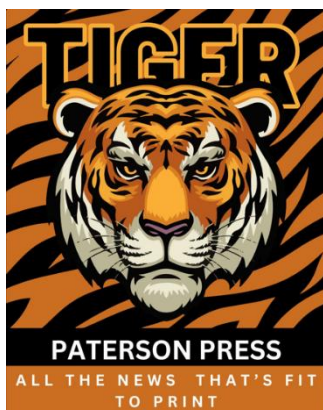




PATERSON PRESS - September 8 - 19

Welcome back Paterson families! Instead of a month end newsletter, we send home the "Paterson Press" every second week. 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, Jennifer, or Kat in the office at 403-329-0125.

<u>Monday Sept 8</u>	<u>Tuesday Sept 9</u>	<u>Wednesday Sept 10</u>	<u>Thursday Sept 11</u>	<u>Friday Sept 12</u>
Jazz Choir Auditions at lunch Anastasia Auditions – Grade 6 and new students 3 – 4:30 PM Boys Invitational Tryout - Large Gym 3:00 - 4:45 PM Girls Invitational Tryout- Large Gym 4:45 - 6:30 PM	Jazz Choir Auditions at lunch Anastasia Auditions – Grade 6 and new students 3 – 4:30 PM Beginner Band Clinic 3:15 - 4:45 PM Rock Band Tryouts 3 – 4 PM Girls Invitational Tryout - Large Gym 3:00 - 4:45 PM Boys Invitational Tryout - Large Gym 4:45 - 6:30 PM	Jazz Choir Auditions at lunch Anastasia Auditions – Grade 6 and new students 3 – 4:30 PM Beginner Band Clinic 3:15 PM – 4:45 PM Don't forget, dismissal at 2:50 PM every Wednesday!	Jazz Choir Auditions at lunch Anastasia Auditions – Grade 6 and new students 3 – 4:30 PM Rock Band Tryouts 3 - 4PM Meet the Teacher 6:30 - 7:30 PM (see below)	Terry Fox Friday Toonies for Terry and School Walk  All Grade 8 Fieldtrip to Lethbridge Corn Maze 8:30am – 11:20am
<u>Monday Sept 15</u>	<u>Tuesday Sept 16</u>	<u>Wednesday Sept 17</u>	<u>Thursday Sept 18</u>	<u>Friday Sept 19</u>
School Council 6:30 PM Learning Commons	Club Volleyball - Large Gym 3:00 - 4:30 PM	LSAA Cross Country Meet at Nicholas Sheran Park (morning)	PICTURE DAY for all students and staff!!  Kona Ice for grade 8 at lunch time FRIM VQ meeting – Learning Commons 6:30 PM (Gr 8)	

- **Morning Drop Off** – Please be aware that we have 860 students arriving at our school every morning. The gorgeous fall morning light makes it difficult to see if students are crossing the road. Please encourage your child to cross at the flashing pedestrian crossing in the morning and after school. The staff parking is also off limits for drop off as we have several busses that use that lot to drop off students. Thanks for your help in keeping students safe!
- **Meet the Teacher Night – Thursday Sept. 11th – 6:30 - 7:30 PM** – you are invited to meet with your child's teachers on Thursday to find out more about their classrooms, communication and plans for the school year. Your child's core teachers will send you an email to let you know where they are meeting the parents. There will be two identical sessions from 6:30 - 6:55 PM and 7:00 - 7:25 PM so choose the one that is right for you. Administration and counselling will also be available to answer questions at the office. We hope to see you that evening.
- **Bussing** – We appreciate your continued patience with getting our bussing figured out this year. We are still waiting for verified lists of riders from Southland and in the meantime, are doing our best to make sure that all students who think they are eligible for bussing can access a ride home. As soon as we get our lists of riders, we will hand out bus passes and ensure that students are on the correct routes and stops. Information on routes and stops can be found at: [Lethbridge | Southland Transportation Ltd.](#) We will continue to collect names of students who think they qualify and submit those names to the Head of Transportation at the School Division. As students get placed on buses by the division, we will provide hardcopies of route maps and assist them in getting home. Please click on the attachment link to view information about bus registration. <https://www.lethsd.ab.ca/download/457919> Hopefully we can get passes handed out early next week.
 - A few issues with transportation include:
 - Students who qualify for transportation not yet assigned to routes
 - Students potentially receiving the wrong bus pass (their address may be better suited to another route)
 - Please note that the school does not designate a bus to a student. This is done by the division using their software. If you have questions about bus designations, please contact the division office.
- **French Immersion (FRIM) Voyage Quebec Parent Meeting** – Any students that are hoping to travel on Voyage Quebec in May should attend this important meeting with their families. The meeting will be held on **Thursday, September 18th beginning at 6:30 pm in the Learning Commons**. We look forward to seeing you there!
- **School Council** – The first meeting of the year is scheduled for **Monday, September 15th at 6:30 - 7:30 PM** in the Learning Commons. Come on out and find out about what is happening at Gilbert Paterson and how you can be involved!
- **Picture Day** – Pictures take place **Thursday, September 18th**. No packages or funds are needed on this day. Students will receive proofs and package order information at a later date.
- **Terry Fox Walk Friday September 12th** – On Friday our students will be participating in the Terry Fox Walk. We will collect toonies next week in support of cancer research. Please bring your toonie to your homeroom teacher.
- **Tiger Athletics** – Volleyball Camps for all students interested in the sport have already started. All students get two days of camps with selected players then invited back for the final stages of tryouts for our rep and development teams. All students are invited to be part of our club volleyball program after school which runs once a week on Mondays. Club Volleyball begins on Monday, September 15th. Students will begin Cross Country in PE class next week with school teams being formed prior to the LSAA Cross Country Meet Wednesday, September 24th at Nicholas Sheran Park. Students who qualify will receive further information.

- **KONA ICE truck visits** – Here's a fun way to grab a tasty treat and raise funds for our school! On the dates below, students can get a Kona Ice treat before lunch and 25% goes back to GPMS. Regular shaved Ice are one size, \$4-6 each. Special toppings are \$1-2 and bags of freeze-dried candies are \$3-5. The dates for each grade is below:
 - **Grade 6 - Tuesday, September 23**
 - **Grade 7 - Wednesday, September 24**
 - **Grade 8 - Thursday, September 25**
- **Option and Activity Fees** – Fees for option courses and activities will be assigned in late September on School Cash Online. We will notify you further in the next Paterson Press.

FINE ARTS INFO

- **Notes from the Band Room - IMPORTANT INFORMATION FOR BAND STUDENTS –**
Hello NEW Band Parents and Students! I am excited for this year.
Please see the important information below for upcoming events for Grade 6 and beginner students in Grades 7 and 8 band:

Tuesday, September 9th AND Wednesday, September 10th - the Grade 6 band students will be at the school from 3 - 4:45 PM for their Beginner Band Retreat. ***Please ensure that your child has their instrument at the school these days with the necessary supplies.***

- Brass players (trumpet, French horn, trombone, baritone and tuba) please have oil.
- Woodwind players (flute, clarinet, bass clarinet, alto sax, tenor sax, and baritone sax) please have a minimum of three 2.5 strength reeds and cork grease.
- Percussionists must have their mallets with them.
- If you have not purchased these supplies or rented an instrument, please call Long and McQuade in Lethbridge – 403-380-2130.

For more information, and for all upcoming events, please visit the band website:
[www.https://gpmsinstrumentalmusic.weebly.com/](https://gpmsinstrumentalmusic.weebly.com/)

If you have questions, please email me. karly.lewis@lethsd.ab.ca

GPMS Choir News - Welcome back everyone! Jazz Choir auditions will take place in next week during the lunch hour. Please speak with Mr. Leavitt if you have any questions.

HANDBELLS - Handbells at lunch will begin **September 22nd (Mon & Wed)** for any who would like to "Ring in the New Year". Join us in the choir room with your lunch, each Monday and Wednesday.

Rock Band! - If you are interested in this club, please sign up in the office. Auditions are after school on Tuesday and Thursday. Please see M. Bexson if you have any questions.

- **FRIM News –**
The Lethbridge Regional Association invites adults from the community to a unique social evening: come test your swing at the Evergreen Golf Centre driving range and enjoy a friendly atmosphere with friends! Don't miss this wonderful opportunity to network and spend an evening in French with other adults! When: Thursday, September 2025 Time: 6 p.m. to 8 p.m. Location: Evergreen Golf Centre - 5225 24 Ave S, Lethbridge Registration required!

The Family Support Center offers a host of back-to-school activities! Visit the Support Center's website to discover the full schedule and all the details. Here is the link to their website, [Calendrier d'activité du CAF de Lethbridge – Centre d'appui familial Lethbridge](#)

Discover more than 60 French-language services offered in the Lethbridge region and surrounding areas. Are you an organization in the ACFA de Lethbridge area and offering services in French? You can now register here free of charge for one month. To register, see the section below. We look forward to working with you in French! Here is the link, [ACFA régionale de Lethbridge – L'ACFA, L'ASSOCIATION DE TOUS LES FRANCOPHONES DE L'ALBERTA](#)

Here are the films being presented by Cinémagine in September! Click on the image below to register for the screening of your choice. Visit the CinéMAGINE Alberta website to see the calendar of events! Here is the link, [Cinémagine Alberta – Bienvenue sur notre site en français](#)



- **Indigenous News** – Oki and welcome to the 2025 – 2026 school year! Áwákaasiiki'somm – Deer Moon: September
Keep an eye out over the next few weeks to see if you notice more áwákaasii (**ahwagah-see**) around! Blackfoot is a very descriptive language and September is called 'deer moon' referring to the abundance of deer that are in the area during this lunar cycle.

Save the Date –

- September 12 Honouring Traditions & Reconciliation “Fall into Culture” @ Rotary Square 5-7pm
- September 12 Honouring Traditions Fashion Show 7:30-9:30pm @ CASA
- September 13 & 14 Honouring Traditions & Reconciliation Powwow @ Exhibition Park 1-8pm
- September 14 Honouring Traditions & Reconciliation Run/Walk for Reconciliation Kinsman Shelter Area 10am
- September 22 Treaty 7 Day
- September 22 Fall Equinox
- September 22 West Coulee Station Blackfoot naming ceremony
- September 29 Division Orange Shirt Day 7 Faceless Dolls due back to Mel @ the Ed Center
- September 30 National Day of Truth and Reconciliation NO SCHOOL

Blackfoot Value of the Month:

innakotsiysinni
(inah-go-tsee-tsin)
Respect for others

2025 – 2026 Indigenous Education Team -

Joel Tailfeathers; Coordinator- joel.tailfeathers@lethsd.ab.ca

Nolan Little Bear; Middle School Teacher of Indigenous Education- nolan.littlebear@lethsd.ab.ca

Melanie Morrow; Elementary Teacher of Indigenous Education- melanie.morrow@lethsd.ab.ca

Shawnee Big Bull; Vic Park/LCI Indigenous Teacher and Grad Coach- shawnee-bigbull@lethsd.ab.ca

John Chief Calf; Chinook Indigenous Teacher and Grad Coach john.chiefcalf@lethsd.ab.ca

Shannon Court; Winston Churchill Indigenous Teacher and Grad Coach- shannon.court@lethsd.ab.ca

Lethbridge School Division 2025

NATIONAL INDIGENOUS PEOPLES DAY

Our reconciliACTION this September is to learn and call Lethbridge by it's traditional Blackfoot name.

Sik ooh kotoki

'sig-ohh go-do gi'





Nutrition Times

South Zone Healthy Eating Newsletter

September 2025 Nutrition Services

Spend less, stress less, nourish more



Fueling our children with the right kind of foods and drinks is essential for both mental and physical health and can have a direct impact on their immune system and their ability to learn and play.

With grocery costs on the rise, the balance between nourishment, time, and cost can become increasingly challenging. So, what can we do to shift the balance in our favour?

Your Guide to Fuel Healthy Futures

Canada's Food Guide is a fantastic tool for creating nutritious meals and snacks. This snapshot shows the proportions and types of foods that we can incorporate into our diets to ensure we are fueling our bodies well.



Make water
your drink
of choice.

For more ideas for kid-friendly recipes, tips for safely storing food, information on reading food labels, and more, check out the Canada's Food Guide [website](#).



When shopping for pre-packaged foods like granola bars, crackers, or cereals, check the nutrition facts table or look for [front-of-package labelling](#) and choose options that are lower in saturated fat, sodium, and sugar.

Shopping Seasonally



Taking advantage of seasonal produce is a great way to stretch your budget. When your favourite veggies and fruits aren't in season, utilize frozen or canned options!

Try these items this fall:

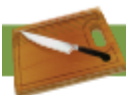
- **Squash and pumpkins**
 - Try these freezer-friendly [no bake bites!](#)
- **Apples, grapes, and pears**
 - Nature's fast food, easily packed in a lunch.
- **Carrots and potatoes**
 - Carrot sticks are a great crunchy addition to lunches!
 - Use leftover potatoes to make [potato pancakes](#) to freeze and use for lunches.
- **Cabbage, kale, and broccoli**
 - Add kale to this [creamy smoothie recipe](#).
 - Bake and freeze these [savory broccoli and cheese muffins](#).
 - Shred your cabbage and add to wraps, salads, bowls, and more!

Prepared monthly by Alberta Health Services South Zone Dietitians, Nutrition Services

Time-saving Tips



Just like our grocery budget, our time is a valuable resource. These tips can help balance your time, budget, and nutrition.



Ingredient Prepping

Ingredient prepping follows the same idea as meal prepping, but it allows for more meal variety. By washing and chopping vegetables like lettuce and peppers, and cooking and slicing chicken in advance, putting together wraps, salads, and sandwiches can be done with ease.



Get the Kids Involved

Giving children the chance to help prepare their own lunch and snacks saves you time, encourages them to try new foods, and teaches them new cooking skills

- Have fridge/pantry bins with [healthy snack options](#) for them to choose from.
- Let them build their own lunches from prepared ingredients using the [Lunch Generator](#) tool.
- Find more lunch and snack ideas in our full [resource list](#) for parents of school-aged kids.

Frugal Fares



Eating well doesn't have to break the bank. These tips can help you maintain a balanced plate on a balanced budget.



Plant-based Proteins

Plant-based proteins like lentils and beans are nutritious, cost-effective, and great on their own or mixed with meat to cut costs.

One easy way to incorporate more plant-based protein into your diet is through making this [Beans & Rice Master Mix](#) which can be made into a variety of dishes like these freezer-friendly [bean burritos](#).



Plan Ahead

Save more by utilizing the same ingredients across multiple meals. Choose recipes with fewer or overlapping items, like these ["10 ingredients or less" recipes](#).

Repurposing leftovers for lunches is a great way to reduce your costs and food waste. Visit [here](#) for a variety of ideas.

Buying in bulk, freezing day-old whole grain breads, batch baking and freezing homemade muffins, purchasing generic brands or discounted products, and looking for "imperfect" produce are all strategies to remember when creating your grocery list.

Upcoming Events & Classes

We offer classes on a variety of topics like [Healthy Eating for Pregnancy](#), [Feeding your baby \(0-12 months\)](#), [Feeding your child \(1-5 years\)](#), and [Preventing or managing chronic disease](#). For a complete list of workshops that are available anywhere in the province, click [here](#).

Contact

Have questions? Contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to:

www.healthyeatingstartshere.ca



**Alberta Health
Services**

Questions? Email us at publichealthnutrition.southzone@ahs.ca