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# Peek of the Week

October 17th-21st



## Principal's Message

Dear St. Theresa Families,

We had a special visitor this week, Orbit from the Astros that came to speak to our K-8th grade students about bullying. Our students all took the bullying pledge after learning about the difference between tattling and reporting and the three different types of bullying (physical, verbal, and social). We continue to be reminded of one of the most important lessons Jesus continually teaches us, the lesson of loving others as God loves us.

Next week we have our parent teacher conferences and we are looking forward to having everyone partner together to discuss your child's progress, share your child's goals, and discuss some opportunities for growth. For those students in 1st-8th grade that completed their Beginning of year assessments, this will be where you receive your child's result and discuss your child's goals for growth by the end of the year.

We have our School Spirit Sunday on October 23rd at 10:00am and are looking forward to having our school families join us. We will offer free dress for our students who join us in school mass uniform.

## Safety Corner

Please do not block driveways and follow all posted speed limit signs during morning drop-off and afternoon pick-up.

Kindly refrain from using your cell phone while in the carpool line.

Please be aware of your surroundings at all times and watch for parents and children as they enter and leave the Early Childhood Center by the Church entrance.



## Counselor's Corner

Greetings and I hope everyone had a wonderful week,

I am looking forward to cooler weather next week! This week all grades discussed bullying and how to prevent bullying. We finished our introduction to psychology class by having a good discussion on the importance of mental health and how to find help.

Next week middle school will discuss how to help a friend who is struggling, PreK and Kinder will learn about being a good friend, and in jewelry making we will learn the basics of wire wrapping.

This week's mindfulness exercise is called slow motion.

*First tell your child you are going to play a game of slow motion.*

*-The rules are when you say slow down they have to move in slow motion and when you say speed up they can go back to regular speed.*

*After they have been in slow motion ask them if they noticed anything different moving in slow motion. What did they hear and what were they feeling?*

Slow motion is a great way to slow down, refocus, and think about feelings. The exercise is also a great way to help kids calm down during an exciting time.

Have a wonderful weekend,

Dr. Kirstie Carmichael LMSW, DBH  
*School Counselor*



## PTO OFFICERS FOR THE 2022-2023 SCHOOL YEAR!

**PRESIDENT**

Vanessa Wollin  
email: vwollin@gmail.com

**VICE PRESIDENT**

Carole Lopez  
email: calopezuk@gmail.com

**SCHOOL SECRETARY**

Mayra Reyes  
email: m.reyes@sttheresa.cc

**TREASURER**

Stephanie Barakat  
email: PTO@sttheresa.cc

**SECRETARY**

Ann Schroder  
email: annp.schroder@gmail.com

**DAD'S CLUB PRESIDENT**

Scott Silvas - Dad's Club President  
email: scott.silvas@53.com

**HOMEROOM PARENT COORDINATOR**

Kasie LeBlanc  
email: kasie.leblanc@gmail.com

**USED UNIFORMS CHAIR**

Jenn Lenz - Used Uniforms Chair  
email: jennvenlenz@gmail.com

**BOOSTER CLUB CHAIR**

Sofia Tilton  
email: sofia.tilton@gmail.com


**HOSPITALITY CHAIR**

Alex Valdez  
email: wehbaalex@gmail.com

# BREAST CANCER

— AWARENESS MONTH —  
TRIBUTE

Please join us on Thursday, Oct. 20  
during morning assembly for a  
tribute honoring all women who are  
currently battling breast cancer,  
those who have won and those  
have lost their battle.

 *We ask that you bring a picture of your  
relative or friend you would like honored  
during this tribute.*

## Parent/Teacher Conferences & No KV on Thursday for 2pm dismissal

Our Fall Parent-Teacher Conferences will be held on **Thursday, October 20th following dismissal**, and **Friday, October 21st from 8:00 am-12:00 pm**. You will schedule a conference with your child's homeroom teacher. You should have already received your sign up. If you wish to meet with another content area teacher or ancillary teacher, please reach out to those teachers to schedule an additional conference.

You will have the option of attending conferences in-person or virtually this year. If you are planning on attending conferences in person, you will need to enter through the main entrance of the school. In addition, we will have an **early dismissal day at 2:00 pm on October 20th (KV will not be available)** and **NO SCHOOL on October 21st**. We thank you for your understanding.

## Health Screens & TB Forms

Health Screens will take place on Thursday, 10/20 from 9am-12pm. [See notification letter](#). If you wish your child not to participate, please email Karen Horne at [karen.horne@sttheresa.cc](mailto:karen.horne@sttheresa.cc).

If you have not turned in your child's [TB form](#), please do so as soon as possible.



## Calling all Future Strake Jesuit/St. Agnes Academy Band Members!

Strake Jesuit would like to invite you to attend their inaugural *Middle School Night w/ the Jesuit Band* on Friday October 21, 2022. They will be performing at the football game at Strake Jesuit's campus.

There is no cost or fee for students to attend - just take your instrument and have fun! They will provide dinner and a "Jesuit Band" shirt to the middle school participants.

If you are interested, please fill out this [google form](#). The form contains more details and information about the evening.

## JH Halloween Dance!

The Junior High Dance will be held on Friday, October 28, 2022 in the school gym.

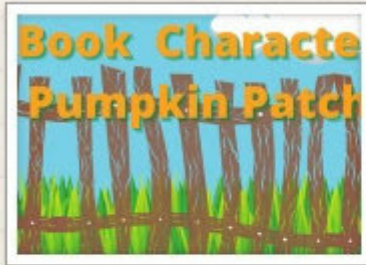
Admission: \$5.00 per student

*\*this is a STCS student event only - no outside guests*

Please see the sign Up: [St. Theresa Junior High Dance](#) and consider volunteering. Help us make this event possible for our Junior High students by either decorating, chaperoning or by bringing snacks for the kids. If you are bringing snacks, drinks, plates or utensils, please drop them off at the gym by 5pm. Thanks so much for your continued support!







## 12th Annual Book Character Pumpkin Patch

Please bring your pumpkin creations to the library on Monday, October 24-Wednesday, October 26. All pumpkins will be sent home on Monday, October 31st. [See character pumpkin rules here!](#)

Questions? Email Mrs. Techmanski at [r.techmanski@sttheresa.cc](mailto:r.techmanski@sttheresa.cc)



## Service Hours Opportunity: St. Theresa Trunk or Treat Halloween Spooktacular!

Join us on Saturday, October 29, after the 5pm Mass for a Trunk or Treat Halloween Spooktacular Event in the School Gym. There will be a Costume Contest, Pumpkin Carving, Pumpkin Ring Toss, Photo Booth, Best Trunk Contest, and MORE! Don't forget to sign-up for the Best Trunk Contest below - limited spots available!

We are in need of volunteers, please see the [Activity/Volunteer Sign-Up](#). Students volunteering may earn service hours.

## Halloween Class Parties & Costume Contest

Students are allowed to wear their costumes to school on Halloween. [Please review the costume expectations.](#)

Halloween parties will be held in the classrooms on Monday, October 31st at 1:00. **Only homeroom parents are allowed at the Halloween party.**

Parents are invited to attend the Costume Contest in the gym at 2:00. **Entrance to the Costume Contest will be in the GYM.** Visitor Badges will be printed *before* the event. If you are planning on attending the Costume Contest, please email Mayra Reyes at [m.reyes@sttheresa.cc](mailto:m.reyes@sttheresa.cc) the following:

- Legal Name
- DOB
- ID or DL Number

## Now accepting applications for 2023-2024 school year

St. Theresa Catholic School is now accepting new student applications for the 2023-2024 school year! If you have friends or family that are interested in joining us next year, our application is available on our website under [Admissions Process](#) or by [clicking this link](#). **Re-enrollment for our current students will take place during the spring semester, as usual.** The application deadline to be considered in our first round of decisions for the 2023-2024 school year is **December 1, 2022** for staff and sibling applicants and **February 6, 2023** for all others.

## Viking Highlight! (VIDEO)



STCS Teachers and Orbit.mp4

drive.google.com

*Don't forget to send us a short description and picture to [m.reyes@sttheresa.cc](mailto:m.reyes@sttheresa.cc) if you'd like your Viking to be featured in Peek of the Week!*

## Yoga at STCS on Fridays!



**YOGA @  
ST THERESA:  
FUND THE MISSION**

Join Bridget Truxillo, a St. Theresa Mom, Attorney, Yoga Teacher, and Founder of Protective Wellness, for a 45-min yoga class.  
8:10 am on Fridays.

50% of all proceeds to go the STCS Annual Fund

To register: Scan the QR Code or go to <https://www.myprotectivewellness.com/friday-yoga>

PROCESS AND  
RELEASE  
STRESS





## Save The Date & Month at a Glance!

### Junior High Halloween Dance!

#### WHEN

Friday, Oct. 28th, 6-8pm

#### WHERE

6623 Rodrigo Street  
Houston, TX

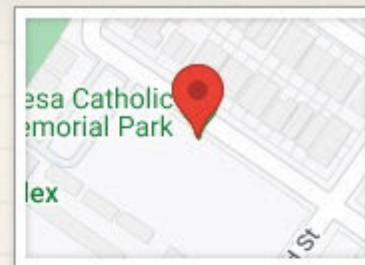
#### MORE INFORMATION

Junior High Halloween Dance will be held on Friday, October 28  
in the school gym.

Entrance fee: \$5.00 per student

*\*this is a STCS student event only - no outside guests*

**See additional details above**



[Get Directions](#)



# St. Theresa Trunk or Treat Halloween Spooktacular

## WHEN

Saturday, Oct. 29th, 6-8pm

## WHERE

6623 Rodrigo Street  
Houston, TX

## MORE INFORMATION

Join us on Saturday, October 29, after the 5pm Mass for a Trunk or Treat Halloween Spooktacular Event in the School Gym. There will be a Costume Contest, Pumpkin Carving, Pumpkin Ring Toss, Photo Booth, Best Trunk Contest, and MORE!

Don't forget to sign-up to volunteer! ([Volunteer Sign-Up](#))

 <b>St. Theresa Catholic School</b> <i>In Memoriam Park</i>						
OCTOBER 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2 <b>HOMECOMING WEEK</b> 11am-St. Theresa Feast Day	3 Awareness Day: <b>Breast Cancer</b> 8th Grade Visit St. John XXIII	4 HOCO: Root for the Home Team (Wear your favorite sports team shirt)	5	6 HOCO: Home School Colors (Wear all blue, yellow, or mixture of both)	7 HOCO: Make Yourself at Home (Pajama Day)	8
9	10 Staff In-Service <b>NO SCHOOL</b>	11 Astros Free Dress!	12 2:30pm: Orbit to Visit STCS	13	14 <b>END OF 1ST QUARTER</b> Spirit Wear Friday!	15
16	17 8th Grade Visit St. Thomas & IWA	18	19	20 <b>2pm-Early Dismissal Day!</b> Parent/Teacher Conferences	21 <b>REPORT CARDS</b> Parent/Teacher Conferences <b>NO SCHOOL</b>	22
23 <b>RED RIBBON WEEK</b> School Spirit Sunday Mass	24 12th Annual Book Character Pumpkin Patch	25 8th Grade Girls Visit Duchesne	26 Little Flower & Honor Roll Awards	27	28 Spirit Wear Friday! 6pm: Junior High Halloween Dance	29
30 6pm-Trunk or Treat Halloween Spooktacular	31 1pm-Halloween Class Parties 2pm-Costume Contest	1	2	3	4	5

## OCTOBER 2022

### VIKING SPORTS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FB: Football</b> <b>S: Soccer</b> <b>VB: Volleyball</b> <b>CC: Cross Country</b>	26	27	28	29	30	1
2 <b>HOMECOMING WEEK</b>	3 VB: 4:30pm vs St. Thomas More (AWAY)	4 S: 4:30pm vs St. Thomas More (AWAY) VB: 4:30pm vs St. Vincent de Paul (HOME)	5 FB: 5pm vs Assumption (HOME)	6	7	8 CC: 9:30am Meet (Katy)
9	10	11 S: 4:30pm vs St. Michael (AWAY) VB: 4:30pm vs St. Laurence (AWAY)	12 VB: 4:30pm vs St. Michael (AWAY)	13 S: 5pm vs St. Laurence (AWAY)	14	15
16	17 VB: 4:30pm vs St. Anne (AWAY)	18 S: 4:30pm vs St. Anne (HOME)	19 VB: 4:30pm vs St. Helen (HOME)	20 S: 4:30pm vs St. Helen (HOME)	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

**Steps For Students Events!**

## Don't forget to register for Steps for Students!!

We are still in the Top 4 Fundraising Teams!! Price increases on October 31st!



### Student Sign-Up Perks:

- Students may wear any previous Steps4Students t-shirt on Thursdays until Race Day.
- (2) Free Dress Coupons for \$100 in student fundraising page
- (5) Free Dress Coupons for \$200 in student fundraising page

**When:** Saturday, February 11, 2023

**Where:** The Co-Cathedral of the Sacred Heart

Register Here: <https://runsignup.com/sttheresa-houston> and select **St. Theresa – Houston**.

Registration fees and fundraising efforts directly benefit our students.



# Spirit Fun Run!

## CALLING ALL VIKINGS!

- Join us after the 10:00 Mass on School Spirit Sunday as our Vikings get together for fun run activities, prizes, fellowship, and light refreshments.
- All students, families, and abilities welcome!
- To show your team spirit, remember to change out of Mass attire and into a Steps for Students T-Shirt, School Spirit Wear, or Blue & Gold for this fun event.

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- Onsite registration for the upcoming 2023 Steps for Students 5K will also be available and hope you'll consider joining us on Feb 11th!
- To register/donate, run to: <https://www.steps4students.org/sttheresa-houston>
- For questions, contact Cindy de Groot at [Steps4Students@sttheresa.cc](mailto:Steps4Students@sttheresa.cc)

## ST. THERESA VIKINGS SCHOOL SPIRIT FUN RUN

### WHEN

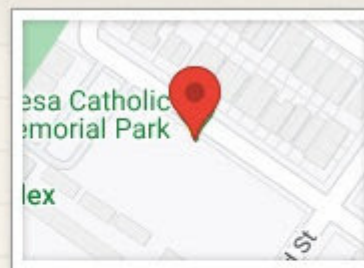
Sunday, Oct. 23rd, 11:15am-12:30pm

### WHERE

6623 Rodrigo Street  
Houston, TX

### MORE INFORMATION

The St. Theresa Viking Loop is located just next to the Church and will be marked with flags.



[Get Directions](#)

