



## PATERSON PRESS – October 6 - 17

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](mailto: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 Jennifer, or Kat in the office at 403-329-0125.

Dear Paterson community, we understand that this is an unknown time in our province. With job action looming for teachers we don't know exactly what the future will hold. Please understand that the following plans will be put on hold until teachers return. School will be closed during the impending strike. We know this causes stress for our families. Should we return in the next few weeks we will move forward with the plans below. Please also understand that teachers (including administration and counselling) will be losing all access to their files and communication from school. They will therefore not be able to supply work during this time. Thank you for your understanding.

<u><b>Monday Oct. 6</b></u>	<u><b>Tuesday Oct. 7</b></u>	<u><b>Wednesday Oct. 8</b></u>	<u><b>Thursday Oct. 9</b></u>	<u><b>Friday Oct. 10</b></u>
<b>Feed the Bug</b>  Mindfulness Mondays – LC at lunch	<b>Feed the Bug</b>  Rep V-Ball - PW @ GPMS (girls 4 pm and boys 5:15 pm)  Club Volleyball 3 – 430 pm	<b>Feed the Bug</b>   Maker Space – LC at lunch	<b>Feed the Bug</b>  <b>Lockdown Practice</b>  Rep V-Ball - GPMS @ ICS (girls and boys 4 pm)  Dev V-Ball - ICS @ GPMS (girls and boys 4 pm)	
<u><b>Monday Oct. 13</b></u>	<u><b>Tuesday Oct. 14</b></u>	<u><b>Wednesday Oct. 15</b></u>	<u><b>Thursday Oct. 16</b></u>	<u><b>Friday Oct. 17</b></u>
<b>No School</b>  	Club Volleyball 3 – 430 pm	Maker Space – LC at lunch  	Dev V-Ball - GPMS @ Wilson (girls and boys 4 pm)  Rep V-Ball - Wilson @ GPMS (girls 4 pm and boys 5:15 pm)	Jazz Choir Workshop  SJF Rep V-Ball Tournament  Tiger Classic Volleyball Dev Tournament  

- **Thank you to KONA ICE for their generous fundraiser to GPMS. We raised \$1000 that will go towards fieldtrips.**
- **School Council – If we are back in the school...** Our next meeting is Monday October 21<sup>st</sup> from 6:30 pm – 7:30 pm in the Learning Commons. Come join us and find out about what is happening at Gilbert Paterson and how you can be involved.
- **School Picture Orders are due October 7<sup>th</sup>** and orders can be purchased online.
- **Book Fair Update – If we are back in school...** Book Fair is running **October 20<sup>th</sup> – 24<sup>th</sup>**. Students will be able to purchase books and other items (Monday or Tuesday.) or visit us during parent/teacher interviews (Thursday & Friday). Cash or card is accepted! We are also looking for Parent Volunteers for evenings please register here: <https://forms.office.com/r/8NjTgCsCcx>

Or they can find more information on our Scholastic Website here: <https://bookfairs.scholastic.ca/bf/gilbertpatersonmidsch>

- **On Mondays in the Learning Commons,** Mrs. Brown will be hosting Mellow Mondays: A lunch time program for students looking for a quiet place to spend their lunch hour. Bring your lunch, a book, your crocheting, knitting, anything you'd like to do that can be done quietly. Lights will be low, calming music will be playing. Phones and friends are allowed but if the noise level gets too high you'll be asked to rejoin your grade level lunch.
- **On Wednesdays in the Learning Commons,** Mrs. Brown will be hosting Makerspace Wednesday: Bring your lunch to the learning commons for Makerspace every Wednesday. We will rotate through activities but things you can expect are group games, crafts, sometimes computer play. (Perler beads, friendship bracelets, chess, speed tournament, planting seeds/plants, Lego are all things that have been done in the past).
- **THANK YOU!** - We want to take this time to say thank you Sara Kundrick for running our Learning Commons for 10 years! As you begin your new chapter at the University of Lethbridge, we want to wish you all the best. While we'll miss your presence and the steady guidance you've provided, we're excited for the opportunities ahead of you and confident that you'll continue to make a meaningful impact.



Thank you again, Sara—for everything. You leave behind not just a well-run Learning Commons, but a community that's better because of you.

- **Option and Activity Fees** – Fees for option courses and activities are now up on School Cash Online. Your prompt payment is greatly appreciated.
- **Remembrance Day Ceremonies – If we are back in school...** On Friday, November 7<sup>th</sup>, we will hold two assemblies at 9:00 a.m. and 10:30 a.m. If you or your child would like to participate in the Colour Guard, please contact Daniel Wyton at [daniel.wyton@lethsd.ab.ca](mailto:daniel.wyton@lethsd.ab.ca)
- **Tiger Athletics** – It has been a great Cross Country season for all our Tiger athletes. We had our annual LSAA Cross Country event at Nicholas Sheran Park on Wednesday, September 24<sup>th</sup>. All 6 of our Paterson teams won aggregate titles as we had many students finish in the top 15 (which is so amazing)! Every single student gave it their all.

We also had 40 U13 and U14 students represent Gilbert Paterson at Zones this week in Medicine Hat. Our athletes and coaches took home the 1J South Zone banner as the 2025 aggregate champions. We are so proud of everyone that participated. Also, we want to thank our awesome Phys. Ed. Team and our fabulous parents for their support and encouragement in helping our students achieve success at these events.

We will also be hosting our first volleyball tournament on October 17<sup>th</sup> and 18<sup>th</sup> for our Dev Girls and Boys teams.

- GPMS's first fundraiser of the year is here! On **Thursday, October 30<sup>th</sup>**, 20% of purchased party packs of popcorn from The Movie Mill go directly to our school, and your support is greatly appreciated.

**SUPPORT**   
**IN-STORE PARTY PACK FUNDRAISER DAY**  
**AT THE MOVIE MILL**  
**THURSDAY, OCTOBER 30TH**  
STUDENTS, FAMILIES, AND FRIENDS CAN VISIT THE MOVIE MILL TO  
PURCHASE A PARTY PACK AT THE REGULAR PRICE OF \$16.  
**20%**  
**GOES TO**  
**DIRECTLY TO**  
**THE SCHOOL**   
**A FUN, EASY, DELICIOUS WAY TO SUPPORT SCHOOLS**

- **Parent Teacher Interviews** – If we are back in school... **Thursday, October 23rd (pm)** and **Friday, October 24th (am)** – You will be sent instructions closer to the dates about booking interviews with student's teachers.
- **FYI** – Just a reminder to parents that the staff parking lot is not available for dropping off students. The staff parking lot is for staff. We ask you kindly not stop and drop off students in the parking lot as it is causing the teachers to be backed up in the morning and having their spots blocked, so general chaos ensues. Thank you for your understanding and help with this matter.
- **Feed the Bug** – If we are back in school... We will be collecting non-perishable food until **Friday, October 9<sup>th</sup>**. We will be accepting donations through our homerooms and leadership students throughout the week for this worthy fundraiser for the Lethbridge Food Bank.
- **The Paterson GSA (Gender and Sexuality Alliance) Club** – This club starts **Monday, October 20th at lunchtime 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.

- **October Mental Health Minute from the Wellness Team** - In general, the brain likes patterns and certainty. We are currently facing uncertain times in our school system and that can be difficult for middle school students to navigate. Here are a few strategies to help middle school students manage the stress during times of change:

- **Encourage** them to do some things for self-care and be kind to themselves
- **Remind** them about the things they can and cannot control
- **Talk** about positive and healthy ways to connect with their circles of support (e.g. meeting to go for a walk together, getting together to watch a movie, playing soccer outside)
- **Reflect** together on past successes – they have overcome challenges in the past (e.g. the COVID pandemic) and celebrate the strategies they learned through that experience
- **Discuss** and focus on their “anchors” – daily routines, activities that bring comfort and joy, positive social connections, etc.

It is important to remember that working through challenges and change can feel unsettling and can also build resilience, a life-long skill for youth. For additional reading on these topics, please feel free to explore these sites: <https://health.osu.edu/health/mental-health/coping-with-change-and-uncertainty>  
<https://www.apa.org/topics/stress/uncertainty> <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/how-to-help-children-build-resilience-in-uncertain-times.aspx>

- **Lethbridge Public Library** will be supported by the Healthy Heroes Lunch program on days in which students may be out of school. If you have children accessing nutrition programming at their school and may benefit from access when school is not in, both public library branches will have sandwiches and snacks available to give out. Students and families just need to approach the desk and request a "healthy hero snack".

There are no requirements in accessing this support. Students and families do not need to have a library card to access, they could simply pop in and receive.

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 social-emotional topics or where to access mental health support in our community.

- **INDIGENOUS NEWS –**



- **Save the Date**

October 4: MMIWG2s+ Vigil @ Galt Gardens

October 16: Middle School Indigenous family BINGO @ Paterson 5:30pm – **POSTPONED UNTIL MARCH**

October 17-22; Gord Downey Secret Path Week



- **FRIM NEWS –**

- 🎃 Pumpkin Contest 🎃

- ♥ Open to all!

- 🆓 Members: Free Non-members: \$5/pumpkin

- 📍 Pick up your pumpkin on October 10th at the ACFA from 8:30 a.m. to 4:00 a.m.

- 📷 Send your photo by October 24, 2025, to [evenements.lethbridge@acfa.ab.ca](mailto:evenements.lethbridge@acfa.ab.ca)

- 🎃 Halloween Dance

- 🎃 Get ready to dance, eat candy, and wear your amazing costumes!

- 🕒 When? October 25, 2025, from 6:30 p.m. to 8:30 p.m.

- 📍 Where? La Cité des Prairies, 2104 6th Ave S, Lethbridge

- 👤 Who? Open to all – Come IN COSTUME!



### Fine Arts Information

- **Handbells – If we are back in school...**Handbells is up and running! Join us in the choir room with your lunch, each Monday and Wednesday.