

PATERSON PRESS – JUNE 2 - 13

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.schoolcashonline.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 June 2</u>	<u>Tuesday June 3</u>	<u>Wednesday June 4</u>	<u>Thursday June 5</u>	<u>Friday June 6</u>
	Gr. 6 – Kona Ice 1030 - noon GSA Club – lunch in Art Room Zone Track Meet – Medicine Hat Rock Band – 3 – 430pm	Gr. 7 – Kona Ice 1030 – noon	Gr. 8 – Kona Ice 1030 - noon Rock Band – 3 – 430pm VQ Returns – 11pm 	
<u>Monday June 9</u>	<u>Tuesday June 10</u>	<u>Wednesday June 11</u>	<u>Thursday June 12</u>	<u>Friday June 13</u>
Grade 8 – Mass Band Practice – Blk 5 Grade 7 – Mass Band Practice – Blk 3	GSA Club – lunch in Art Room Grade 8 FLA FRIM Final - Blk 1-2 Grade 6 – Mass Band Practice – Blk 2 Rock Band – 3 – 430pm	Grade 6 – Mass Band Practice – Blk 5 Grade 7 FLA FRIM Final - Blk 1, 2, 6	PAT LA Part B Reading - Blk 1-3 Rock Band – 3 – 430pm  Year End Band Concert - Westminster United Church – 7pm	PAT Math Part A - Blk 1-2
<u>Monday June 16</u>	<u>Tuesday June 17</u>	<u>Wednesday June 18</u>	<u>Thursday June 19</u>	<u>Friday June 20</u>
Grade 7 - Henderson Pool 1230 – 230pm Year End Choir/Handbell – College Drive Community Church – 7pm	Gr. 7 – Kona Ice 1030 - noon PAT Math Part B – Blk 1-3 Grade 7 LA Reading Final - Blk 1-2	Gr. 8 – Kona Ice 1030 - noon PAT Social – Blk 1-3 Grade 8 LA Reading Final - Blk 1-3	Gr. 6 – Kona Ice 1030 – noon 	GPMS Celebrates Indigenous Day Year End Wrap up -sign yearbooks, clean out lockers

	<p>Grade 8 Math Final -Blk 1-2</p> <p>Grade 6 Award Assembly 1230 – 130pm</p> <p>Grade 7 Award Assembly 145 – 245pm</p>	<p>Grade 7 Math Final -Blk 1-2</p> <p>Grade 8 Award Assembly 1230 – 130pm</p>	<p>Grade 8 - Calaway Park 7am – 6pm</p> <p>Grade 7 - Legacy Park 930am – 230pm</p> <p>Grade 6 - Henderson Pool - 1230 – 2pm</p>	
<p><u>Monday June 23</u></p> <p>Grade 6 Flex Morning</p> <p>Grade 7 & 8 Social Final</p> <p>Busses come at 1030 am</p> <p>Grade 8 Farewell – Lethbridge Polytechnic 1 pm</p>	<p><u>Tuesday June 24</u></p> <p>Grade 6 Flex Morning</p> <p>Grade 7 & 8 Science Final</p> <p>Busses come at 1030am</p>	<p><u>Wednesday June 25</u></p> <p>Last Day of School!</p> 	<p><u>Thursday June 26</u></p>	<p><u>Friday June 27</u></p>

- School Council** – As we approach the end of another successful school year, we want to extend our deepest gratitude to each of you on the School Council for your unwavering commitment and hard work. Your efforts have made a significant impact on our school community, and we are truly grateful for everything you have done. Thank you for your year of service and for making a difference in our school. We look forward to continuing our journey together and achieving even greater milestones in the future. All past minutes can be found here, [School Council | Gilbert Paterson Middle School](#)
- If you student qualifies for bussing for the 2025/2026 school year, there will be a registration form on your PowerSchool/School Engage account (same place where you completed your student’s registration form). [PowerSchool Login | Gilbert Paterson Middle School](#)
- NEW BELL TIMES FOR 2025/2026** – Next year our bell times will be changing! We



Paterson Bell Times 2025-26

Period Blocks	Monday - Thursday	Friday
Warning bell 7:55	DEAR Time 8:00-8:10	DEAR Time 8:00-8:10
1	8:10-9:00	8:10-9:00
2	9:00- 9:50	9:00-9:50
Break	9:50-9:55	9:50-9:55
3	9:55-10:45	9:55-10:45
		Announcements 10:45-10:50
4	10:45- 11:35	10:50- 11:40
Lunch (20 min)	11:35-11:55	
Lunch (20 min)	11:55-12:15	
5	Warning bell 12:15 12:20-1:10	
6	1:10-2:00	
7	2:00-2:50	

will no longer have the early dismissal on Wednesdays. This means our bell times will stay consistent from Monday to Thursdays and early dismissal will only happen on Fridays.

- **Options change for next school year** – Next year we will be running options in quarters, instead of terms. This means students will have more opportunities to get the options they request. Band, choir, and grade 6 soccer will still run for the full year. We will also be offering some academic support options to focus on student learning.
- **Awards** – We will be recognizing the accomplishments of our students for the whole year. Please refer to the calendar above for the time for your student's award ceremony. We will be recognizing honour roll, athletics, fine arts and much more! You will receive an email if your child is getting an award.
- **A HUGE THANK YOU** to everyone that brought in food, drinks, and treats for the Staff Appreciate Lunch on May 28. Our hearts and bellies are full!
- **Grade 6 PAT Information** –

***NEW** Grade 6 Science, Grade 6 French Immersion Language Arts and Literature (FILAL) and Grade 6 Français Langue Première et Littérature (FLPL) will not be administered in the 2024/25 school year. Alberta Education will instead offer field testing between April and June 2025. These optional field tests will help inform the development of future PATs for these Grade 6 subjects that align with new curriculum.

The 2024/25 Grade 6 Social Studies PAT will be administered and will continue to reflect the existing Grade 6 Social Studies programs of study.

The 2024/25 Grade 6 Math and Grade 6 English Language Arts and Literature (ELAL) will be administered and will reflect the new curriculum.

- **KONA ICE IS BACK!** - I scream, you scream, we all scream for Kona Ice! The first fundraiser of the year is here! Students will be able to purchase delicious treats and help their school with 25% of the proceeds coming back to Gilbert Paterson:

**GILBERT PATTERSON
MIDDLE SCHOOL**



KONA DAYS GPMS FUNDRAISER
25% of Sales goes back to
Gilbert Patterson Middle School

June 3 (Grade 6) 10:30 - Noon
June 4 (Grade 7) 10:30 - Noon
June 5 (Grade 8) 10:30 - Noon

Also Available - Freeze Dried
Candies (\$3 to \$7)

- \$4 Klassic Kona
- \$5 King Kona
- \$6 Colour Changing Cup - \$4 Refills
- \$7 Collectable - \$5 Refills
- \$3 to \$7 - Various Freeze-Dried Candies

**GRADE 6 - TUES JUNE 3 and JUNE 19
(10:30 - NOON)**

**GRADE 7 - WED JUNE 4 and JUNE 17
(10:30 - NOON)**

**GRADE 8 – THURS JUNE 5 and JUNE 18
(10:30 - NOON)**



KONA DAYS GPMS FUNDRAISER
25% of Sales goes back to
Gilbert Patterson Middle School

June 17 (Grade 7) 10:30 - Noon
June 18 (Grade 8) 10:30 - Noon
June 19 (Grade 6) 10:30 - Noon

Also Available - Freeze Dried
Candies (\$3 to \$7)

**GILBERT PATTERSON
MIDDLE SCHOOL**

- **Grade 7/8 Finals** – Finals are coming! In class written finals began in May. Please watch for emails from teachers about specific details.
- **Grade 8 Calaway Fieldtrip** – The Grade 8 Team is excited to take their classes to Calaway Park on Thursday, June 19th. More information about this event has been sent home.

- **Grade 8 Farewell** – Due to the size of our student body we will be hosting the Grade 8 Farewell **at Lethbridge Polytechnic in the Val Matteotti Gymnasium**. The celebration will take place on **Monday, June 23rd at 1 pm**. More information about this celebration will be sent home later.
- **Track and Field** – Congratulations to all our Track and Field competitors! We had a great showing at Cities with all three age categories (U12, U13 and U14) taking the aggregate championship. Many of our students cracked the top 5 and we are proud of all of the 150 students that represented Paterson at the meet. A special shout out to Mirabel Valgardson (U14 Girls), Will Keraiff (U14 Boys), Oscar Wood (U13 Boys) and Pepper Wood (U12 Girls) for winning the individual aggregate award.
- **Choir Program** – Our Spring concert will be on held on **Monday, June 16th, 7 pm** at College Drive Community Church. Tickets (\$5) will be sold at the door; Paterson students are free. We look forward to seeing you there!
- **Notes from the Band Room** - Our Spring concert is also approaching, it will be held on **Thursday, June 12th 7 pm** at Southminster United Church. Doors open at 6 pm. Tickets will go on sale May 16th, four tickets max per student. If you are wanting to go on a waitlist for more tickets, please email Ms. Lewis. For additional information, please visit our band website: www.gpmsinstrumentalmusic.weebly.com
- **Ready Set Go 2025** - Registration is open and will remain open up to the day of the event.
 - August 20 -12-6pm YMCA - 74 Mauretania Rd W
 - August 21 - 12-6pm My City Care- 1401 28 St. N

Please note that there will be only 2 locations this year: west and north. If you have families requiring assistance with transportation, please let them know that upon registration they can request bus tickets to attend. Things to note about this year's event:

1. Backpacks are preassembled based on registration by My City Care. Families can register up to the day of the event to receive supplies at the event. My City Care will continue to accept registration past the event dates until supplies run out, but these supplies will need to be picked up at My City Care.
 2. Backpacks will contain a standardized assortment of supplies but **will not** coincide with individual school lists. Independently, families may need to seek out individual supplies in addition to receiving a backpack.
 3. For any issues with registration please contact My City Care 403-942-1378.
 4. If families miss their event, they can pick up at My City Care any time after August 23. My City Care is moving and is now located at 1401 28 Street N.
 5. Shoes will not be available at Ready Set Go. If families are needing shoes, we request that schools refer to YQL Shoes for Kids through Wellness Teams at the beginning of next school year.
- **June Health Minute from the Wellness Team – Mindfulness – A strategy for managing June changes and stress**

At this stage in the year, you may notice your child's behaviour shift. In situations they may normally have handled with ease, they might become increasingly emotional or appear not to have the skills to problem solve. With field trips, final exams, and sometimes uncertainty around summer plans, the usual routines and patterns are different from the rest of the school year. Changes in patterns can sometimes result in dysregulation in teens (difficulty regulating moods and/or reactions).

Mindfulness can be a powerful tool to help teens develop better self-regulation. Research shows that mindfulness practices—such as deep breathing, body awareness, and guided meditation—can strengthen attention and reduce emotional reactivity in adolescents. For example, a study published in the Journal of

Adolescence found that mindfulness training led to improvements in teens' ability to focus and manage their emotions more effectively (Dumontheil et al., 2023). These benefits are especially helpful during adolescence, a time marked by emotional ups and downs and increased stress.

Mindfulness also encourages teens to pause and reflect before reacting, supporting healthier communication and decision-making. By incorporating mindfulness into daily routines—whether through apps or simple breathing exercises—you can give your middle schooler a practical and science-backed way to navigate emotions and build resilience, especially during times of change at this point in the school year.

Dumontheil, I., Lyons, K. E., Russell, T. A., & Zelazo, P. D. (2023). A preliminary neuroimaging investigation of the effects of mindfulness training on attention reorienting and amygdala reactivity to emotional faces in adolescent and adult females. *Journal of Adolescence*, 95(1), 181-189. <https://doi.org/10.1002/jad.12107>

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

- **Wind Rally** - Students were hard at work trying to take home a medal for Paterson! There were 14 teams total from 12 different schools trying to build the fastest wind powered vehicle. Paterson has 3 teams, with 1 team placing 2nd, congratulations! Check out this news article about it!

<https://globalnews.ca/video/11202078/southern-alberta-students-prepare-for-the-future/>



- **FRIM News** - Camp Girouette is back this summer! Looking for an enriching and fun French-speaking experience for your children this summer? Camp Girouette is back with a dynamic program filled with laughter, discoveries, and activities! On the menu: sports activities, outdoor games, crafts, French-language activities, and much more!
 - Date: August 18-22 and 25-29
 - Time: 8:30 a.m. to 4:30 p.m.*
 - *Extended hours available at an additional cost.
 - Location: La Cité des Prairies
- We are offering you a 2nd Teen Evening in May! Are you in grades 7 to 12 and want to spend an evening with young French speakers? Come play a FREE game (or two!) of bowling with us! Date: Friday, May 30, 2025 Time: 5pm-7pm Location: Holiday Bowl – 2825 2 Ave S, Lethbridge Cost: Free! Registration required.

- Invitation to the 2nd ACFA Community BBQ! Many of you participated and enjoyed our first community barbecue – thank you! Building on this enthusiasm, we are pleased to invite you to a second edition which will take place on June 5. Date: June 5, 2025. Time: 5-7pm Location: The City of Prairies Cost: Free! Registration required.
- The St. John's Carnival is fast approaching! Get ready to spend a festive evening with family and in French with the Francophone associations of Lethbridge! The St-Jean Carnival is back with lots of activities for young and old! Date: June 24, 2025. Time: 4:30 p.m. - 8:00 p.m. Location: Galt Gardens (downtown Lethbridge) More information to come!



- **Indigenous News** - On June 11th, there is a Powwow happening at the Gerald B. Probe Elementary School and they are looking to celebrate Lethbridge School Divisions, Indigenous Dancers.

If there are any Indigenous students who may be interested in performing at the Powwow. Registration forms are in Ms. Blinkhorn's classroom and can be given to their homeroom teachers.



MHCB'S SUMMER FUN CALENDAR

July 2025

Tue	Wed	Thu
1	2 Legacy Park Kick OFF 5PM-8PM	3 Gyro Park 1507 10a Ave S 11AM-1PM
8 Lakeview Elementary 10AM-1PM	9	10 Legacy Park 11AM-1PM
15 St Martha's School 10AM-1PM	16	17 Nicholas Sheran Elementary 11AM-1PM
22 Senator Buchanan 10AM-1PM	23 Nicholas Sheran Playground 5PM-8PM	24 Chinook Lake Park Playground 11AM-1PM
29 Our Lady of Assumption 10AM-1PM	30	31 Fort Whoop Up 11AM-1PM

Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES

Lethbridge
SCHOOL DIVISION

Park Pop Up's

August 2025

Tue	Wed	Thu
5 Mike Mountain Horse 10AM-1PM	6	7 Legacy Park 11AM-1PM
12 Chinook Lake Playground 10AM-1PM	13 Henderson 5PM-8PM	14 Mike Mountain Horse 11AM-1PM

FREE AND FUN OUTDOOR ACTIVITIES!

Tuesdays & Wednesdays **MHCB** will be joining our community partners for pop up activities in the park. Check out buildingbrains.ca/events for updates on these days. Fun for all and always free.

On Thursdays you will find the **MHCB** team offering hands-on activities with some fun goodies to take home. Find us on Facebook for updates!

Come find us in the park or check out our social media for other **FREE** opportunities throughout the summer like our virtual family challenges, pottery classes, mini golf and movies!



MHCB Wellness Team

Learn more about MHCB:



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