


Peek of the Week

Fund the Mission of St. Theresa 

Sept 28-Oct 2, 2020



St. Theresa
Catholic School
in Memorial Park



School Information

Thank you for your flexibility and understanding this last week as we had to adjust our learning to prepare for Tropical Storm Beta. We hope everyone was able to stay safe and relatively dry during this time. Join us this Sunday for Mass either virtually or in person at 10:00am for our School Spirit Sunday. Wednesday will be our first School Mass and we will be celebrating the Feast of St. Therese of Liseux. 8th grade will attend and serve in person while the rest of our campus participates via live-stream. Parents are welcome to join us virtually for Mass as well. Students are also invited to bring a canned good to donate as we will be joining with the church in hosting a food drive. St. Theresa Catholic Church is collecting food donations for our community partner CCSC. The need for food donations has tripled in the past 6 months. CCSC is grateful for the partnership with our community. Please continue to pray for our teachers and staff as they serve your children this year. Stay safe and well!

Love and Light,
Sarah Fox

Counselor Corner



A Moment of Mindfulness.....

Hold the cup in both hands. Focus your attention on the warmth you feel. Bring your face close to the cup take a really deep breath. Notice any warmth, steam or aroma. Notice the sensation of what is happening inside your nose.

Place your lip on the edge of the cup but don't take a sip. Stay there for about 5-10 seconds. Notice what is happening inside your mouth. Notice the feel of the cup against your lip.

Take a small sip, don't swallow. Hold the liquid in your mouth for at least 30 seconds focus on the sensations: The taste, sweetness, bitterness, smooth, creamy, hot and then cooling to the temperature of your mouth. What part of the tongue is being

affected? Notice how the liquid moves around your mouth. Swallow. Feel the liquid moving down your esophagus.

Then you can drink the rest in a mindful way.

Think about what the experience felt like, how much more you were able to gain from drinking your coffee (or tea, or hot chocolate)

This is helpful if you feel worried or sad, when you may be experiencing discomfort or pain.

Weekly School Mass Readings



Memorial of Saint Theresine of the Child Jesus

We will be celebrating the Feast Day of our Patron Saint, St. Theresine of Lisieux at our School Mass on Wednesday.

Reading I JOB 19:21-27

Responsorial Psalm PS 27:7-8A, 8B-9ABC, 13-14

"I believe that I shall see the good things of the Lord in the land of the living."

Alleluia MK 1:15

Gospel LUKE 10:1-12

Golf Tournament



Register for St. Theresa's Viking Cup Tournament. There are several sponsorship opportunities available. Sponsorships start at \$100! <https://www.sttheresaschool.cc/golf>

Volunteer Opportunities



We have several opportunities for parents to get involved this year with planning our premier fundraising events. Click on the link below to access the volunteer sign-up sheet.

[Volunteer Sign-Up](#)

Distance Learning Reminders



Chromebook Tip:

Click on ALT and [at the same time to split screen into 2 tabs. Student can be on a virtual call and look at their work at the same time.



Computer Trouble Shooting Tips Presentation

- [Computer Issue Troubleshooting Resource](#)

Parent Support Videos

- [Zoom](#)
- [Google Classroom](#)

*Email zach.wilson@sttheresa.cc if you need any technical assistance



The ECC is now enrolling! We have limited space available for infants and toddlers (24 months and under). Please visit our website www.sttheresa.cc/ecc or contact our admissions director, Kelly McCarty at k.mccarty@sttheresa.cc for more information on enrollment in our center!

STECC is now accepting applications of loving and nurturing individuals, who are willing to help us support the physical, cognitive, and emotional growth of our children.

<https://sttheresa.cc/employment-application-inquiry>

You may email the completed application to our Director at melanie.leadingham@sttheresa.cc

Calendar

Sunday, September 27, 2020

School Spirit Sunday

Wednesday, September 30, 2020

Little Flower Awards

[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)

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