


## Peek of the Week

Fund the Mission of St. Theresa 

Jan. 11-15, 2021



St. Theresa  
Catholic School  
*in Memorial Park*



### School Information

This Monday January 11 is awareness day. Students are encouraged to bring in a \$1 donation to support Spina Bifida of Houston Gulf Coast. The organization provides a week-long summer camp for people ages 6+ diagnosed with Spina Bifida. The camp is completely volunteer driven. Their mission is to enrich all lives of volunteers/campers by ensuring a sense of belonging, a network of friends and families, and a positive learning environment focused on independence and growth. Learn more about this amazing organization and their work <https://www.sbhgc.org/>.

Students who donate may wear a Red or Green shirt or Viking Spirit wear shirt and blue or black jeans.

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## Counselor Corner

Happy New Year, and I hope everyone had a chance to rest over the break. This week we discussed skills to help improve one's self-control in difficult situations. Get ready to not eat marshmallows in class. This week's mindfulness exercise is centered on a skill to help in stressful situations where emotions can run high. This is called half-smiling and willing hands.

1. Relax the muscles in your face, from your forehead down to your jaw and chin.
2. Allow the corners of your mouth to turn up ever so slightly.
3. Adopt a peaceful facial expression
4. Seated: Place your hands on your laps, palms up and fingers relaxed and slightly curved

This simple exercise communicates that the stressful situation has passed and helps lower anxiety. You can try this out next time you feel your anxiety or stress rising.

Have a wonderful week,  
Kirstie Carmichael LMSW

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## Steps4Students

### STEPS 5K Registration Link

Vikings let's get moving! Parents this year Steps4Students 5K will be a school wide event. Students can get in some miles at home and at school! This is a great opportunity for families to kick off 2021 with a new family tradition!

Included with each registration is access to the JoyRun app. The app will track miles and time. Also all students that register will receive a "Race in a Box" Steps for Students themed SWAG (aka box of goodies).

#### Prizes will be awarded for the following categories!

- Family Teams that raise more than \$200
  - Class with 100% participation
  - Grade with 100% participation
  - Student with the highest number of miles logged
  - Class with the highest number of miles logged
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# Mass Readings for Wednesday of the First Week in Ordinary Time

## Mass Readings January 13

Wednesday of the First Week in Ordinary Time

1st Reading (1 Corinthians 9:16-19, 22-23)

Gospel (Mark 1:29-39)



Proud Sponsors of St. Theresa Catholic School Golf Tournament



## School Calendar

### Monday, January 11

Awareness day Spina Bifida

### Monday, January 18

No School Martin Luther King Jr. Day

[Click Here to View the School Calendar](#)

### St. Theresa Catholic School

St. Theresa Catholic School is a diverse community of Love  
rooted in Faith, Service and Knowledge.

6500 Durford Street | Houston, TX 77007  
[StTheresaSchool.cc](http://StTheresaSchool.cc) | P: 346-335-1700

#### Office Hours

Monday - Friday: 7:30 am – 4:00 pm | Dismissal at 3:30 pm

#### Weekly Mass

Wednesday at 8:10am (Mass uniform required)

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