

PATERSON PRESS - September 22 - October 3

Welcome 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.schoolcashonline.com/>

Safe Arrival? <https://go.schoolmessenger.com>

If you have any questions or need assistance with these services, call Jennifer or Kat in the office at 403-329-0125.

<u>Monday Sept. 22</u>	<u>Tuesday Sept. 23</u>	<u>Wednesday Sept. 24</u>	<u>Thursday Sept. 25</u>	<u>Friday Sept. 26</u>
	Grade 6 – KONA ICE Club Volleyball - LG 3- 4:30pm	Grade 7 – KONA ICE  LSAA Cross Country – Nicholas Sheran	Grade 8 – KONA ICE Rep V-Ball - GPMS @ St. Fran (girls 4 pm, boys 5:15 pm)	Fire Drill PW Dev Volleyball Tournament (Fri & Sat)
<u>Monday Sept. 29</u>	<u>Tuesday Sept. 30</u>	<u>Wednesday Oct. 1</u>	<u>Thursday Oct. 2</u>	<u>Friday Oct. 3</u>
Orange Shirt Day 	No School Truth and Reconciliation Day		Dev V-Ball - FLVT @ GPMS (girls and boys 4 pm) Rep V-Ball - GPMS @ FLVT (girls and boys 4:15 pm)	Fire Drill Rep Volleyball Tournament at Wilson (Fri & Sat)

- **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 buses that use that lot to drop off students. Thanks for your help in keeping students safe!
- **Bussing** – We appreciate your continued patience with getting our bussing figured out this year. We have a verified list of riders from Southland and have given out passes accordingly. If your child has not received a pass, please email us or call us in the office. Information on routes and stops can be found at: [Lethbridge | Southland Transportation Ltd.](#)
- **Tiger Athletics** – What a great couple of weeks for our Tiger athletes. We will be attending our annual LSAA Cross Country event at Nicholas Sheran Park on **Wednesday, September 24th**. Students will be informed if they have made the team on Monday, September 22nd. An important information package will be sent home that evening and must be completed right away. Congratulations to our Tiger Volleyball teams as they start their seasons! Just a reminder that everyone can come out to Club Volleyball on Tuesdays from 3 – 4:30 pm.

- **KONA ICE** – 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



- Please see the link to a poster below with details regarding an Anxiety Workshop designed to support kids and teens. The event is set for **Thursday, September 25th from 6:30-8 p.m.** at the Family Centre, located at 200-4 Ave. S.

ANXIETY WORKSHOP

- **Book Fair Update** - Book Fair in running **October 20th – 24th**. Please send money with students (Monday or Tuesday) or visit us during parent/teacher interviews (Thursday & Friday). Cash or card is accepted! More information to come!
- **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.
- **TIGER GEAR** – GPMS Tiger Gear is available through our website. Head over to the website, [Tiger Gear | Gilbert Paterson Middle School \(lethsd.ab.ca\)](https://www.gilbertpatersonmiddle.ca/tiger-gear) to get yours today!
- **Orange Shirt Day in honour of National Truth and Reconciliation Day** – Please wear an orange shirt to show your support. By wearing an orange shirt on **Monday, September 29th**, we commit to the enduring truth that EVERY CHILD MATTERS, every day and everywhere. If you are able, please wear your orange shirt this day. Here is a link to the story of the origin of Orange Shirt Day [The Story of Orange Shirt Day](https://www.cbc.ca/news/indigenous/orange-shirt-day-1.4888888)
- **No school on Tuesday, September 30th, as we observe National Day for Truth and Reconciliation.** Each year, September 30th marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process. Here is a video with some wonderful information, [What is reconciliation? | CBC Kids News](https://www.cbc.ca/news/indigenous/what-is-reconciliation-1.4888888)
- **FYI** - Just a reminder, the school does not supply cutlery. You will have to remember them with your lunch. 😊
- **The Paterson GSA (Gender and Sexuality Alliance) Club** – This club starts Oct. 20th at lunchtime on Mondays in the art room for any interested students. Weekly meetings will provide the chance for LGBTQ2S+ students and allies to connect in a safe, inclusive, welcoming environment. The Paterson GSA Club will offer various opportunities, including peer support, safe space, education awareness for LGBTQ2S+ issues, inclusiveness, equity and equality to flourish throughout the entire student population, support for students who are or have experienced bullying, informal activities such as art activities, games, and spending time with supportive peers (information adapted from Government of Alberta, 2021, <https://www.alberta.ca/gay-straight-alliances.aspx>). If you have questions about this club, please contact Morgan Day or Christine Oviatt.

- **Mental Health Minute from the Wellness Team** - This month, the Wellness Team has been visiting all classrooms to share the *BIG 3* Coping Skills. We have been encouraging students to practice these skills as a way to develop their internal resources, thereby helping them to manage stress and develop resiliency. We believe in the connection between home and school and recommend you practice these skills on a regular basis so they become an easily accessible tool for your child to use during stressful or emotional moments. One way to learn more about the *BIG 3* Coping Skills is to ask your child to share what they remember from the Wellness Team visit to their class.
 - ***BIG 3* Coping Skills**
 - **B**reathe
 - **I**magine (a person, place, or thing)
 - **G**rounding 3-2-1 (3 things you can see that are round/green/etc., 2 things you hear around you, 1 thing you notice about your body in the space - e.g. wiggle your toes in your shoes, notice the position of your arms, etc.)

This website includes some additional information about how families can support coping skills: <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/healthy-self-care-for-teens-how-families-can-help.aspx>

Please do not hesitate to reach out to the Wellness Team (Christine.oviat@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.

- **Craft Sale (Domesticated Divas)** - Coming to Paterson Saturday, November 15th. Stay tuned for more information!

DOMESTICATED DIVAS EVENTS
PRESENT

GILBERT PATERSON
CHRISTMAS MARKET

November 15/25 10-4pm
2109 12th Ave So
Free Admission

GILBERT PATERSON MIDDLE
SCHOOL FUNDRAISER

**More
information
to come
about
vendors.**

- **Word on the Street** – Saturday, September 20th - Celebrate Reading and Literacy with the Lethbridge Public Library! We're proud to join communities across the country in a national celebration of literacy, storytelling, and the literary arts for the 14th year in a row. This signature event in southern Alberta presents established and emerging authors, storytellers, workshops, and other activities. We still strive to create a festival that represents the diversity of our community, is accessible to all ages, and most importantly, well attended, lively, and fun!



Fine Arts Information

- **From the Band Room** - The Band Program is off to a great start this year. Our program is huge and the successes in the band room are fantastic. A reminder that band students are to practice at home 75 minutes per week and I do collect those minutes weekly.

The course outline for band is posted on the band website listed below.

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

- **Handbells** - Handbells at lunch begin Monday, September 22nd. For any who would like to "Ring in the New Year". Join us in the choir room with your lunch, each Monday and Wednesday.

Anastasia rehearsals are underway! We meet every Tuesday and Thursday from 3 – 4:30 pm



CAREGIVER connections

Anxiety Workshop
 Supporting Kids & Teens Through Anxiety
 with Angela Jans, MC, Registered Psychologist



-  **Thursday September 25**
-  **6:30pm – 8:00pm**
-  **Family Centre, 200–4 Ave. S. Lethbridge**

With over 15 years of experience, Angela specializes in helping children, teens, and families navigate the emotional challenges of anxiety. She knows that while anxiety is common, it can disrupt learning, friendships, and daily life. Angela provides practical tools and guidance to recognize anxiety, respond with confidence, and build lasting coping skills. Whether your child is facing anxiety for the first time or has been struggling for a while, Angela offers support to help you feel more prepared —and less alone.

-  Online: www.famcentre.ca/programs
-  403-320-4232 ext 214
-  christine.bishoff@famcentre.ca