


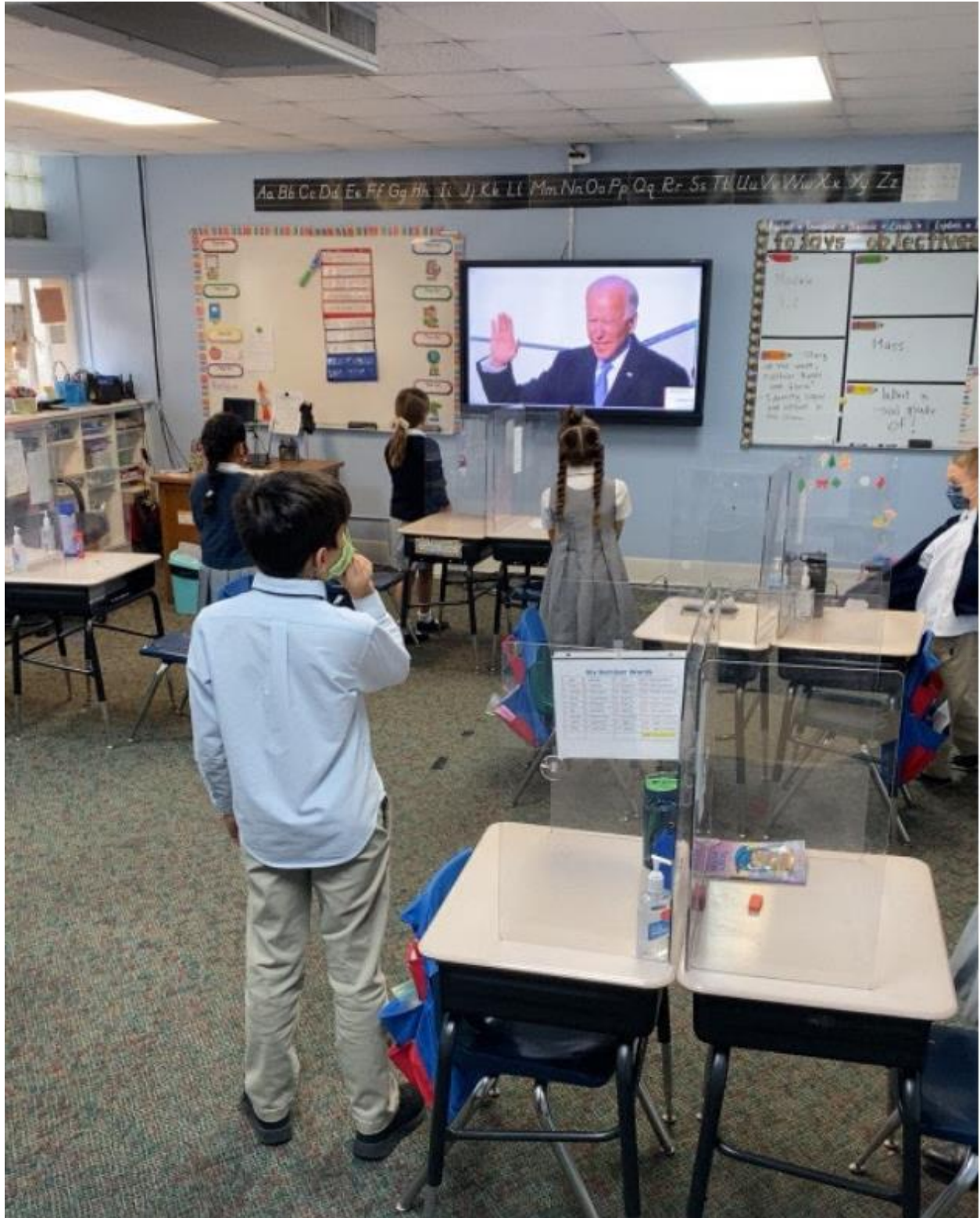
Peek of the Week

Fund the Mission of **St. Theresa** 

Jan 25-29, 2021



St. Theresa
Catholic School
in Memorial Park



School Information

This week was quite an eventful week for students in and around campus. On MLK Day several from our community spent the day volunteering around the city. Casa Juan

Diego was especially thankful for all who came out and helped to distribute meals. Mrs. Ilski and her family volunteered alongside residents of the Greater Houston Area in a beautification project in 5th Ward at the Evergreen Cemetery lead by the Youth Achieving through Service and Sports, Inc. (YASS). It was also a lesson packed week in Government and U.S. History Class, students had an opportunity to watch the Presidential Inauguration Ceremony and learn about the long standing inaugural traditions. Students also witnessed history in the making as the first woman and first woman of color was sworn in as Vice President.



This week 4th Grade practiced their best chess moves on their classmates! Congratulations Nicholas on winning the Championship!



Mass Readings January 27

Wednesday Memorial St. Angela Merici

1st Reading (1 Peter 4:7b:11)

Gospel (Mark 9:34b-37)



Counselor Corner

We had a great time talking about what to do with big emotions this week and learning new coping skills. Next week we will be discussing accountability and how to apply the concept in school work.

This week's mindfulness exercise requires an orange and some mindful eating. The exercise is a fun way to engage your child's five senses and help them develop feelings of calmness.

1. Start by holding your orange. Roll it in your hand. Notice how it feels.
2. Hold the orange near your nose. What does it smell like? Take a whiff of the bittersweet smell of the orange peel.
3. If you have your eyes open, notice how the orange looks. Pay attention to whether the skin is smooth or bumpy. If you hold it firmly, is it squishy?
4. Slowly peel your orange, paying attention to how it feels in your fingers.
5. Go ahead and taste your orange. Notice how it feels on your tongue, and against your teeth. Notice the flavor, the texture, and the juiciness as you chew each piece slowly. Take your time as you chew, taste, smell, and feel each bite of your orange.

Have a wonderful weekend

Kirstie Carmichael LMSW



We are so proud of 5th Grader Christopher for representing our school at this year's Spelling Bee! Next week is the Middle School spelling bee. Stay tuned for the results!

2021 Steps Swag



*Registrants that "Hit Snooze" only receive the t-shirt.

Steps4Students

STEPS 5K Registration Link

THIS YEAR ALL STUDENTS WHO REGISTER WILL HAVE THEIR PICTURE TAKEN WITH THEIR STEPS SHIRT AND MEDAL AS A KEEPSAKE FOR PARTICIPATING IN THEIR FIRST VIRTUAL 5K!

There's a first for everything including our first "Virtual" 5K! Parents this year students can participate in their very first Virtual 5K. Students will have an opportunity to get in some miles at home and at school!

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



YEARBOOK

The school must have all student's permission slips turned in. This helps us decide if we could share a picture of your son/daughter on the School Yearbook, Peek of the week, and any other St Theresa Social media platforms.

How to Share photos with me: You have 2 options, but I highly encourage you to use option 1,

1. Use the Replayit Private Photo Submission
2. Email pictures to h.calderon@sttheresa.cc

Replayit Private Photo Submission

The yearbook staff invites students, teachers, and parents to submit photos for the yearbook. If you've got great photos of the school, students, and community events, or you and your friends just having fun, we'd like to see them. Our photographers cannot be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have.

SUBMIT YOUR PHOTOS ONLINE

LOG ON TO: <https://images.jostens.com/upload.jsp>

Enter Login ID: 415468629

- Browse to select the photo(s) you wish to upload, click on "Select My Images."
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Upload Chosen Images."

It's that easy! Submit your photos today!

The yearbook staff will review all photos, and determine final yearbook content. We cannot guarantee that all submissions will be used.



Proud Sponsors of St. Theresa Catholic School Golf Tournament



School Calendar

Wednesday, January 27

Little Flower Awards following Mass

Sunday, January 31

School Spirit Sunday

January 31-February 6

Catholic Schools Week

[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 | 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)

[Find us on Facebook](#)

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