



## PATERSON PRESS April 15-26

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](mailto: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.

<p><b><u>Monday April 15</u></b> Gr 8 &amp; Select Choir Trip to Edmonton</p> <p>School Council 6:30PM in the Learning Commons</p>	<p><b><u>Tuesday April 16</u></b> Gr 8 &amp; Select Choir Trip to Edmonton</p> <p>New! Yoga Club 3-4pm</p> <p>No club badminton this day</p> <p>Gr. 7 City Badminton at UofL Gym 3:45PM</p>	<p><b><u>Wednesday April 17</u></b> Gr 8 &amp; Select Choir Trip to Edmonton</p> <p>Gr. 8 City Badminton at UofL Gym 3:45PM</p>	<p><b><u>Thursday April 18</u></b> Club badminton wrap up (gr 6,7,8) 3-430pm</p> <p>Gr. 6 City Badminton at UofL Gym 3:45PM</p>	<p><b><u>Friday April 19</u></b> Spring Dance!! 11:40am-1:30pm in the large gym</p>
<p><b><u>Monday April 22</u></b></p>	<p><b><u>Tuesday April 23</u></b> Gr 8 Band trip to Banff</p> <p>Yoga Club 3-4pm</p>	<p><b><u>Wednesday April 24</u></b> Gr 8 Band trip to Banff</p>	<p><b><u>Thursday April 25</u></b> Gr 8 Band trip to Banff</p>	<p><b><u>Friday April 26</u></b></p>

**School Council** – The next meeting is scheduled for **Mon. April 15<sup>th</sup>** at 6:30PM in the Learning Commons.

**Spring Dance** – Our spring dance will happen on Friday, April 19<sup>th</sup>. Please note that students can not leave and return for the dance. There will be food and items for sale during the dance. Entrance fee is \$2, and proceeds will go towards the Gr. 8 Voyage Quebec Trip.

**Registration for 2024-25** – Parents/guardians have received a link to a registration form through email. **For all middle schools including GPMS, the process began Friday March 22 and closed on April 11<sup>th</sup>.** Once the form is filled out and submitted, the school you are registering with for the 2024/2025 will receive a copy of the form. If you still have not completed this process, please do so. If you are unable to find the link in regular or junk mail folders, please contact the office. Reminder that option selections will take place in early May for all students. An option selection package will be sent home and students and parents will go over choices together before students indicate their options choices at school with their class through PowerSchool.

**Grade 8 students attending LCI** – We will have a grade 8 assembly on Friday April 19<sup>th</sup> and students will be presented with information about their programs and course selection at this time from LCI staff. More information for high school will be sent home in late April as well.

All prospective grade 9 student and their families are invited to join us for an Open House and Information Evening on Monday, April 22nd at 7:00 pm in the Large Gym at LCI. We would strongly encourage all parents to bring their new Grade 9 children to this very informative evening. Lots of important points will be discussed that will help you select courses and start off your high school path to graduation on the right foot.

Topics to be discussed are:

- Program Offerings
- How to Request Courses
- Parent Roles & Responsibilities
- First Day of School Info
- General School Information

If you have any questions or want more information, please contact LCI at (403) 328-9606

**LCI Dance Program - April 13** is the deadline to apply to audition for the Lethbridge Collegiate Institute Arts Academy Dance program. Auditions are for students going into **grades 9-12** for the **2024/2025** school year.

**Lethbridge Music Festival** - Mr Leavitt and Ms. Lewis and their choirs and bands enjoyed another successful two weeks of festival performances this year. The grade level choirs and bands as well as the Select Choir, Handbell Choir and Jazz Band recorded almost a full slate of superior ratings. Our grade 8 choir has also been recommended to go to Provincials in May! We are very proud of your accomplishments!



**Lost and found** – all lost found items will be on display for the next week. Please take a look! We will be donating items to My City Cares if they are not collected.

**Athletics – Badminton** wraps up this week with LSAA City Championships April 16-18 at the University of Lethbridge gymnasium hosted by Paterson. Our schools have attended tournaments at Fairbairn and Wilson. Thanks to all athletes who have attended our club sessions this year as well. We will have a club badminton wrap up for all grade on Thursday April 18<sup>th</sup> from 3-4:30. We have had about 50 students who regularly come out to play with their friends. **Track and Field** has started in PE classes and we have lucked out so far with good weather!

**Green Shirt Day – April 10<sup>th</sup>** – We wore our green shirts at school on Wednesday to recognize Green Shirt Day and support Logan Boulet and his important cause as Friday April 7<sup>th</sup> was not a school day.



**April's Mental Health Minute from the Wellness Team**

Merriam-Webster defines **resilience** as “an ability to recover from or adjust easily to misfortune or change”. Spring in schools is a time of change, with a new season, various field trips and activities, thoughts of summer break, and the transition to the next grade level. Middle school students’ brains are also changing and often, students find it challenging to manage the stress and changes around and within them. Adults in their lives can support adolescents with these changes through open conversation, focusing on how they can use their strengths to overcome failures and handle anxiety or other difficult situations. These links provide strategies on how to help build resilience in teens.

<https://www.apa.org/topics/resilience/guide-parents-teachers>

<https://www.healthlinkbc.ca/mental-health-substance-use/substance-use/parenting-and-substance-use/using-conversations-teach-1>

Please do not hesitate to reach out to the Wellness Team ([Christine.oviatt@lethsd.ab.ca](mailto:Christine.oviatt@lethsd.ab.ca) or [Cheryl.smith@lethsd.ab.ca](mailto:Cheryl.smith@lethsd.ab.ca)) if you would like additional resources on this topic or where to access mental health support in our community.

### **HATS ON! for Mental Health Day is coming soon!**

Every year CMHA (Canadian Mental Health Association) dedicates a week in May to raise the awareness of Mental Health. This year, Mental Health Week will run May 6-12 (<https://cmha.ca/mental-health-week/>).

\*Hats On! for Mental Health Day will take place on **Wednesday, May 8.**\*

Albertans are invited to wear a hat to raise awareness of the importance of good mental health. At GPMS, we will encourage students and teachers to build understanding by wearing hats to school, and our teacher counsellor will be offering lessons about mental health and the importance of removing the stigma associated with mental illnesses. This campaign is a partnership with The Alberta Teachers’ Association, Canadian Mental Health Association, and Global TV.