



PATERSON PRESS - Oct 7 - 18

Welcome Paterson families! Instead of a month end newsletter, we send home the “Paterson Press” every second week. 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.schoolcashonline.com/>

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

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

<u>Monday Oct. 7</u>	<u>Tuesday Oct. 8</u>	<u>Wednesday Oct. 9</u>	<u>Thursday Oct. 10</u>	<u>Friday Oct. 11</u>
Western Day Chess Club – noon Club Volleyball 3 – 4:30 pm E Sports 3 – 4 pm Feed the Bug	Dress Like Your Favourite Character Feed the Bug Bus Evacuation Drill – 8 am Lockdown Practice – 9 am	Crazy Hair Day Cross Country Zones in Medicine Hat Maker Space in LC - noon Feed the Bug	Dress From the Past Chess Club – noon E Sports 3 – 4 pm Dev V-Ball - GPMS @ ICS (boys & girls 4 pm) Rep V-Ball - ICS @ GPMS (boys 4 pm, girls 5:15 pm)	Tiger Pride Day
<u>Monday Oct. 14</u>	<u>Tuesday Oct. 15</u>	<u>Wednesday Oct. 16</u>	<u>Thursday Oct. 17</u>	<u>Friday Oct. 18</u>
No School – Happy Thanksgiving	Dev V-Ball - Wilson @ GPMS (boys & girls 4 pm) Rep V-Ball - GPMS @ Wilson (boys & girls 4 pm)	Handbells Festival Maker Space in LC - noon	Chess Club – noon E Sports 3 – 4 pm Dev V-Ball - GPMS @ Lakie (boys & girls 4 pm) Rep V-Ball - Lakie @ GPMS (boys 4 pm & girls 5:15 pm) Indigenous Ed Bingo Night	SJF Rep V-Ball Tournament Tiger Classic Volleyball Dev Tournament

- Morning Drop Off** – Please be aware that we have 860 students arriving at our school every morning. The gorgeous fall morning light makes it difficult to see if students are crossing the road. Please encourage your child to cross at the flashing pedestrian crossing in the morning and after school. The staff parking is also off limits for drop off as we have several busses that use that lot to drop off students. Thanks for your help in keeping students safe!
- Spirit Week** – Oct 7 – 11 – Come dressed up each day and show your school spirit! Dress up themes are on calendar above.

- **School Chess Tournament Advertisement - ♟️ The Ultimate Challenge: School Chess Tournament! ♟️** Calling all student strategists! Show off your chess skills and represent your school at the Annual School Chess Tournament. It's your chance to outsmart your classmates and bring home the title of Chess Champion! This will take place in October, in the learning commons and the sign-up sheet will be in the office with all the rules! For more details, contact Ms. Trzaska. There will be certificates for those students who get first and second place! Show your strategy, take on your peers, and claim victory on the chessboard!

♟️ Checkmate the Competition! Join the Annual City Chess Tournament ♟️

Get ready to test your strategic skills at the FREE **Citywide Chess Fest Tournament**, open to players of all levels! Whether you're a seasoned grandmaster or just starting to learn, this is your chance to show your moves and compete against the best.

Event Date: *Sunday, October 13th*

Time: *9:00 AM - 4:00 PM*

Location: *The Galt Museum*

Programs Available:

- Youth Chess Tournament (**Ages 8-18**)
- Simultaneous Chess Demonstration
- Lunch will be available for purchase
- Additional family-friendly events

Tournament Registration is due by October 4th.

How to Register:

<https://chessforlife-uleth.weebly.com/chess-fest.html>

Join the excitement and see if you have what it takes to say "Checkmate!"

- **School Council** – Our next meeting is Monday October 21st from 6:30 pm – 7:30 pm in the Learning Commons. Come join us and find out about what is happening at Gilbert Paterson and how you can be involved.
- **School Picture Orders are due October 7th**- orders can be dropped off at the office or online.
- **Book Fair Update** - Book Fair in running October 21 - 25. Students will be able to purchase books and other items (Monday or Tuesday.) or visit us during parent/teacher interviews (Thursday & Friday). Cash or card is accepted! We are also looking for Parent Volunteers for evenings please register here: <https://forms.office.com/r/2ue92v9ZAH>
Or they can find more information on our Scholastic Website here: <https://bookfairs.scholastic.ca/bf/gilbertpatersonmidsch>
- **Option and Activity Fees** – Fees for option courses and activities are now up on School Cash Online. Your prompt payment is greatly appreciated.
- **E-sports** – The club meets on Mondays and Thursdays from 3 – 4. Please see M. Proulx for more information.
- **Let's Beat the Cold Together** - A local not-for-profit society is working with Lethbridge School Division, The City of Lethbridge and the Lethbridge Police Service to help keep kids warm this winter. **Let's Beat the Cold Together**, a partnership between Lethbridge School Division, The City of Lethbridge and the Lethbridge Police Service, along with, Every Voice Matters society, is seeking donations of used jackets, toques, mittens, gloves, socks and hand and leg warmers. Please visit our website for the details:

KEEP WARM

- **Tiger Athletics** – Our top bantam and midget aged runners will compete at zones this week in Medicine Hat, on October 9th. We will also be hosting our first volleyball tournament on October 18th and 19th.
- **TIGER GEAR** – GPMS Tiger Gear is available through our website. Head over to the website, [Tiger Gear | Gilbert Paterson Middle School \(lethsd.ab.ca\)](https://www.gilbertpaterson.ab.ca) to get yours today!
- **Parent Teacher Interviews – Oct. 24th pm and 25th am** – 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** 5 pm – 8 pm. Friday interviews are from 8:30 - 11:40 am. You will be able to book a 10-minute time slot with core, PE, band or choir teachers.
- **FYI** – Just a reminder to parents that the staff parking lot is not available for dropping off students. The staff parking lot is for staff. We ask you kindly not stop and drop off students in the parking lot as it is causing the teachers to be backed up in the morning and having their spots blocks, so general chaos ensues. Thank you for your understanding and help with this matter.
- A big **thank you** to Kona Ice for their continued support and giving back to our school. The recent fundraiser brought in roughly \$850.
- **Feed the Bug** – We will be collecting food for this District wide cause until October 9th. We will be collecting non-perishable food items through our homerooms and leadership students throughout the week for this worthy fundraiser for the Lethbridge Food Bank.
- Just a reminder, the school does not supply cutlery. You will have to remember them with your lunch
- **The Paterson GSA (Gender and Sexuality Alliance) Club** – This club starts Oct. 7th at lunchtime on Mondays in the art room for any interested students. Weekly meetings will provide the chance for LGBTQ2S+ students and allies to connect in a safe, inclusive, welcoming environment. The Paterson GSA Club will offer various opportunities, including peer support, safe space, education awareness for LGBTQ2S+ issues, inclusiveness, equity and equality to flourish throughout the entire student population, support for students who are or have experienced bullying, informal activities such as art activities, games, and spending time with supportive peers (information adapted from Government of Alberta, 2021, <https://www.alberta.ca/gay-straight-alliances.aspx>). If you have questions about this club, please contact Morgan Day or Christine Oviatt.
- **OCTOBER MENTAL HEALTH MINUTE** - During the month of September, our Wellness Team had the opportunity to visit every class in our school. That's over 850 students! We shared our ***BIG 3*** Coping Strategies to build students' skills and confidence in managing everyday middle school stress. We also shared how students can access counselling support at the school and promoted the importance of taking care of our mental health. Below, you will find the strategies we shared, and we hope families find opportunities to reinforce and continue to build these skills.

***BIG* 3 COPING STRATEGIES**

BREATHING – Breathe into lower belly, hold 1-2 seconds, exhale through your mouth, hold 1-2 seconds, repeat 3 times

IMAGINE – a calm/peaceful/favourite place or activity

GROUNDING 3-2-1 – paying attention to the moment by using your senses:

- 3 things you can see
- 2 things you can hear
- 1 thing you notice about your body in the space

If you have questions or would like to connect with one of the counsellors at Paterson, please contact Christine Oviatt (christine.oviatt@lethsd.ab.ca) or Cheryl Smith (cheryl.smith@lethsd.ab.ca).

Our community offers many groups for mental health and personal growth. Please see the flyers for the AHS ADHD group and the groups offered by Lethbridge Family Services. If you have any questions or difficulties accessing these, please reach out to Cheryl or Christine at the emails above.



Healthy Albertans.
Healthy Communities.
Together.

In Person ADHD Parent Group

This is an educational group for parents and caregivers who want to learn about ADHD. The purpose of this group is to provide current introductory information around ADHD. This closed group consists of five ninety-minute sessions on these topics:

- What is ADHD and how to talk to your child/teen about it
- How medication, nutrition, exercise, and sleep impact ADHD
- How ADHD impacts self-regulation and the importance of co-regulation
- Tools for parenting a child/teen with ADHD
- Navigating school systems and community services

Upcoming Dates and Location

Tuesdays, November 5 – December 3, 2024, from 6-7:30 p.m.

Child, Youth and Family Addiction and Mental Health Clinic
Melcor Centre (Suite 120A 200 - 4 Ave. So.)

**To register, call Access Addiction & Mental Health
1 888 594 0211**

Lethbridge Family Services 
Since 1910
Counselling, Outreach & Education 

PERSONAL REFLECTIONS OF GRIEF

A Personal Growth Group

Finding compassionate supports when you have experienced a profound loss is important.

This 4-week personal growth group will invite participants to share their experience and discuss different aspects of the grieving process, including:

- common responses to loss
- cycle of grief
- self-care and coping

Thursdays, 9:30-11:00 am **October 10th-31, 2024**
📍 LFS Counselling Office: 1098 3rd Ave North, Lethbridge
No cost to participate Register by September 25, 2024

For more information or to inquire about an intake, contact Outreach & Education at outreach@lfsfamily.ca or 403-327-5724

Lethbridge Family Services 
Since 1910
Counselling, Outreach & Education 

The Authentic Self

A Personal Growth Group

This group will support individuals in learning more about their emotions and their self-talk. Participants will also learn tools that can support them in developing a greater self awareness and self compassion.

Fridays, 1:00pm-3:30pm, November 8th - 29th, 2024
📍 LFS Counselling Office: 1098 3rd Ave North, Lethbridge
No cost to participate
Register by October 25th, 2024

Contact Outreach and Education to register, outreach@lfsfamily.ca or 403-327-5724

Fine Arts Information

- **Band Room** - The band students have been working hard in class already to prepare for their upcoming performances and assessments.

A reminder that the testing (**assessments**) will be done in class this term. Students will be receiving an outline for the assessment in the middle of October.

A reminder that all band students will need to purchase **concert attire** for our Winter Concert on Dec. 12. That includes a white dress shirt or sweater (no sleeveless top please), black dress pants or long skirts, black socks and black shoes. A few ideas for locations to purchase - Walmart, Value Village, Mission Thrift, Super Store, Ardene's, Old Navy, Amazon 😊

For all band activities, please visit the **band website**.

Karly Lewis
Gilbert Paterson Middle School
Band Director
www.gpmsinstrumentalmusic.weebly.com

- **Handbells** - Handbells is up and running! Join us in the choir room with your lunch, each Monday and Wednesday.