23</u></p> <p>Last club Volleyball 3-4:30 – large gym</p>	<p><u>Tuesday Oct.24</u></p> <p>Team A for E sports 3-430</p>	<p><u>Wednesday Oct. 25</u></p> <p>NO SCHOOL FOR STUDENTS</p> <p>Professional learning for Staff</p> <p>Last home game for Rep volleyball teams Boys 4/ Girls 5:30</p>	<p><u>Thursday Oct. 26</u></p> <p>NO SCHOOL FOR STUDENTS</p> <p>Parent teacher interviews from 12-8</p>	<p><u>Friday Oct. 27</u></p> <p>NO SCHOOL FOR STUDENTS</p> <p>Parent teacher Interviews from 8-11:40</p>
<p><u>Monday Oct. 30</u></p> <p>Last home game for Dev volleyball teams Both at 4:00</p>	<p><u>Tuesday Oct. 31</u></p> <p>Halloween Dress Up Day</p> <p>No E sports or volleyball</p>	<p><u>Wednesday Nov. 1</u></p> <p>Makerspace @ lunch in LC</p>	<p><u>Thursday Nov.2</u></p> <p>Team B for E sports 3-430</p>	<p><u>Fri. Nov. 3</u></p>

- **School Council** – Our next meeting is Monday November 20th 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** – We hosted the Tiger Classic Development volleyball tourney last weekend at the school. Congrats to our girls and boys who both brought home gold! Good luck to our rep teams as they work towards playoffs at the beginning of November. Our cross country runners also brought home a banner! We are now the 1J south zone champs for 2023! Thanks to all families and students that supported our cross country team. Basketball will start on in early November. More information about tryouts and teams will be sent out in the next Paterson Press.
- **Band Information** - Check out Ms. Lewis’ band website. [Gilbert Paterson Middle School Band Program Calendar \(weebly.com\)](http://www.gilbertpatersonband.com)
- **TIGER GEAR** – Tiger gear will soon be available through our school website. You will be able to order directly to your home through our new company Black Rock. More information will come out soon.
- **Scholastic Book Fair** – We will be hosting the scholastic bookfair in our Learning commons next week. Students will be coming down with their classes on Monday and Tuesday but it will remain open during school hours and parent teacher interviews on Thursday evening. Please pop by and check it out.
- **Volunteers needed** - for the During the week of October 23rd to Oct 27th, we are having our annual Scholastic book fair! We are hoping that a few parents might be willing to volunteer on the evening of Thursday the 26th.

evening. Ideally there would be 2 volunteers from 3-5:30 and another two from 5:30-8. Please email sara.kundrik@lethsd.ab.ca if you are able to help.

- **Halloween Dress Up Day** – Tuesday October 31st - Students and staff will be sharing their costumes for dress up on Oct. 31st. Our grade 6 team has their annual Halloween stations and our 7's and 8's will have different activities in their classrooms. We look forward to seeing some great costumes again this year! Just a reminder to ensure that costumes don't include weapons and extreme violence or gore and are culturally appropriate. If you are unsure, please feel free to call and ask – we want to make sure it is a fun day for all.
- **Photos for year book** – Please be our eyes and help us collect great photos for yearbook! The following link will take you directly to the Josten's image upload site for direct upload of pictures. Please use this as it will keep the file size intact, allowing greater possibilities for using the images you provide. The site is safe, and secure.
REPLAY IT LINK: <https://images.jostens.com/06wL4JkihFrAemCfxkpbfJg>
- **My city cares** - In partnership with My City Care MOBILE STREET STORE will be coming to the front of GPMS on Thursday, October 26th from 4-6pm. There will be free clothing giveaway and sizes for all family members.



Counselling updates - October's Mental Health Minute from the Wellness Team

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.

- **LFS Angel Tree Christmas Campaign** - Our mission is to collect new toys, clothes, and gifts for distribution to families in need, serving babies, children, and youth, 0 – 18 years old, in Lethbridge and surrounding communities. Angel Tree is in its 31st year of operations!

Families can SELF-REGISTER on the website beginning October 1, 2023

<https://www.lfsfamily.ca/content.php?p=92>

REGISTRATION DEADLINE IS FRIDAY, DECEMBER 8, 2023

- **Outdoor Ed option** - Our term one outdoor ed /fishing options are in the process of putting the theory and craftsmanship to the test by going fishing for PIKE over these next couple of weeks. So far the 7s and the 8s have each gone once to the UNIVERSITY of LETHBRIDGE pond and the 6s will be going on Monday to the WEST HIGHLANDS PARK POND. (This is where the 7s and 8s will go for their second trips)

The students have learned about the fisheries management and how important it is, what makes a fish a fish and how to identify 10 of the popular game fish in Alberta, and the 7s and 8s have even carved their own fishing lures (plugs)!

CONGRATULATIONS to our first BINGO - BANGO - BONGO winners so far:

grade seven:

Bingo (first fish caught) - Alex Kobeliatskyi

Bango (most fish caught) - Eli Quinton (2)

Bongo (biggest fish caught) - Eli Quinton (about 16 inches) with Joshua Hodgkinson as a very close second!

grade eight:

Bingo (first fish caught) - Jasper Vanrobaeys

Bango (most fish caught) - Jasper Vanrobaeys (1)

Bongo (biggest fish caught) - Jasper Vanrobaeys

Sadly, no one was able to catch fish using their own hand-made plugs but it was extremely windy.

Mme Valgardson is extremely proud of her students for the time and effort they have all put into this option so far, and for their excellent behavior while out in the public fishing!

She would also like to thank her staff-mates and admin team for helping to make this happen! from coverage, to having students missing from core classes, to helping with transitions to paying for busses and subs....

THANKS SO MUCH!

