








PATERSON PRESS - March 3 - 14

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

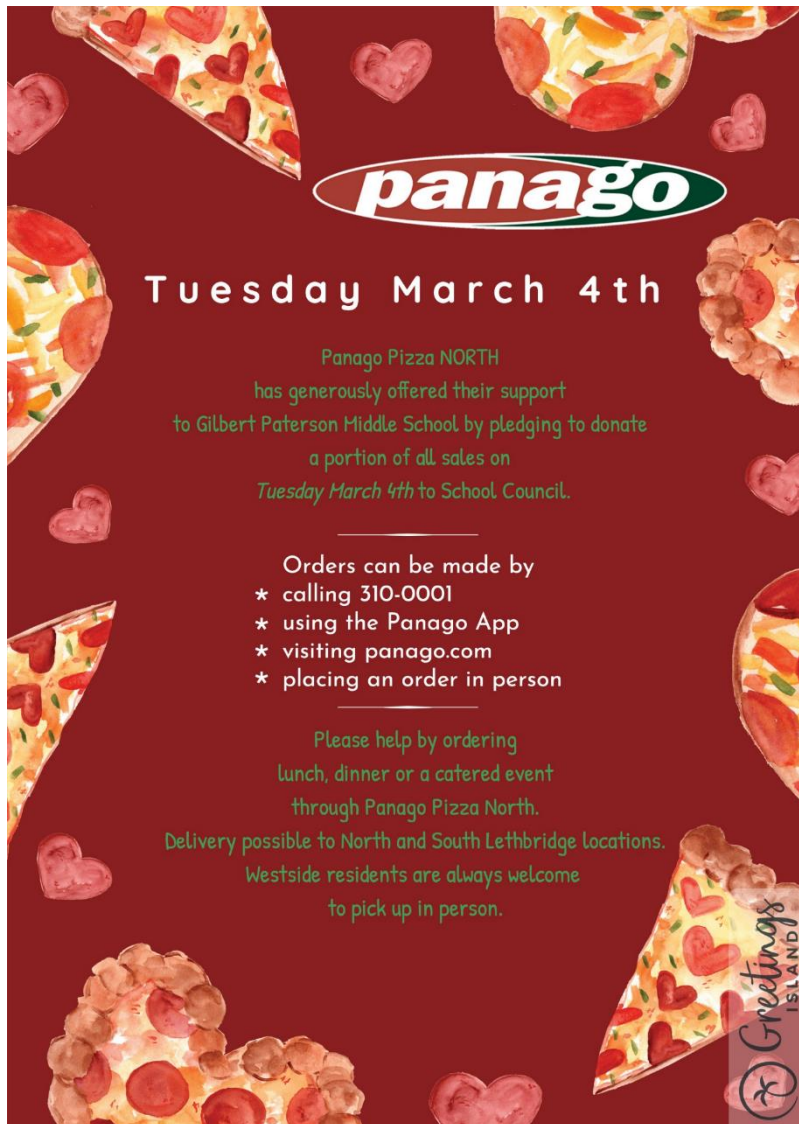
Have you registered for:

- 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.

<u>Monday Mar 3</u>	<u>Tuesday Mar 4</u>	<u>Wednesday Mar 5</u>	<u>Thursday Mar 6</u>	<u>Friday Mar 7</u>
<p>Crepes for ALL – begin today! – Grade 8</p> 	<p>Crepes – Grade 7</p> <p>FRIM Gr 6 – 8 – Movie Mill from 9 – 1230 pm</p> <p>GSA Club – lunch in art room</p> <p>Rock Band – 3 – 430 pm</p> <p>Gr 8 Willson Badminton Tournament</p> <p>Panago Pizza School Council Fundraiser – all day!</p>	<p>Crepes – Grade 6</p>  <p>Maker Space - lunch in LC</p> <p>Gr 7 Wilson Badminton Tournament</p>	<p>Carnaval! Wear your favourite PLAID!</p> <p>TIRE/TAFFY (maple on snow)</p> <p>Rock Band – 3 – 430 pm</p> <p>Gr 6 Wilson Badminton Tournament</p> 	<p>Carnaval Assembly - am</p> 
<u>Monday Mar 10</u>	<u>Tuesday Mar 11</u>	<u>Wednesday Mar 12</u>	<u>Thursday Mar 13</u>	<u>Friday Mar 14</u>
<p>REGISTRATION FOR 25/26 OPENS</p> <p>Grade 8 – Mass Band Practice (period 5)</p> <p>Grade 7 – Mass Band Practice (period 6)</p> <p>Parent Council Meeting – 630 pm in LC</p> <p>Gr 8 SJF Badminton Tournament</p> <p>Musical Theatre 8 Production "SHOWTIME" – 7 pm</p>	<p>GSA Club – lunch in art room</p>  <p>Grade 6 – Mass Band Practice (period 5)</p> <p>Rock Band – 3 – 430 pm</p> <p>Gr 6 SJF Badminton Tournament</p>	<p>Maker Space – lunch in LC</p> <p>Gr 7 SJF Badminton Tournament</p>	<p>Last Day of Term 2</p> <p>Rock Band – 3 – 430 pm</p>	<p>No School for Students</p> <p>PL for Teachers</p> <p>Fire Drill – 11:40 am</p>

- **School Council** – The next meeting is scheduled for **Monday, March 10th** at 6:30 pm in the Learning Commons. Everyone is welcome!
- **Registration for 2025 – 2026** – Registration will open on March 10th. Follow the link here, [SchoolEngage](#) using your PowerSchool credentials to log in. If you do not have a PowerSchool account, please contact the office for further assistance.
- **School Council Fundraiser** – Panago Pizza North has generously offered their support to our school by pledging to donate a portion of sales on Tuesday March 4th to School Council. Any, and all support will be greatly appreciated! Come and get your pizza on!



- **Just a reminder there is **NO SCHOOL** for students on Friday, March 14th AND Monday, March 17th as our staff will be attending their PL Day. Term 3 will begin on Tuesday, March 18th. We will see you then!**
- **Oliver! Jr.** – Our school production ran from Monday - Thursday the week before The Family Day Break in the small gym. Two different casts put on matinee and evening shows for family, friends, classmates and elementary school students. This year, we had the pleasure of welcoming the Choir Classes from our four feeder schools (Agnes Davidson, Lakeview, Fleetwood, and General Stewart) to accompany our cast. Congratulations to Mr.

Leavitt, Mdme Bryden, Mrs. Sherwood, and Mrs. Laturnas and all the cast and crew. Thank you for your support of our fine arts program.

- **Athletics - Congratulations to our Rep Basketball Teams!** The girls were undefeated in league play and advanced to the finals where they were successful in taking home the GOLD! Thanks to all our dedicated coaches, supervisors and scorekeepers for a successful season! Last by not least, a big thank you to all our players for all of basketball programs, your dedication was great! Next up is the **badminton season!**
- **News from The Band Room** – Our bands and choirs are getting ready for the Lethbridge Music and Speech Festival. Mass band rehearsals are marked on the calendar. Specific festival performance times will be sent out by Ms. Lewis.

- The month of March has been proclaimed **Alberta Francophonie Month** by the Government of Alberta. French Immersion students will continue with other activities throughout the month of March.



- **Carnaval at Gilbert** - We are so excited to be celebrating "Carnaval d'hiver"! Our students will begin the week with CREPES being delivered to their classrooms.

- Monday, March 3rd - Grade 8's
- Tuesday, March 4th - Grade 7's
- Wednesday March 5th - Grade 6's

On Thursday, March 6th, all students will be called down to the front of the school for TIRE/TAFFY (maple on a stick) and a photobooth. We will end our week with a Rock Show, concert, and little dance put on by our Rock Band.

During PE classes all week there will be snow activities, there will be a hockey tournament (intramurals) during lunchtime, Battle of French Tunes and a Winter Carnival Door Contest!



- **Happy Daylight Savings Day!** – just a reminder that we will be “springing” ahead one hour on Sunday, March 9th, 2025. Don’t forget to change your clocks!



- **March 2025 Mental Health Minute from the Wellness Team** - The **Action for Happiness** website shares monthly calendars with actions that support positive mental health habits. This month, their “Mindful March” calendar has many ideas that students and families may wish to include in their daily activities.

In one large study, researchers found that developing in-the-moment awareness, or mindfulness, of our experiences can reduce negative emotions and improve how we cope with stress (Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2004). Mindfulness-based stress reduction and health benefits. A meta-analysis. *Journal of psychosomatic research*, 57(1), 35–43. [https://doi.org/10.1016/S0022-3999\(03\)00573-7](https://doi.org/10.1016/S0022-3999(03)00573-7)

Here is the link to the “Mindful March” calendar for those who may want to download and/or include some of these helpful ideas: <https://actionforhappiness.org/mindful-march>

- **Recovery Alberta is now offering single session counselling services for youth and families.** Please see the attached link for information.
- **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 5-11. <https://cmha.ca/mental-health-week/>

*Hats On! for Mental Health Day will take place on **Wednesday, May 7.**

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

About services

Offers a no-cost service in the form of a single session therapy for children, youth and families.

- Therapy supports for children and youth ages 7-17.
- Parenting supports for parents of children ages 0-17.

Walk-In Services provides mental health and support in a single session or "one at a time" service model.

Children and youth aged 7-17 and/or their families or guardians may come to the walk-in to meet with a therapist for one hour to discuss concerns regarding the child or youth's mental health and collaborate in creating a support plan for those issues.

Clients may re-present at the walk-in after their initial visit, by may or may not be connected to the same therapist depending on scheduling.

Clients may be offered a single session connection with nursing, mental health therapy, addiction counselling or family mobile.

There is no limit to the number of times that you can access the Walk-In.

Ph. 403-381-5278

Location:

Child, Youth and Family Addiction and Mental Health Clinic
Melcor Centre - Suite 120A
200 - 4th Avenue South
Lethbridge, Alberta
T1J 4C9
Ph. 403-381-5278

Parking:

Parking is free for a 90 minute time slot in The Bay parking lot by entering your license plate # in the machine.

Directions:

Enter through the AHS doorway on the south side of Melcor Centre. Walk down the long corridor into the main mall area. We are located on the main floor, Suite 120A.

When:

Thursdays: 11:30-4:30

- **11:30-Registration starts.**
- **12:00-4:30-Therapists will see clients.**
- **No new clients will be accepted past 3:15.**

Our wait times can change with little warning over the course of the afternoon. If you are concerned about potential wait times or want to make sure we are not full for the current day, you can call us. We will not take names for the waitlist over the phone.

Child, Youth and Family Mental Health and Addiction Walk-In Services



Walk-In Services provides timely mental health and addiction services for children, adolescents and their families in a compassionate and convenient environment.



For your walk-in session:

Things to bring:

- Alberta Health Care Card
- Identification (for older youth and parents/guardians of children).
- A list of other therapists you are seeing (if any and if you have this available).
- Any relevant custody orders.

Other considerations:

- A parent or legal guardian must accompany anyone under the age of 14.
- If you are between the ages of 14 and 17 you may request services without the consent of your parents. The counsellor will assess if you meet mature minor criteria, which means you are able to give informed consent for services for that day. Not all youth qualify for mature minor status. If you do not, you must have your parent/guardian give consent for treatment. We encourage you to come in and we can work with you to figure this out.

What is a session like:

We offer single session therapy. The goal is that you leave with a clear plan of support and strategies to address the concern that brought you in.

Step 1: Complete Introductory Questionnaire

Walk-In starts with filling in some forms in the waiting room. This will:

- Provide background information about you for your counsellor.
- Help identify your concerns and goals for the session.

Step 2: Meet with a Counsellor

You will meet with a counsellor for 30-40 minutes. You and the counsellor will talk about your concerns, things you have tried in the past and how you will know if you are successful in addressing your concerns.

Step 3: Leave with a Clear Plan

After your conversation, the counsellor will leave the room for about 10 minutes to talk with another clinical team member and create a plan to help you to address the concerns that brought you to the walk-in. Then, the counsellor will spend about 10 minutes reviewing and revising the plan with you to make sure that it meets your needs.

Other Recovery Alberta supports:

- If you are in crisis situation where you need immediate support, please go to your local emergency room.
- If you are wanting longer term support for therapy or parenting support and would like to attend regular sessions with a professional, please call ACCESS Addiction and Mental Health: 1-888-594-0211



- Leadership 7 will be hosting a **Pizza Sale** on March 4 – 6, Each grade level will have a day to buy pizza, slices are \$3/1 or \$5/2.

March 4 - Grade 8 – Tuesday

March 5 - Grade 7 – Wednesday

March 6 - Grade 6 – Thursday



Gilbert Paterson's Musical Theatre 8 Class proudly presents:

SPOTLIGHT

A MUSICAL THEATRE SHOWCASE

A SELECTION OF NUMBERS FROM
CLASSIC AND CONTEMPORARY
MUSICALS

MARCH 10TH 7PM
GILBERT PATERSON SMALL GYM

FREE ADMISSION

- As you may have heard from your young performer, our Musical Theatre 8 class will be having a musical theatre showcase, entitled "SHOWTIME" in which we will present a variety of numbers from various musicals, both classic and contemporary.

This will take place on the evening of the **10th of March at 7pm**. Admission is free, and we would love for these awesome students to have a significant audience for which to perform. **ONE NIGHT ONLY.**

Please join us in supporting these amazing, brave, talented kiddos!