



PATERSON PRESS – December 16 – January 10

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, Kat, or Jennifer in the office at 403-329-0125.

<p><u>Monday Dec. 16</u></p> <p>Holly Jolly Hat Day</p> <p>GSA meet @ lunch in art room</p> <p>Choir/Handbell Winter Concert – 7 pm @ College Drive Community Church</p>	<p><u>Tuesday Dec. 17</u></p> <p>Ugly Christmas Sweater Day</p> 	<p><u>Wednesday Dec. 18</u></p> <p>Dress like an Elf Day</p> <p>Maker Space in LC – lunch</p>	<p><u>Thursday Dec. 19</u></p> <p>Red & Green Day</p> <p>Talent Show – Block 1 and 2</p> <p>Talent Show – Block 3 and 4</p> <p>Tiger Club Basketball – 3-4 pm</p> <p>Rep B-Ball - GPMS @ Magrath (girls 4 pm & boys 5:15 pm)</p>	<p><u>Friday Dec. 20</u></p> <p>PJ Day</p> <p>Grade 8 Holiday Breakfast – 8 am</p> <p>Movie Mill – all grades</p> <p>Unclaimed lost and found will be donated to MyCityCare</p> 
<p><u>Monday Dec. 23</u></p> <p>Winter Break No school</p>	<p><u>Tuesday Dec. 24</u></p> <p>Winter Break No school</p>	<p><u>Wednesday Dec. 25</u></p> <p>Winter Break No school</p> 	<p><u>Thursday Dec. 26</u></p> <p>Winter Break No school</p>	<p><u>Friday Dec. 27</u></p> <p>Winter Break No school</p>
<p><u>Monday Dec. 30</u></p> <p>Winter Break No school</p>	<p><u>Tuesday Dec. 31</u></p> <p>Winter Break No school</p>	<p><u>Wednesday Jan. 1</u></p> <p>Winter Break No school</p> 	<p><u>Thursday Jan. 2</u></p> <p>Winter Break No school</p>	<p><u>Friday Jan. 3</u></p> <p>Winter Break No school</p>
<p><u>Monday Jan. 6</u></p> <p>GSA meet @ lunch in art room</p>	<p><u>Tuesday Jan. 7</u></p> 	<p><u>Wednesday Jan. 8</u></p> <p>Maker Space in LC – lunch</p>	<p><u>Thursday Jan. 9</u></p> <p>Tiger Club Basketball – 3-4 pm</p> <p>Dev V-Ball - GPMS @ FLVT (girls 4:15pm & boys 5:30pm)</p> <p>Rep V-Ball - FLVT @ GPMS (girls 4 pm & boys 5:15 pm)</p>	<p><u>Friday Jan. 10</u></p> <p>St. Francis Dev Boys Basketball Tournament Fri/Sat</p> 

- **SCHOOL COUNCIL** – The next meeting is **Mon. Jan. 20th at 6:30PM** in the Learning Commons. Everyone is welcome, we look forward to seeing you there.
- **LEADERSHIP ACTIVITIES** – We have theme days coming up before the Winter Break. Please see the calendar above for the dress up days. We also have some fun activities going on through out the week such as find the elf! Ask your child for more information.
- **PATERSON'S GOT TALENT!** – We are excited to see the return of our Talent Show this year on Thurs. Dec. 19th! Because of the size of our school, we will have two shows this year, but the performances will be the same at both times. Parents are invited to come and join us in the large gym.
- **MOVIE MILL** – On Friday Dec 20th, all classes will be walking to the Movie Mill to watch a movie on the big screen! Student can buy snacks at the concession but that is up to individual families. If students wish to be excused early from the Movie Mill (and not come back to school for normal dismissal time) a guardian must complete the letter that was sent home on Friday. This must be completed before Wednesday Dec 18th.
- **COUNSELLING – Angel Tree** - A huge thank you to those people who have donated to Angel Tree this year!
If you would still like to drop off a new, unwrapped gift for the Angel Tree, Gilbert Paterson will continue collecting as a community drop-off location until **NOON on Thursday, December 19th**. Gifts can be dropped off by the tree in the main office. Thank you!
- Our **Leadership Students** will be continuing to collect unwrapped toys for the **Toy Drive for Shop of Wonders**. Students can bring stocking stuffers (\$2-5 gifts), also gifts for all ages up to 18 years old. The gifts will go to families who do not have the resources to buy Christmas gifts for their children. They will be collected in student's homeroom classes up until Friday, **Dec. 20th**.
- **FYI** – The lost and found that is at the school will be on display for the last week of school before the break. What ever is not claimed by Friday, will be donated to MyCityCare.
- **FMNI News -**

Venez en grand nombre!





- **Thank you to our Band and Choir programs!** The shows last week were incredible! Thank you for all your support for our fine arts programs.
- A very special **THANK YOU** to all the families you brought delicious food, treats, and drinks for the Staff Appreciation Lunch. Our bellies and hearts are full!
- **Thank you for all your support for our Popcorn Fundraiser!** We are grateful for the community support over the last 4 weeks. We will share our fundraising totals in the next Paterson Press!

KEY TAKEAWAYS FOR SURVIVING THE HOLIDAYS

- **Practice self-care.** This is the most important aspect of getting through the holidays.
- **Perfection is not attainable.** Instead of trying to create the "perfect holiday," try to simply enjoy spending time with those you care about.
- **Lean on your support system,** even if it is just one person or a pet.
- **The season does not mean old family wounds heal.** Spend time with those who make you feel supported/, limit time with those who do not.
- **Set limits.** Avoid taking on too many activities at once. It can leave you feeling overwhelmed and guilty about not looking after yourself better.
- **Try to eat healthy and exercise regularly whenever you can.** Having control over your diet can help reduce stress and exercise releases feel-good hormones that also help you feel better.
- **Take mindful moments.** Set aside time each day to just be present and aware. You can practice this anywhere, anytime!
- **Take deep breaths.** Controlling your breathing can help calm your body's stress response.
- **Take short breaks.** It is normal to feel like you don't have time for self-care, especially during the holidays. Plan 15-minute breaks throughout your day, even when it seems hard to fit them in. Didn't sleep well? Take a 15-minute nap. No time for lunch? Spend 15 minutes mindfully enjoying a snack. Can't fit in a workout? Use 15 minutes to stretch or take a quick walk outside. Remember, you are a priority.
- **Ask for help.** If you're feeling overwhelmed, reach out for support.
- **After the holidays, plan some time to relax.** Create a self-care plan for the new year and remember—you made it through another year, safe and sound.

Have a safe and healthy Winter Break. Happy New Year to all our Tiger Families!

