


- **School Council** – The next meeting is scheduled for **Mon. April 14th** at 6:30 pm in the Learning Commons. Everyone is welcome. All past minutes can be found here, [School Council | Gilbert Paterson Middle School](#).
- **Registration for 2025-26 has begun** - We encourage you to complete your child's registration early so we can ensure we have the programming available to meet all our students' needs. It is open for students from k-12 at this time. For more detailed step-by-step instructions, please view the [SchoolEngage Parent User Guide](#)
 - You can also visit the school website for the registration information. [Gilbert Paterson - Student Registration](#)
- We would like to remind you that registration for the DELF JUNIOR will close next Tuesday, April 1st. Grade 8 students who are interested in taking the DELF should register as soon as possible. Here is the link: [Course Search Results | University of Lethbridge Continuing Education](#)
- **Athletics** - Congratulations to all the badminton players who participated in the tournaments over the last couple of weeks. Zones play will begin Monday, April 7th at The U of L. Club badminton runs until Tuesday, April 8th. Please see calendar for times.
- **Fine Arts** – We would like to wish all our bands, handbell and choirs' good luck on their festival performances coming up next week. Please see calendar above for specific dates
Congratulations to our choirs and handbell groups that performed with the LCI chamber choir on Mar 24th! It was a spectacular concert!

COMMUNITY CLOTHING GIVEAWAY

FRIDAY MAY 2ND 3PM - 7 PM
SATURDAY MAY 3RD 9 AM - 1 PM

LOCATION: THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
2420-28TH ST. S (EAST OF ENMAX ON SCENIC DRIVE)



DONATIONS OF GENTLY USED CLOTHING ACCEPTED. (NO STAINS, RIPS, OR TEARS)
BRING CLEAN ITEMS BAGGED AND LABELED SORTED BY SIZES

DROPOFF DONATED CLOTHING WEDNESDAY APRIL 30TH 6 AM-8 PM
THURSDAY MAY 1ST 10 AM-2 PM

WEST ENTRANCE THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
2420-28TH ST. S (EAST OF ENMAX ON SCENIC DRIVE)

VOLUNTEERS NEEDED PLEASE CONTACT
COMMUNITYCLOTHINGGIVEAWAY@GMAIL.COM

- **Community Education Service –**



Community Education Service



**Substance Use & Youth:
Trends, Risks & Offering
Support**



Mar 18 11:30 am

REGISTER

**Vaping &
Youth**



Apr 9 11:30 am

REGISTER

Digital Dilemma:

The Impact of Screens, Social
Media, and Gaming on Youth



May 22 11:30 am

REGISTER

This 3-part presentation by the **Community Health Promotion Services Team (CHPS)** addresses important issues affecting youth today.

The 1st session focuses on helping parents, caregivers, and mentors engage in conversations about substance use, including alcohol and cannabis, to support informed decision-making.

The 2nd session covers the rising concern of vaping among youth, providing insights into devices, substances, and strategies for effective conversations, while the 3rd session explores the impact of screen time, social media, and video gaming on youth mental health and well-being, offering practical tips for fostering healthy digital habits.

Talk Tips

Helping parents talk to their children about cannabis use.

[Talk Tips – Have their backs - YouTube](#)

[Talk Tips – Share your experience - YouTube](#)

[Talk Tips – Cannabis Use \(30 sec\) - YouTube](#)



- **MARK YOUR CALENDARS** - Wednesday, April 30 at 6pm there will be a **Voyage Québec meeting** in the Learning Commons GPMS. This is the **FINAL** large group meeting with parents and students before the trip.

Bring student documentation for trip (ie. Alberta health care card AND Drivers license or passport plus outside insurance if you are using it. This will be a very important meeting where final agenda, student expectations are reviewed along with answering questions and taking of documentation information.

See you then and please email, Catherine Thorsen at catherine.thorsen@lethsd.ab.ca directly should you not be able to attend this important meeting. Chaperone meeting will take place Wednesday, May 14th 6pm in the School Office.

- Please join us in honouring Logan Boulet and his legacy of organ donation by wearing a **GREEN SHIRT** all day Monday, April 7, 2025.

Green Shirt Day, observed annually on April 7, commemorates the victims and families affected by the 2018 Humboldt Broncos bus crash. Among those lost was 21-year-old defenceman Logan Boulet, whose selfless decision to register as an organ donor saved six lives. His choice, and the powerful conversations it sparked, led to nearly 150,000 Canadians registering as organ donors in the weeks that followed—a phenomenon known as the Logan Boulet Effect.



**Join us for the
Green Shirt Day
Family Skate!**

FREE

**Wear
your
helmet**

**Learn
about
Logan
Boulet
and
Organ
Donation**

April 7
Logan Boulet Arena
4:30-6:30 pm

Come Skate with Heart!

GREEN SHIRT DAY
Humboldt Broncos
APRIL 7
#LoganBouletEffect
CANADIAN TRANSPLANT ASSOCIATION



- Congratulations to Lathan Winklemans, Dominique Big Swan, and Hunter Many Chief for attending The Treaty 7 STEM Games along with Mr. Stringam and Madame Thorsen. They won silver! Thanks for all your hard work!



- **FYI** - Galbraith Elementary School is excited to host their Community Fair on Thursday, April 10 from 6:00 to 7:30pm. We host this fair to create a “one-stop-shop” for families to learn about the many great organizations in Lethbridge that can offer family supports, recreation, and other opportunities to our community members. My City Care's Street Store will also be here to provide free clothing for the whole family.



- **April 2025 Mental Health Minute from the Wellness Team** - April showers bring May flowers! As we head into this time of year with transitioning to the next school year and less structure during the summer, it is common for students to experience mixed feelings, such as excitement or worries. These types of feelings are normal for this time of year and can occur when we experience change in our lives. Some strategies for anxiety/worries include focus on the positives, look after the basics (such as sleep and nutrition), pay attention to your own behaviour by modelling calm and confidence, and encourage your children to share their thoughts and feelings.

If you are interested in resources for managing anxiety and building resilience, these are useful websites: <https://www.anxietycanada.com/> and <https://developingchild.harvard.edu/resource-guides/guide-resilience/> and <https://www.apa.org/topics/resilience/guide-parents-teachers>

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 topics related to mental health or where to access mental health support in our community.