



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



February 2026 Newsletter

Dear St. Theodore Families

Winter has been a bit of a challenge this year but it sure is going by quickly. We are happy to see the students grow in height as well as their learning. It has been a very busy return to school since Christmas break, and the students are working hard and learning new things daily.

February is a great time to remind us to be kind, share and care for one another. The whole month has opportunities when we can show our appreciation for family, friends, and loved ones. There's FAITH, HOPE, LOVE but the greatest of these is LOVE.

As February breaks and Family Day near we hope that you take time to cherish your family, celebrate the upcoming Lenten season, and remember to love one another as Saint Valentine taught us. We continue to ask for your prayers and guidance for our leaders as we continue our path of Catholic Education. May we never take that for granted and always appreciate the blessings it brings.

Warm regards,

Mrs. Tammy Morrison

THANK YOU

♥ **Thank you** to Fr. Basil who celebrated Epiphany and blessed water for us.
♥ **Thank you** to all the staff at St. Theodore School- who relentlessly make the difference in the lives of our students.
♥ **Thank you** to Mr. Flesjer and Ungar Construction for the snow removal...again and again and again so that we could access our playground and parking areas.

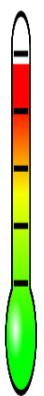


Skating Reminders!

Skating Days in February

February 3 (Tue) February 5 (Thu)
February 9 (Mon) February 11 (Wed)
February 13 (Fri)

Have your skates & helmets ready
at the school!



COLD WEATHER GUIDELINES

Including Wind Chill Factors

Temperatures of -29 & above:

Students are expected to be outdoors at recess

Temperatures of -30 to -35:

Students are encouraged to get fresh air, however, remaining outdoors is optional

Temperatures of -36 and below:

Students will not be allowed outdoors

Please ensure that your children are dressed appropriately for the weather and that they remember to bring toques, mitts and ski pants



Parish Information

St. Gerard's Roman Catholic Church

Yorkton

www.stgerard.ca

Saturday Mass: 5pm

Sunday Mass: 9 am and 11:00

St. Mary's Ukrainian Catholic Church

Yorkton

st.mary.yorkton@sasktel.net

Saturday Divine Liturgy: 5pm (English)

Sunday Divine Liturgy: 9 am (Ukrainian) 11 am (English)

Dates to Remember

Fri. Jan 30	Inservice Day for Teachers No Classes for students
Feb 3(Tue), 5(Thu), 9(Mon), 11(Wed), 13(Fri),	Skating Days
Feb 8(Sun) - Feb 14(Sat),	Staff Appreciation Week
Fri. Feb 14	St. Valentines Day
Mon. Feb 16	Family Day- No School
Tue. Feb 17 -	February Winter Break
Fri. Feb 20	
Wed. Feb. 18	Ash Wednesday
Mon. Feb 23	Classes Resume- Day 2
Thu. Feb 26	SHHS Catch the Spirit Day for Grade 8

Band Reminders!

- Mar. 9-11: our Bands will perform in the Yorkton Music Festival
- Tues. Apr. 28- Fri. May 1: Gr. 7/8 Band trip to Edmonton!
- May (week of 11-14): Gr. 6 2-day band trip to Moose Jaw Band Festival
- Mon. June 15, 7:30 AM: last full band for all grades (7 PM concert)

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.



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





Family Screen Time Rules

Why should I limit my child's screen use?

Children need active play and quality family time to develop important life skills like language, self-regulation, and creative thinking. Time using screens is often a lost opportunity for your child to learn in real time. It takes time away from interacting, playing outdoors, creating or enjoying social time with family. Too much screen use also increases your child's risk of becoming: sleep-deprived, less school-ready (e.g., lacking reading skills, language development, social skills), inattentive, aggressive, less able to self-soothe, and nearsighted (when objects farther away look blurry).



No Screens During Meals

Phones and tablets disappear at the dinner table; it's time to talk and connect.



Set Daily Limits

Agree on age-appropriate screen time. For example:

- Kids (2-5): 1 hour/day of quality content
- Older kids/teens: 1-2 hours/day



Be a Technology Role Model

Your own screen habits influence your child's. Be caught reading, crafting, laughing, etc. instead of scrolling.



Device-Free Bedrooms

Keep bedrooms tech-free to help everyone sleep better. Remove screens one-hour before bed time



Screen Time Together

Watch shows or play games as a family, make it a bonding time.

