



PATERSON PRESS March 11-22

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.

<u>Monday Mar 11</u>	<u>Tuesday Mar 12</u>	<u>Wednesday Mar 13</u> Happy Pi Day! We will be having math activities today!	<u>Thursday Mar 14</u> Term 2 ends – Term 3 begins Monday	<u>Friday Mar. 15</u> Staff PL Day No classes for students
<u>Monday Mar. 18</u> School Council 600 PM Learning Commons	<u>Tuesday Mar. 19</u> 7/8 Badminton club @3-430	<u>Wednesday Mar. 20</u>	<u>Thursday Mar. 21</u> 6 Badminton club @3-430	<u>Friday Mar. 22</u>

- **School Council** – The next meeting is scheduled for **Mon. March 18th** at 6:00 PM in the Learning Commons. We will be starting with a presentation from Dr. Robbin Gibb about ways to positively impact the teenage brain. There was no February meeting due to the Feb. 7th Division Town Hall. An agenda and Teams link will be sent out by Thursday March 14th.
- **Term 2 ends on March 15th** – Parents will be able to view report cards online on Monday March 22nd at noon. We will send out a specific email at that time.
- **Registration for 2024-25** – More information about registration is COMING SOON! Please watch your emails and our website for instructions.
- **Athletics - Congratulations to our Rep Teams! Both the boys and girls’ teams captured SILVER at the Zone championships.** Both teams lost to Raymond in the finals to conclude their seasons. Thank you to all the coaches, athletes and parents of all our teams for a successful season. We have concluded tryouts for our grade level badminton teams this week. Thank you to all who came out.
- The month of March has been proclaimed **Alberta Francophonie Month** by the Government of Alberta. To celebrate this event we will be hosting numerous activities at school including music and festivities.



Fine Arts – Upcoming Dates for performances and Lethbridge Music Festival

Mr Leavitt and Ms. Lewis will communicate further details about festival times and locations through email. Good luck to all performers

Choir – Festival Dates

- March 19 – Grade 6 choir
- March 20 – Grade 7 choir and Select choir
- March 21 – Grade 8 choir and Handbells

Band – Festival Dates

- March 11 – Grade 6 Band and Grade 7 Band
- March 12 – Grade 8 Band and Jazz Band

March's Mental Health Minute from the Wellness Team

- In our role as Wellness Team members, we often have parents, caregivers, and students asking about how to manage anxiety. Feelings of stress and worry are a natural and common part of life. Learning how to persevere through difficult situations and use strategies to cope with these feelings can support positive overall mental health for our lifetime.
- Here are a few resources related to anxiety and coping skills:
- <https://kidshelpphone.ca/get-info/video-real-kids-talk-about-coping-with-anxiety/>
- <https://www.famcentre.ca/wp-content/uploads/2020/09/Anxiety-in-Children-Information-Package-2020.pdf>
- Did you know that Triple P Parenting offers a FREE, online course for parents and caregivers to help their child or teenager (ages 6-14) learn to manage and reduce anxious feelings, now and in the future? Through a series of modules, the program supports parents and caregivers in understanding anxiety, promoting emotional resilience, understanding avoidance, and developing constructive problem solving for their youth. The course can be completed on a variety of devices, including your smartphone. You can find the link below:
- <https://www.triplep-parenting.ca/alb-en/find-help/fear-less-triple-p-online/>
- As always, we welcome your questions. Please reach out to us through email: christine.oviatt@lethsd.ab.ca or cheryl.smith@lethsd.ab.ca.
- **Staff PL Day – Friday March 15**– No classes for this day students as our staff will be working on professional learning that morning. Thank you in advance to our School Council for providing a staff breakfast through past Staff appreciation donations made by parents!

University of
Lethbridge



BRAIN AWARENESS WEEK 2024

March 11-17, 2024

There have been significant advances in brain research in recent years, increasing understanding of the brain and raising awareness and support for ongoing research.

Join University of Lethbridge researchers, students and community partners in the lead up to, and during, Brain Awareness Week to learn more about these advances and what they mean for overall brain health.

WEDNESDAY, FEBRUARY 28
6 P.M.

Community Lecture
**THE NEUROSCIENCE
OF "NORMAL": HOW
DO OUR BRAINS SHAPE
WHO WE ARE?**

Dr. Chelsea Ekstrand
Canadian Centre for Behavioural
Neuroscience

WEDNESDAY, MARCH 13
5:30 P.M.

Free Public Talk
**THE SOCIAL SYNAPSE:
USING PLAY AND
RELATIONSHIPS TO
BUILD EXECUTIVE
FUNCTION.**

Dr. Robbin Gibb
Canadian Centre for Behavioural
Neuroscience

SATURDAY, MARCH 16
10 A.M. - 1 P.M.

Free Public Event
**OPEN HOUSE AND
BRAIN AWARENESS
FAIR**

Canadian Centre for Behavioural
Neuroscience
University of Lethbridge
Science Commons

For more information, visit:
go.uleth.ca/BAW
403-332-4099 | ccbn@uleth.ca

