



St. Theodore School

Where the knowledge of God is the foundation of learning

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Christ the Teacher Roman Catholic School Division #212



January 2026 Newsletter

Dear St. Theodore Families,

Happy New Year!

Thank you to everyone for your understanding and support as we navigated the cancellation of our Christmas concert and the rescheduling of the potluck lunch due to the snowstorm. Given the circumstances, we made the necessary adjustments to ensure everyone's safety.

Although we could not gather as planned, we were grateful to record the students' play so families could still enjoy their wonderful performance. We are incredibly proud of our students for showcasing their talents in acting and bringing the story to life with such enthusiasm and confidence.

A heartfelt thank-you to all the staff for their contributions to the play and to all the students who so beautifully shared the meaningful message of the importance of Jesus' birth. *A Christmas to Remember* indeed.

We are also thankful that our families were able to share their generosity, gifts, and talents with others during this Christmas season. You and the community's continued support mean so much to us.

Warm regards,

Mrs. Tammy Morrison



♥ Thank you to the School Community Council (SCC) who helped organized the community potluck lunch

♥ Thank you to all the parents and guardians for being so supportive and understanding on rescheduling and cancellation of Christmas Concert and Community Potluck Lunch.

♥ Warm New Year wishes from our school community! May this year bring joy, success, and endless learning.



Dates to Remember

Wed. Jan 1	New Years Day Feast of St. Mary
Mon. Jan 5	CTTCS Inservice for all Staff NO School
Tue. Jan 6	Classes Resume- Day 4
Fri. Jan 9	Epiphany Water Blessing with Father Basil
Fri. Jan 30	Inservice Day for Teachers No Classes for students
Fri. Feb 14	St. Valentines Day
Mon. Feb 16	Family Day- No School
Tue. Feb 17 - Fri. Feb 20	February Winter Break
Mon. Feb 23	Classes Resume- Day 2
Thu. Feb 26	SHHS Catch the Spirit Day for Grade 8

Band 🎵 Reminders!

- 🎵 Thurs. Jan. 8 - Full Band resumes
- 🎵 Thurs. Jan. 15 - Deadline to ask Mrs. Karapita for festival music (if you would like your child would like to do a solo/duet/trio in the Yorkton Music Festival)
- 🎵 Thurs. Jan. 28 - Mrs. Sogbetun will give a Gr. 7/8 Band clinic during Full Band class! Please try to attend (& arrive early to set up and warm-up before 8 AM).
- 🎵 January - If you are Level 3 or 4 in Band, consider entering the 100th anniversary of the Yorkton Music Festival! Parents check your email for details on how to set up your profile & contact Mrs. Karapita for music ASAP!



Epiphany Water Blessing Service

The Solemnity of the Epiphany of the Lord, also known as Three Kings Day was celebrated at our school with **Fr. Basil** on **Friday January 9th**.

As a special way of celebrating Epiphany, and remembering the baptism of Christ, water is always blessed on this day in a majestic and solemn way. Fr Basil will be blessing each classroom with this holy water. This is a time of prayer, during which Father will ask God's blessing upon us, and that we be kept safe from all harm during this new year.

The holy water will be available for students, families and people from the community to take home the newly blessed Jordan water. Please bring your own container.

Parish Information

St. Gerard's Roman Catholic Church
Yorkton

www.stgerard.ca

St. Mary's Ukrainian Catholic Church
Yorkton

Saturday Divine Liturgy: 5pm (English)

ysyorkton.com



St. Mary's Ukrainian Catholic Church
First Solemn Holy Communion &
Reconciliation Classes

Children in Grade 2 or higher are invited for First Communion and Reconciliation classes.

10 classes will be held after Christmas during Liturgy on Saturday evenings or Sunday mornings.

Contact **Father Basil** or **Lana Klemetski** (306-621-6626) with your child's name and your contact information.

COUNSELOR'S CORNER

Mark your calendars!

Sacred Heart High School's Catch the Spirit Day for all Yorkton, Theodore and area, for Grade 8s will be held on **Thursday, February 26, 2026.**

This year's guest speaker is **Kate Bierness of Sports Centre/TSN fame.**



MAKE PLANS TO CATCH THE SPIRIT!

Spend a Day at Sacred Heart

Thursday, February 26

Registration Night

7:00pm School Tours

7:30pm Information Session

in the Theatre

All grade 8 students in Yorkton & surrounding area are invited to spend a day at Sacred Heart High School

Please call 306-783-3128

to register.

Explore the wide variety of choices and opportunities available to Sacred Heart students. Ask questions. See the classrooms, labs & shop. Visit the art & sports facilities. Learn about our Advanced Placement & French programs. Get the information you need about our unparalleled academic, athletic and extracurricular programming.

Spirit of Faith - Spirit of Excellence - Spirit of Service - Spirit of Fun

A School You Can Believe In

280 Gladstone Avenue North, Yorkton, SK

Phone: (306) 783-3128

www.sacredheart.christtheteacher.ca



*"Believe...
Belong...
Become"*

Ms. Emily Allen
SCHOOL COUNSELOR
St. Theodore School

Ms. Allen is available to support students & families in our school.

Contact her at

allee01@ctfcs.ca

TOP COPING STRATEGIES

TO MANAGE BACK TO SCHOOL STRESS

PRACTICE DEEP BREATHING

Deep breathing involves taking slow, controlled breaths to activate the body's relaxation response.

Tip: it is best to practice this skill daily and when you are calm - this makes it easier to access the calm breath when you are stressed.

EXERCISE REGULARLY

Physical activity, such as walking, running, or yoga, that helps reduce physical and mental tension.

STAY CONNECTED

Reaching out to friends, family, or support groups for conversation and emotional support.

MINDFULNESS OR MEDITATION

Involve focusing on the present moment without judgment, allowing your mind and body to relax.

SET ACHIEVABLE GOALS

Break large goals down into smaller, more manageable, goals to prevent feelings of overwhelm. Take breaks after each step is completed. For example, you could break a broad goal of "study for a test" into:

- step 1 - read through notes and highlight important information (10 minute break)
- step 2 - make flashcards from highlighted information (break for the evening)
- step 3 - study flash cards for 20 minutes daily until the day of the test.

Exciting News

Saskatchewan's main national food security effort is the [National School Food Program](#), a federal initiative where the province partners to provide funding for nutritious meals and snacks in schools, expanding existing programs and creating new ones to combat student food insecurity, with funding agreements signed and funding flowing to all 27 school divisions to support breakfast, lunch, and snacks, aiming to improve student health, attendance, and learning outcomes.

What does that look like at our school...

Our School Community Council has also supported this program with the purchase of a fridge for us to now provide cereal, milk, toast and jam for breakfast for those who wish. The fridge will also be stocked with healthy snacks such as fruit, yogurt, applesauce and cheese for students. The breakfast room will be open from 8:35am until 8:55 am for students to have toast or cereal if they wish. Snacks will be available at snack time and lunch for those who wish to use that. We are looking forward to all this program has to offer and will adjust it as needed to meet the needs of our students.

If you have any questions regarding this program, please contact the school.