






PATERSON PRESS – March 17 - 28

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 17</u>	<u>Tuesday Mar 18</u>	<u>Wednesday Mar 19</u>	<u>Thursday Mar 20</u>	<u>Friday Mar 21</u>
<p>No School for Students</p> <p>PL Day for Staff</p>	<p>Term 3 Starts Today!</p> <p>GSA Club – lunch in art room</p> <p>Rock Band – 3 – 4:30 pm</p> <p>Club Badminton – 3 – 4 pm</p>	<p>Maker Space - lunch in LC</p> 	<p>Rock Band – 3 – 4:30 pm</p> <p>Grade 8 Parent Band Trip Meeting – 6:30 pm in Band Room</p> 	<p>La Girandole- Dance group for FRIM PE</p>
<u>Monday Mar 24</u>	<u>Tuesday Mar 25</u>	<u>Wednesday Mar 26</u>	<u>Thursday Mar 27</u>	<u>Friday Mar 28</u>
<p>Festival Concert – 7 pm at College Drive Community Church</p>	<p>GSA Club – lunch in art room</p>  <p>Rock Band – 3 – 4:30 pm</p> <p>Club Badminton – 3 – 4 pm</p>	<p>Maker Space - lunch in LC</p> <p>Term 2 Recognition Assembly</p> <ul style="list-style-type: none"> - Gr 7 – Block 1 - Gr 8 – Block 2 - Gr 6 – Block 3 	<p>Rock Band – 3 – 4:30 pm</p>	

- School Council** – The next **14th** at 6:30 pm in the Learning Commons. All past minutes can be found here, [School Council | Gilbert Paterson Middle School](#). Also, a bought pizza during the School council \$755.00, THANK YOU!



meeting is scheduled for **Monday, April** Commons. As always, everyone is be found here, [School Council | Gilbert HUGE](#) thank you to all the families that Council Fundraiser. Panago North gifted We really appreciate your support!

- A **very big merci beaucoup to all the Crepe makers**, we could not have done this without YOU! They made 1000 crepes and our students loved them! Our students also enjoyed the TIRE/TAFFY, 900 staff and students were served. Carnival was a great success, and we thank all the staff and parents/guardians/caregivers that helped make this such a wonderful week. Also, a **HUGE** thank you to all the families that bought pizza!
- **Staff PL Day – Monday, March 17th** – No classes for this day students as our staff will be working on professional learning that morning. Thank you in advance to our School Council for providing a staff breakfast through past Staff appreciation donations made by parents! **Term 3 begins on March 18th**.
- **REGISTRATION TIMELINE for 2025/2026:**
- **Monday, March 10th** – All families with current students designated for GPMS for the 25/26 school year, should now be able to register online through SchoolEngage, link found here, [SchoolEngage](#). If you have any issues with this process, please contact our office at 403-329-0125.
- **Late April** – We will be emailing out option course selection information to families. The selection of option preferences will take place electronically later at your child's school.
- **April 7th, 8th, 9th, and 14th** – Our Band teacher, Ms. Lewis, will be visiting different schools and introducing instruments and her program so students and parents can make informed choices in May.
- **May 5th – 8th** – We will be visiting students from the Grade 5 classes at our five feeder schools to answer general questions about middle school, options, the selection process and welcome them to Paterson.
- **May 12th - 23rd** – Students will be indicating their option preferences electronically through PowerSchool with their teachers using the option form that they have worked through with their parents. This is not a first come, first serve process so do not worry if you are not on day one.
- **Thursday May 22nd** – Gilbert Paterson Open House – We will be having an open house on this evening for students and parents/guardians/caregivers to come and see our school and meet us. There will be tours, displays and staff on hand to meet you and answer questions. It is a drop-in evening between 6 pm – 7 pm.
- **Late June TBD** – Grade 5 students will come over to Paterson for orientation visits with their class during the school day for another chance to see our school and meet our staff.
- **Late June TBD** - Grade 5 Band Parent Meeting and Instrument Rental Night - Gilbert Paterson Band Room. More information will be sent to parents/guardians/caregivers.
- **Week before first day of school** – Prior to the start of school, we will host an Open House to have gr. 6 students and all new students receive their locks, acclimate to our school and get ready for the new year. More details will be sent out at the end of this school year.

You will continue to hear from us throughout the spring prior to all these dates with reminders and further details as we move along the process. We are also just a call or email away if you have questions. We look forward to meeting our new students and families over the course of the spring! Welcome to GPMS!

- **Athletics - Congratulations to our Rep Basketball Girls' team for capturing GOLD at the Zone championships.** Thank you once again to all the coaches, athletes and parents of all our teams for a successful season. We have concluded tryouts for our grade level badminton. Thank you to all who came out.

- **Club Badminton** - what a great turn-out! Students of all levels are welcome to come on Tuesdays to the large gym from **March 11- April 8, 3:00 pm - 4:00 pm**. Students are encouraged to please have their rides for pick-up arranged no later than 4:15 pm because supervisors are unable to stay beyond this time.

Equipment is available for students to use if they do not have their own racquets. Opportunities will be provided for both recreational and competitive players. Join us for fun and fitness! Please reach out to Mlle Peddle or Ms. Oviatt if you have questions.

- The month of March has been proclaimed **Alberta Francophonie Month** by the Government of Alberta. To celebrate this event, we will be hosting numerous activities at school including music and festivities.



- Our Carnaval d'hiver was a wonderful success! The students and staff had a fantastic week celebrating.





- A look back at the **Trad'Badour** troupe's school shows On February 26 and 27, students from Pre-K to Grade 11 from the Gilbert Paterson, St. Mary, St. Francis and CCH immersion schools attended the Trad'Badour troupe's traditional show. A big thank you to Roger Dallaire and Daniel Gervais for this great show.



- French Free Skating - Join us for our French Free Skating event on March 28th! 🛼 ❄️

- When: March 28th, 2025
- Where: Civic Ice Centre (905 6 Ave S)
- Time: 4:15pm-5:15pm
- Price: Free! Register now!



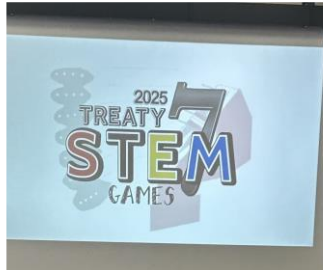
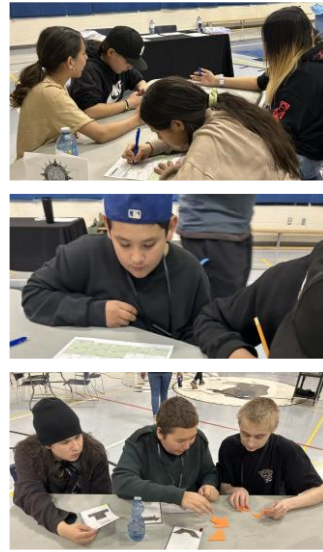
- **La Girandole** is a Francophone dance association that specializes in French-Canadian culture and dance. This group will be joining our Grade 6, 7, and 8 FRIM students on March 21st. We are excited to offer this opportunity to our French immersion students!

- **Youth Art Club** - The Southern Alberta Art Gallery offers a free program for students ages 12 to 18. The Youth Art Club is an activity where staff and guest artists will accompany and encourage youth in their artistic projects. Here are the dates of the next Youth Art Club which will take place from 1:00 p.m. to 3:00 p.m.: - February 28, 2025 - March 28, 2025 - April 11, 2025 - May 30, 2025 - June 27, 2025 - July 25, 202. All equipment as well as snacks and beverages are provided by the SAAG. Students are invited to bring their art projects to these activities. For more information, contact Mr. Bariyaa Ipa at the following address: bipaa@saag.ca.

- **INDIGENOUS News – Blackfoot Word and Value of the Month – ika’kimaat Try Hard**



- We had a unique math and science opportunity for our GPMS Treaty 7 students that participated in the **2025 Treaty 7 Grades 6-8 STEM Games**. These games happened on **Monday, March 10th** at Piiknai Nation Secondary School.



- **Fine Arts – Upcoming Dates for performances at Lethbridge Music Festival**

Mr. Leavitt and Ms. Lewis will communicate further details about festival times and locations through email. Good luck to all performers!

Band – Festival – Yates Memorial Theatre - Dates:

- Grade 7 Band – March 3, 8:35am – 10:45 am
 - Grade 6 Band – April 1, 8:10 am – 11 am
 - Grade 8 Band – April 3, 8:10 am – 11:15 am

Choir – Festival – Southminster United Church - Dates:

- Grades 6 and 7 Choir – April 8, 8 am – 10:45 am
 - Grade 8 Choir – April 9, 8 am – 10:45 am
- Handbells (**St. Augustine’s Anglican Church**) – April 10, 9 am – 10:45 am

- All our Grade 6 students will have the opportunity to attend a fieldtrip to City Hall. A big thank you all that helped make this happen and to our tour guides.



- A huge thank you to Ms. David and Mrs. Heth for the initiatives they and her kiddos are implementing:

- Foods classes, along with the ATA Local 41 DEHR committee bake muffins for donation to the SAGE Clan. These are distributed on Sundays as the Sage Clan do their walks. Each muffin is also labelled with a message of connection and support for the recipient.
- Leadership 7 and Foods 7 worked together to bake 300+ muffins, pancakes, and sausages for donation to the Lethbridge Soup Kitchen. Madelynn Turning and Shael Mostamand had the honour of delivering all these yummy treats!



- **A note from The Lethbridge Police Service** - Recently there have been lots of issues with pedestrian safety and vehicles not yielding to pedestrians throughout the city. For the month of March, members of TRU, the CPO's and the Alberta Sheriffs are going to do a project focusing on pedestrian safety in and around schools in Lethbridge. One of the key issues we've observed is pedestrians, especially students, not being fully aware of their surroundings before crossing streets. This lack of attention poses a significant safety risk, as distracted pedestrians may not notice oncoming vehicles, even in designated crosswalks. Additionally, vehicles traveling through school and playground zones are often not as vigilant as they should be, leading to unsafe conditions for children and other pedestrians. Speeding and distracted driving are prevalent problems in these areas, further exacerbating the danger.

Objective of the project is to educate pedestrians (including their parents) on safe crossing practices, as well as enforcing these areas to deter nuisance type behaviours (vehicles parked across crosswalks or blocking driveways) and high-risk driving behaviours (speeding, distracted driving, unsafe u-turns, failing to yield to pedestrians). To help pedestrians cross safer, it's crucial that we encourage a greater level of awareness and responsibility. Pedestrians should be reminded to:

1. Always use designated crosswalks when available and wait for a clear signal, if applicable.
2. Make eye contact with drivers before crossing, ensuring they are seen and acknowledged.
3. Avoid distractions such as mobile phones or headphones when crossing the street.
4. Look both ways even when at a crosswalk, as some drivers may not stop or may be unaware of the pedestrian right-of-way.

- **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

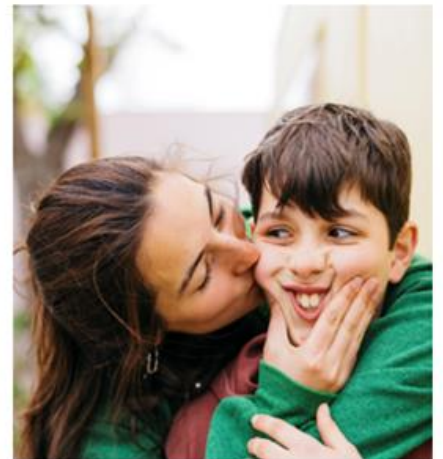
You will meet with a counsellor for 30-40 minutes. You and the counsellor will talk about your concerns, things you have tried in the past and how you will know if you are successful in addressing your concerns.

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



Online Safety PRESENTATION

The Alberta Law Enforcement Response Teams (ALERT) Internet Child Exploitation (ICE) unit welcomes all parents & caregivers to attend an evening information session on the realities of internet child exploitation in Alberta, and strategies to navigate these issues in an open and collaborative way with your children.

Some of the topics we will discuss include:

- who we are and what we do;
- the internet and social media;
- child luring and sextortion;
- artificial intelligence and emerging online sites/apps; and
- how we can work together to keep kids safe online.

JOIN US
March 27, 2025
7:00 p.m.

Casa Community Room
230 8th St S,
Lethbridge, AB

Please note the presentation runs approx. 2 hours



Learn more



ALERT

