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Translate

Peek of the Week

October 3rd-7th

Virtue of the Month- REVERENCE

This month we will be focusing on the virtue of **Reverence:** Showing your deepest respect for things of God

Saints of the Month: St. Hyacinth, St. Tarcisius, St. Margaret Clitherow

Grades Pre-K-2—Saint Hyacinth

1. Take a tour of the church when it is empty. In a whisper, point out the statues, sanctuary, altar, tabernacle, sacristy, windows, etc. Practice showing reverence to Jesus in the Holy Eucharist by genuflecting facing the tabernacle.
2. Discuss the real presence of Jesus in the Eucharist. Practice making a *Spiritual Communion*.
3. Discuss why bowing is a sign of reverence. Practice bowing gently at some of the following times: before receiving Holy Communion, when entering the sanctuary, when passing before the tabernacle, when saying Jesus' Name, when saying the *Glory Be*, during the *Creed* at the words "by the power of the Holy Spirit. . . became man".

Grades 3-5—Saint Tarcisius

1. Ask a bishop, priest, or deacon about their ordination, or a religious about the day he or she professed vows. If you are related to someone who is ordained or a religious, ask your relative.
2. Discuss how sacramentals open our hearts to grace. Discuss the proper reverence to be shown for blessed objects (never place them on the floor, never throw them away but when they are worn out or broken, burn or bury them). Choose one of the following sacramentals and practice using it this month to open your heart to grace:
   - Blessings: blessing before meals, blessing oneself with holy water, signing one's children with the Cross at night or before leaving the home
   - Blessed objects: Bible, holy water, rosaries, scapulars, medals, crucifixes, statues, images, relics
3. Acknowledge the presence of Our Lord by making the *Sign of the Cross* whenever you pass a Catholic church this month.
4. Learn to pray the *Angelus* or the *Stations of the Cross* to show reverence for the Incarnation or Redemption.

Grades 6-8—Saint Margaret Clitherow

1. Decide on some new ways to keep the Lord's Day holy. Remember that holy means different, or set apart from the ordinary. Some ideas could include spending extra time with your family, appreciating creation, preparing for Mass by looking up the readings, preparing special meals and/or using nice dishes, doing your homework on Saturday, praying together as a family, giving up worrying or complaining on Sunday, abstaining from whatever consumes you (videogames, TV, texting, internet), calling relatives, sending cards, etc.
2. Learn about how clergy, religious, and laity pray the Liturgy of the Hours to sanctify the day. Try it out a couple times this month. See the free features on www.ebreviary.com.
3. Break the habit of using the Lord's name in vain. If you forget, make the *Sign of the Cross* as a reminder.
4. Practice reverence for Our Lady during the month of October. Pray the rosary or the *Memorare* this month.
5. Pray this month for yourself and for our society to grow in reverence for persons as images of God, for the miracle of life, and for mothers.
6. This month take the time to really listen to those who speak with you. When they talk to you, don't multitask. Give each person your full attention. Do you notice a difference?

Principal's Message

Dear St. Theresa Families,

It is so wonderful that we are finally getting into the true feeling of fall with this cooler weather upon us! The students have really enjoyed being outside this week for their lessons, recess, and athletic activities. We hope you have an opportunity to continue this blessing of beautiful weather God has granted us and come out for the St. Theresa Feast Day Celebration following the 10am Sunday mass.

Our hearts go out to those in Florida who have suffered through Hurricane Ian this past week. We lift them up in our prayers as they make it through the recovery and rebuilding of their homes and communities.

We will be celebrating Homecoming week next week so please be sure to view the flyer below in the Peek of the Week for more details.

We have been working hard to increase our presence in social media and online to share the mission of St. Theresa and all that schools such as ours have to offer specifically tied to that of providing a quality Catholic Education. We are asking for you to please take a minute to submit a google review on behalf of your family to share the good news with others. We continued to celebrate the sense of community that surrounds us and want to share that opportunity with others!

Safety Corner

Parents, please continue to discuss with your child the importance of appropriate use of apps available to download.

New App that may be inappropriate for children: OMEGLE
Students are able to video chat with strangers around the world.

Counselor's Corner

Hello all and I hope it was a wonderful week.

Middle school had great discussions about self-care and the importance of getting enough sleep. In introduction to psychology the students learned about depression, what happens in the brain during depression, and how to seek help. In Pre-K and Kindergarten they learned about responsibility and how to catch the responsibility bug! Next week in middle school we will talk about respect, in introduction to psychology bipolar disorder, and in Pre-K/Kinder we will learn about tattling vs. reporting.

This week's mindfulness exercise is with a warm cup of hot chocolate to celebrate the start of fall.
First, have a cup of warm hot chocolate ready for your child. Tell them first they must hold the cup in their hands and ask what they notice about the cup. Is it warm? Is the cup smooth? Next, have them smell the cup of hot chocolate. Ask what they notice about the smell? Is it just chocolate or are there other smells? Finally, have them take a sip of the hot chocolate but tell them not to swallow it for a few seconds . Ask what they noticed about the taste. Was it sweet? Was it warm? This is a relaxing break after a busy school day to refocus and reduce stress. Grown-ups can also try this with a cup of coffee!

Have a great weekend,

Dr. Kirstie Carmichael LMSW, DBH
School Counselor

Service Hours Opportunity!!

Students interested in earning service hours may sign-up to volunteer at the St. Theresa of Lisieux Feast Day Celebration this Sunday, October 2 after the 10am Mass. Sign-Up here!

Homecoming Week: Mon 10/3 to Fri 10/7

home sweet home
HOMECOMING
2022 Spirit Week
MON-OCT 3
HOME OF PINK AWARENESS $1
WEAR PINK IN SUPPORT OF BREAST CANCER
*PEP RALLY (AM ASSEMBLY)
TUES.-OCT. 4
ROOT FOR THE HOME TEAM
WEAR FAVORITE SPORTS TEAM SHIRT
GO VIKINGS!
THURS.-OCT 6
HOME SCHOOL COLORS
WEAR ALL BLUE, YELLOW, OR MIXTURE OF BOTH
FRI-OCT. 7
MAKE YOURSELF AT HOME
PAJAMA DAY

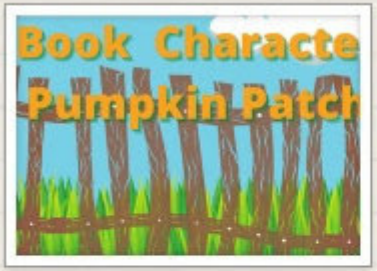
(10/3) Awareness Day: Breast Cancer

Students may donate $1 to support The Rose and come to school dressed in a Pink shirt or Viking Spirit wear shirt and blue/black jeans. The Rose provides screening, diagnostics and access to treatment to all regardless of their ability to pay. Please have your child give their donation to their homeroom teacher.

UPDATE: We collected $206 for September's Childhood Cancer Awareness Day. Thank you!

Viking Booster Club: Concession Stand

The Vikings Booster Club has re-opened a concession stand during home Volleyball games. This is a great way to raise money for our sports. If you are interested in donating snacks/drinks or volunteering to run the concession stand during our home games for volleyball, soccer, football, and basketball, please add your name to our Sign up Genius or contact Sofia Tilton at sofia.tilton@gmail.com.



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

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!

We are in need of parent volunteers, please see the Volunteer Sign-Up.

Don't forget to register for Steps 4 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.

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!

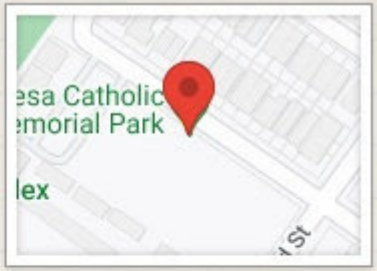
David Prodoehl recently went to the Catholic Bowl II at Ford Field at The Star in Frisco and cheered on St. Thomas High School Eagle Football to victory over Ft. Worth Nolan Catholic 45-28!

Don't forget to send us a short description and picture to m.reyes@sttheresa.cc if you'd like your Viking to be featured on Peek of the Week!

Around STCS!

Save The Date & Month at a Glance!

Junior High Halloween Dance!



Get Directions

WHEN

Friday, Oct. 28th, 6pm

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*

More details to come!

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)

St. Theresa Catholic School

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2 HOMECOMING WEEK 11am-St. Theresa Feast Day	3 Awareness Day: Breast Cancer 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 NO SCHOOL	11	12	13	14 END OF 1ST QUARTER Spirit Wear Friday!	15
16	17 8th Grade Visit St. Thomas & IWA	18	19	20 2pm-Early Dismissal Day! Parent/Teacher Conferences	21 REPORT CARDS Parent/Teacher Conferences NO SCHOOL	22
23 RED RIBBON WEEK 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! 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
FB: Football
S: Soccer
VB: Volleyball
CC: Cross Country
26
27
28
29
30
1
2 HOMECOMING WEEK
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
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Giving Opportunities

Fund the Mission of **St. Theresa**

Your contributions have an immediate impact allowing our school to provide for and strengthen academic and student programs, faculty resources, library acquisitions, and enhance our facilities. Your heartfelt contribution will not only help us to continue implementing our programs but will also help us bridge the gap between tuition and the actual cost of school operations. Give Here.

MAKE A GIFT
THROUGH OUR BIRDIES FOR CHARITY GIVING PORTAL
HTTPS://STTHERESASCHOOL.CC/BIRDIES-FOR-CHARITY
DONORS ARE ALSO ELIGIBLE FOR A CHANCE TO WIN AN ASTROS "SUITE NIGHT" IN 2023 BY GUESSUNG THE CORRECT NUMBER OF BIRDIES IN THE 2022 CADENCE BANK HOUSTON OPEN
CADENCE
Bank
HOUSTON OPEN
BIRDIES FOR CHARITY
THINK