



PATERSON PRESS - Oct 21 – Nov 1

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.schoolcashionline.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. 21</u>	<u>Tuesday Oct. 22</u>	<u>Wednesday Oct. 23</u>	<u>Thursday Oct. 24</u>	<u>Friday Oct. 25</u>
Chess Club – noon Club Volleyball 3 – 430 pm E Sports 3 – 4 pm School Council Meeting - 6:30 pm in Learning Commons	Dev V-Ball - SJF @ GPMS (boys & girls 4 pm) Rep V-Ball - GPMS @ SJF (boys & girls 4:15 pm)	No School for students Dev V-Ball - St. Fran @ GPMS (boys & girls 4 pm) Rep V-Ball - GPMS @ St. Fran (boys 4 pm & girls 5:15 pm)	No School for students Parent Teacher Interviews (12 pm – 430 pm and 530 pm – 8 pm)	No School for students Parent Teacher Interviews (8 am – 11 40 am) Lakie Rep Tournament
<u>Monday Oct. 28</u>	<u>Tuesday Oct. 29</u>	<u>Wednesday Oct. 30</u>	<u>Thursday Oct. 31</u>	<u>Friday Nov. 1</u>
Chess Club – noon Club Volleyball 3 – 430 pm E Sports 3 – 4 pm	Photo Retakes in afternoon Dev V-Ball - GPMS @ FLVT (boys & girls 4:15 pm) Rep V-Ball - FLVT @ GPMS (boys 4 pm & girls 5:15 pm)	Maker Space in LC - noon Dev Wrap Up Party – SG 3 – 4 pm	Halloween Dress Up Day No Chess Club or E-sports today	

- 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!
- 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.

- **Book Fair Update** – As you know, 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. Or they can find more information on our Scholastic Website here: <https://bookfairs.scholastic.ca/bf/gilbertpatersonmidsch>

We are still in need of volunteers, especially Thursday evening. If you are able, we would greatly appreciate your support as this is a school fundraiser. Parent Volunteers please register here: <https://forms.office.com/r/2ue92v9ZAH>

- **Option and Activity Fees** – Fees for option courses and activities are now up on School Cash Online. Your prompt payment is greatly appreciated.
- **Tiger Athletics** - Our cross country runners brought home a banner! We are now the 1J south zone champs for 2024! Thanks to all families and students that supported our cross country team. Our development volleyball teams are hosting our Tiger Classic volleyball tournament on Oct 18th and 19th. Good luck!
- **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.gilbertpatersonmidsch.ca/tiger-gear) to get yours today!
- **Parent Teacher Interviews – Oct. 24th pm and 25th am** - we look forward to meeting with you. The booking closes on Tuesday, October 22. Here is the link to get your interview booked if you already haven't, [Gilbert Paterson Booking | Gilbert Paterson Middle School \(lethsd.ab.ca\)](https://www.gilbertpatersonmidsch.ca/parent-teacher-interviews)
- **Absences** - Student absences must be reported in advance for the school year through the SchoolMessenger App, or by calling the following number (866) 879-1041. On the day of the absence however, absences cannot be reported after the school's cut-off time. The cut-off time for Gilbert Paterson Middle School is 8:00AM of that current school day. If SafeArrival tells you it is past the cut-off time for reporting absences for the current day, you will need to contact the school directly.

Please see the link below for detailed instructions on entering absences in SafeArrival through the app or by phone. [Report an absence | Gilbert Paterson Middle School \(lethsd.ab.ca\)](https://www.gilbertpatersonmidsch.ca/report-an-absence)

- **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.
- **Halloween Dress Up Day** – Thursday 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. 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!
- **Feed the Bug** – Thank you to all who supported our food drive 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.
- Just a reminder, the school does not supply cutlery. You will have to remember them with your lunch.



- **The Digital Wellness Team** is pleased to announce that we will be hosting our second Digital Wellness Parent Engagement Event on Wednesday November 13th, 2024. This event will be held from 6:00-7:30 PM in the G.S. Lakie Middle School Foyer. Our aim is to give parents and stakeholders the opportunity to learn more about the new *Personal Mobile Device and Social Media Use in Schools* procedure, and the relationship between technology and education. Attendees will be able to hear about the formation and implementation of the procedure and share perspectives in round table discussions.

Attendance for the event will be limited to 150 individuals, so families, staff, and community members are asked to confirm their attendance using the link provided in the attached flyer. The link can also be found here --> [Parent Engagement Night](#). We will be further promoting this evening on the Lethbridge School Division Webpage, social media pages, and throughout the community. Please share the attached flyer or information about this event through your school communities as you see fit. If you or the families that you support have any questions about the event, please direct them to the Digital Wellness Team (Sydnie Erlendson or Cason Machacek)

- **The Paterson GSA (Gender and Sexuality Alliance) Club** – This club meets 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.

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** - Check out Ms. Lewis' band website. [Gilbert Paterson Middle School Band Program Calendar \(weebly.com\)](https://www.gilbertpatersonmiddle.com/band-program-calendar)
- **World Renowned Handbell Clinician in Lethbridge** - On Wednesday October 16, 2024, Emily Li was in Lethbridge working with handbell students from 4 of the Division 51 Schools and it was amazing to have such a wonderful workshop and outstanding clinician working with our Handbell ringers!

Emily, who now lives in Ontario, worked with the young ringers on various techniques and rhythms as well as preparing a mass ringing piece. She focused on the middle school students at Gilbert Paterson Middle School in the morning and moving to Nicholas Sheran Community School for the afternoon. This was an excellent way for all of these students to kick start their bell ringing season.

Emily Li stands as a globally acclaimed handbell virtuoso hailing from Hong Kong. She is an accomplished conductor, composer, soloist, and educator with over 30 years of experience. Her fascination with handbells ignited in 1986, sparking a deep passion for this heavenly instrument. She is the Artistic Director of the Hong Kong Handbell Academy, Hong Kong Youth Handbell Ensemble and Gloves Handbell, Chairperson of the Handbell Association of Hong Kong, and the Principal Guest Conductor of the Ministry of Bellz in Singapore.