

Peek of the Week

Fund the Mission of St. Theresa 

Oct 26-30, 2020



St. Theresa
Catholic School
in Memorial Park



School Information

Red Ribbon Week is the nation's largest and longest-running drug-use prevention campaign. This year's national Red Ribbon Week theme is Be Happy. Be Brave. Be Drug Free™. St. Theresa Catholic School wants to help amplify the campaign's mission

to encourage children, families and communities to live healthy, happy and drug-free lives. Please help us celebrate Red Ribbon Week with the dress up days below.

Monday- Too Bright for Drugs

Students may wear neon clothing and sunglasses.

Tuesday- From head to toe, I'm drug free

Students may wear crazy socks and crazy hair.

Wednesday- Stomp Out Drugs

Students may wear boots with their mass uniforms.

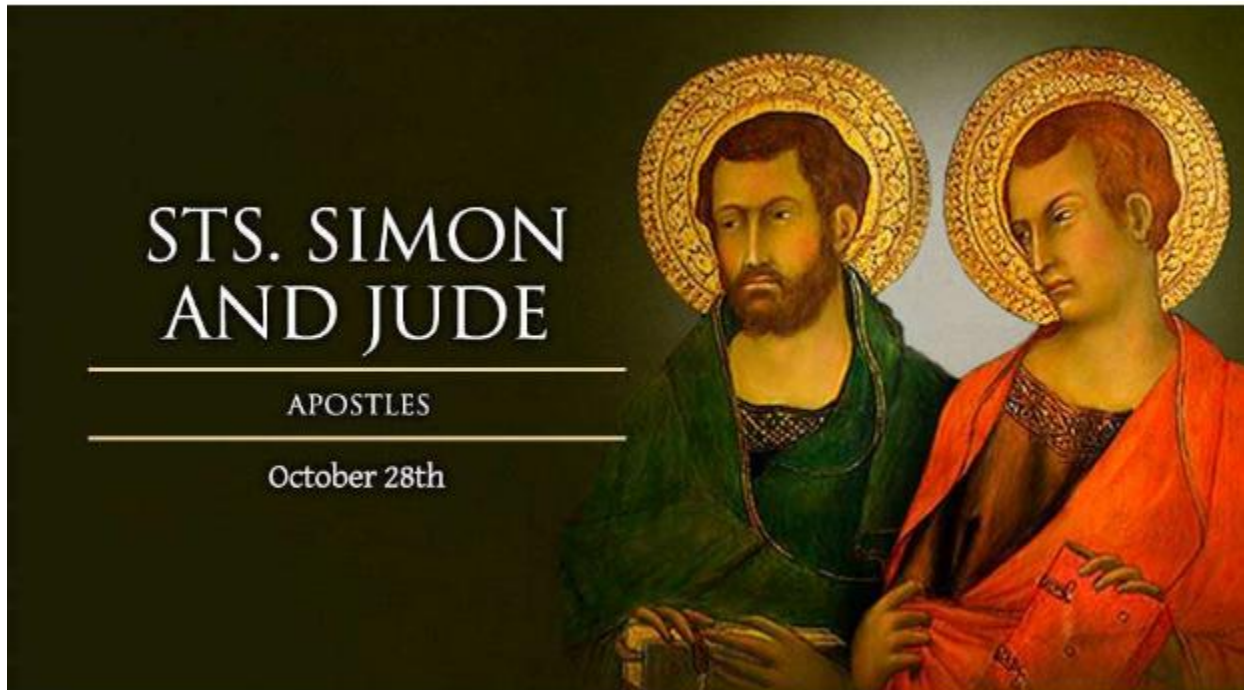
Thursday- Team up Against Drugs

Students wear their favorite team jersey or shirt.

Friday- Say Boo to Drugs

Students dress in their Halloween costumes.

School Mass Scriptures



Reading 1 Ephesians 2:20-22

Responsorial Psalm 19:1-4 Their message goes out through all the earth.

Gospel Luke 6:12-16

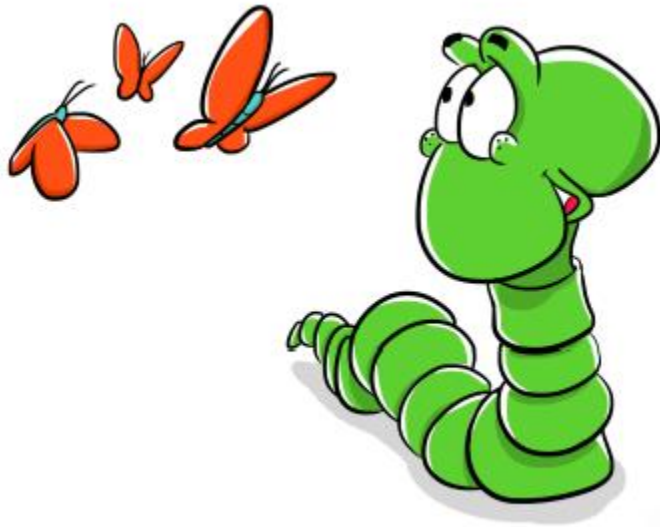


Tenth Annual Book Character Pumpkin Patch

The Book Character Pumpkin Patch starts next week. You can email photos of you and your family with the pumpkin creation beginning Monday to r.techmanski@sttheresa.cc. Don't forget to include the name of the book character and the title of the book the character came from. Can't wait to see all those fabulous and creative pumpkins!

Thank you and if you have questions please email me.

Counselor Corner



This week we talked about how to reduce anxiety and worry about covid, by using coping skills. Elementary did a wonderful job making worry worms and learned how to talk about feeling worried. Middle school learned how to use coping skills to reduce anxiety and worry. Next week is Red Ribbon week and we will be learning about how to say no, cope with peer pressure, and how to stay healthy. This week's mindfulness exercise is STOP which can be used when feeling an intense emotion.

S: Stop. Whatever you're doing, just pause momentarily.

T: Take a breath. Reconnect with your breath.

O: Observe. Notice what is happening. What is happening inside you, and outside of you? Where has your mind gone? What do you feel? What are you doing?

P: Proceed. Continue doing what you were doing. Or don't: Use the information gained during this check-in to change course. Whatever you do, do it mindfully.

[Volunteer Sign-Up](#)

Even though we are not able to have parent visitors on campus, we can still use your help! We have several opportunities for parents to get involved with the planning of several events that are scheduled to take place throughout the year. With your support we know it will be a great year!

amazon smile



How can I earn money for St. Theresa?

[AmazonSmile – shop at http://smile.amazon.com](http://smile.amazon.com) and select St. Theresa Catholic School as your charity under Account Settings. When you shop, Amazon will donate .5% of your eligible purchases back to the school.

Calendar

Sunday, October 25, 2020

School Spirit Sunday & Open House

October 26-30, 2020

Red Ribbon Week

Friday, October 30, 2020

Halloween Dress-Up Day

November 2- November 6

Campus Closure. School-wide distance learning.

[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](#)

Please Do Not Reply to this email