

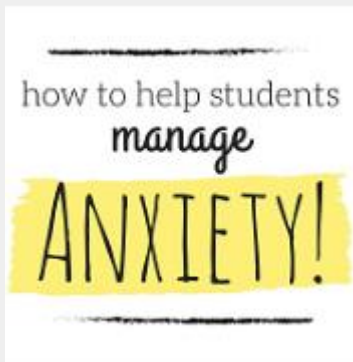
# Peek of the Week

Fund the Mission of St. Theresa 

September 16 - 20, 2019



## School Information



**Study Skills: How to Help Students Manage Anxiety**

**Jan Kruger, M.Ed.**

**Our students are carrying all kinds of worries throughout the day.** Perhaps there is a specific situation weighing them down. Maybe they're carrying a lifetime of "struggle" in school. Or, perhaps they're imagining something to be worse than it is.

**Anxiety is a function of self-preservation.** It helps us monitor for threats to our safety. Think back to caveman days; anxiety was a very helpful function when a tiger was lurking. But, in our modern society, it often gets in the way more than it helps.

**Meanwhile, we are really good at trying to talk people out of anxiety:**

- "Don't worry."
- "There's nothing to be upset over."
- "Just settle down."

**How many times do these lines actually work?** Zero. Zip. Nada.

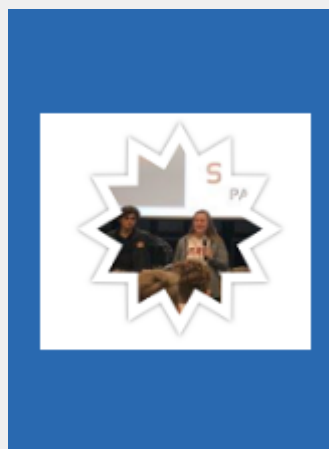
**Yet, we keep saying them.** We do this because we don't know what else to do. But, the real key to helping students manage anxiety is to understand what's happening in their brain.

**[Read more here.....](#)**

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## In and Around Campus

The Eighth Grade kicked off their annual High School tours with a visit to St. Pius X. The visit began with a welcome talk from two St. Theresa alums, Evan Narvaez and Kayla Crowley. After touring the school and hearing from students, faculty, and staff, the Eighth Grade ended the visit with volleyball, dodgeball, and socializing with some of the St. Pius students. Their next visit will be to St. Thomas and Incarnate Word Academy next month.



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## Morning Carpool

Parents,

We are in need of five volunteers to help with Wednesday morning carpool drop-off during the school year. You may sign-up for one or multiple days, there is also an option to be an alternate.

PTO President

### [Morning Carpool Volunteer Sign-up](#)

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## PTO News

Stay Connected to St. Theresa's PTO by signing up at <https://mailchi.mp/4c9ee1aa638a/sttheresapto>. The PTO recently launched a sign up form that will allow parents, grandparents, family members and other stakeholders to receive news and updates from the PTO. You can sign up to receive all updates from the PTO or can select news from the following: **General PTO, Homeroom, Dad's Club, School Fundraising Events and/or Volunteering Opportunities.**

### **Use Link Sign up to Receive PTO News** <https://mailchi.mp/4c9ee1aa638a/sttheresapto>

One of the new groups we have included in the PTO is the Dad's club. More info on the dad's club is below.

#### **Dad's Club**

We are creating a Dad's group at St Theresa Catholic School to bring more fathers and male figures together that want to be involved on campus and get to know other dads. We're focusing on volunteering, fellowship, fundraising and social events. Click on the link above and Sign up for PTO News and select **Dad's Club**. We'll send more details soon on a kickoff event and other upcoming events we're planning.

Thank you,  
PTO Executive Committee

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**2019 Gala Sign-Up Parties (Parents we didn't forget you. We have a sign-up party featured this week just for you)**



[Click Here to Purchase Ticket](#)

## Princess Tea Party

Students are allowed to come to school on the day of the party dressed as Princess. After school (from 4:00 – 6:00 p.m.) snacks and drinks will be provided while the participants enjoy all things Princess! Face painting, Hair Glitter, and a special visit from a Princess! Space is limited to 25 students.

**When:** 9/26/19 from 4:00 PM to 6:00 PM

**Where:** School Classroom

**Number of Guests:** 25 St. Theresa students

**Age Range:** Age PK3 and up

**Price Per Guest:** \$40

**Hosts:** Mrs. Garza and Mrs. McCarty

[Click Here to Purchase Ticket](#)

## It's A Perfect Taste

You and a guest will explore the farm to table gourmet specialty pizzas created just for you by Chef Anthony Russo. He will bring flavors to life as you sip different wines he selected to compliment his newest creations.

**When:** October 7, 2019 @ 7pm

**Where:** Russo's New York Pizzeria

306 Gray at, Bagby St  
Houston, TX 77002

**Age Range:** 21+

**Price (2 Guests):** \$100

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## Reminder

**Picture Day is Wednesday Sept 18**

A flyer for St. Theresa Catholic Schools Photo Day on September 18th. The flyer is divided into four numbered steps: 1. Visit our website (www.sttheresacatholic.com) for details and to purchase tickets. 2. Enter the online code 11032F20. 3. Build your own package (choose from different photo options). 4. Choose your background (choose from different background options). The flyer also includes a price list for different packages: A (39), B (14), and C (19). There is also a section for "MORE OPTIONS ONLINE" with a list of additional items and prices.

# Athletics

St. Theresa Athletics had a great week this past week. The volleyball Varsity team lost a tough match with St. Ambrose after winning the first game, but the team rebounded with road wins vs. Corpus Christi and St. Theresa Sugarland.

Soccer played another complete game this time at home beating St. Mary Magdalene 5-0. The team will play again Thursday 9/12.

## Upcoming Games

Volleyball: Home 9/17 vs. St Rose

Soccer: Home 9/17 vs. St. Augustine

Go Vikings!

Scott Sugalski

Director of Athletics



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## [Volunteer Sign-Up Link](#)

*If you are thinking about volunteering but are concerned about the time commitment, don't worry we will find a volunteer spot to fit your schedule. Simply click on the "Volunteer Sign-Up link above and select the event you are interested in.*

***As each one has received a gift, use it to serve one another as good stewards of God's varied grace. - 1 Peter 4:10***



### **Mark your calendar**

**October** Fund the Mission Campaign

**December 6, 2019** Viking Cup Golf Tournament

**February 15, 2020** Steps for Students 5K Run - St. Theresa Catholic School

**April 24, 2020** St. Theresa Catholic Church and School Gala

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## Naming and Memorial Opportunities

You can leave a lasting legacy and further our mission by pledging your support to "Our School, Our Church, Our Future Phase II Capital Campaign". Below is the list of the naming opportunities that will allow you to name a designated space in the Iris and Lloyd Webre Education Center.

You may contact us directly via telephone 713-869-3783 or via email Johanna Bransford to [j.bransford@sttheresa.cc](mailto:j.bransford@sttheresa.cc) or Cynthia Garza [cynthia.garza@sttheresa.cc](mailto:cynthia.garza@sttheresa.cc).

**\$25,000 Level**  
Classrooms  
**\$20,000 Level**  
Administrative Offices  
**\$15,000 Level**  
Teacher Workroom  
Conference Center

**\$10,000 Level**  
Classroom Crucifix  
**\$5,000 Level**  
Classroom Technology  
Collaborative Learning Furniture  
Science Lab Equipment

**DONATE** | ▶

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## Used Uniforms

Used uniform can be purchased in our gently used uniform shop run by our PTO. Each item is \$5. For gently used uniforms to purchase please contact [Jennifer Lenz](#)

## Calendar

**Wednesday, September 18, 2019**

School Picture Day

**Thursday, September 19, 2019**

Back to School Parent Teacher Conferences

**Friday, September 20, 2019**

Back to School Parent Teacher Conferences; No School

**Sunday, September 22, 2019**

School Spirit Sunday

**Wednesday, September 25, 2019**

Little Flower Awards following School Mass

**Sunday, September 29, 2019**

St. Theresa Feast Day

[School Calendar Click Here](#)

**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 | F: 713-869-5184

**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

