



# 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



## April 2026 Newsletter

### Dear St. Theodore Families,

We are well on our Lenten journey, and the season of Easter is just around the corner. We look forward to all things new with the newness of spring, and life promised by our Heavenly Father. We take this season to consider what we can do to make ourselves and the world around us a better and more peaceful place.


As we head into the final term of the school year, we are happy to celebrate another successful year of learning and growth. It was great once again for students to share their learning with their families during the student led conferences. Thank you for your understanding the situation.

Have a lovely spring, take some time to enjoy the wonders HE has shared with us

Warm regards,  
Mrs. Tammy Morrison

**Congratulations!**

Congratulations to  
**Mr. & Mrs. Dzuba**  
on the birth of their son.  
May God bless their new little family!!



### School Reminders!

\*\* Please continue to sign in when you come to the school. We would love to see you but because we are not always available at the office it is helpful to know who was here for what purpose. Thank you.

\*\* Please call the school if your child is going to be absent. We need to know they are safe.

\*\* When phoning the school, please leave a message and we will get back to you at our next break. We don't always make it to the phone when it rings, but we do check for messages.

♥ *Thank you* to the parents and guardians of Grades 5-8 for their understanding and support during the Student-Led Conference as the school navigated the situation.

♥ *Thank you* to Mr. Flesjer and Ungar Construction for the snow removal whenever needed giving us access to our playground and parking areas.



### St. Gerard Parish Holy Week Schedule

#### PALM SUNDAY OF THE PASSION OF THE LORD

Saturday, March 28<sup>th</sup> at 5PM

Sunday, March 29<sup>th</sup> at 10AM

#### HOLY THURSDAY

Thursday of the Lord's Supper Mass at 7:30PM

Followed by Adoration of the Blessed Sacrament until 11PM

#### GOOD FRIDAY (April 3) OF THE PASSION OF THE LORD

Celebration at 12:00noon and 3:00PM

#### HOLY SATURDAY (April 4)

Blessing of Festive Food at 2:00PM

#### EASTER SUNDAY (April 5) - THE RESURRECTION OF THE LORD

At the Easter Vigil in the Holy Night- 8:00PM

At the Mass of Easter Day - 9:00-11:00AM



### Dates to Remember

Apr 3(Fri)	Good Friday - NO CLASSES
Apr 6(Mon) -Apr 10(Fri)	Easter Holidays - NO CLASSES
Apr 17(Fri)	Spring Fundraiser Packages are due
Apr 21(Tue)	Face-To-Face Retreat at St. Mary's School, Yorkton
Apr 22(Wed)	Earth Day- Wear GREEN to School
Apr 28(Tue)-May 1(Fri)	Grade 7-8 Band Trip to Edmonton
May 10(Sun)	Mother's Day
May 12(Tue)	Grade 7&8 trip to Gallagher Center for "The Robb Nash Project"
May 13(Wed)	Plant Pick up (Fundraiser) at the school gym
May 13(Wed)-May 14(Thu)	Grade 6 Band Trip to Moose Jaw
May 18(Mon)	Victoria Day - NO CLASSES
May 19(Tue)	Teachers Inservice -NO CLASSES
June 11(Thu)	Gr. 6 Canoe Instruction at the Gallagher Center
Jun 12(Fri)	Year-end Liturgy - St. Mary's at 10:30AM
Jun 18(Thu)	Celebration of Learning @ School gym (1:00PM)

### Band REMINDERS

\*\* **Congratulations** to our Band students who participated in the Yorkton Music Festival.

🎵 **Gr. 6 Band:** 88% & 92%, **1<sup>st</sup> Place** & Highest Mark Elementary School Band

🎵 **Gr. 7/8 Band:** 87% & 89%, **1<sup>st</sup> Place** & Highest Mark Junior School Band

\* **Apr. 24(Fri):** Gr. 4 Band try-outs at Sacred Heart

\* **Apr. 28(Tue) - May 1(Fri):** Gr. 7/8 band trip to Edmonton!

\* **May 13(Wed)-14(Fri):** Gr.6 2-day band trip to Moose Jaw Festival

\* **June 11(Thu):** Gr. 7/8's play anthems @ Yorkton's Downtown Culture Fest (4-7 PM)

\* **June 15(Mon), 7:30 AM:** last full band for all grades (7PM concert)

\* **Aug. 16(Sun)-21(Fri):** Yorkton Band camp! Registration is open! <https://saskband.org/SBA-Band-Camps>



### Kindergarten Registrations are being accepted now!

If your child, or you know of a child who will be 5 y/o by December 31, 2026, he/she is eligible to begin Kindergarten when school opens in the fall. Registration forms are available at the school, or on the CTTCS website [www.christtheteacher.ca](http://www.christtheteacher.ca).

Christ the Teacher Catholic Schools  
WELCOME YOU!

Start the journey into learning with us!

Pre-K & Kindergarten Registration  
2026-2027

**Prekindergarten**  
Children who will be 3 or 4 years of age during the 2026-2027 school year are eligible to apply.  
PreK selection is based on Ministry of Education criteria.  
Prekindergarten programs are offered at the following schools:  
MELVILLE  
St. Henry's Jr. School  
YORKTON  
St. Agnes School  
St. Mary's School

**Kindergarten**  
Children who were born in 2021 can register today!  
Kindergarten programs are offered at the following schools:  
MELVILLE  
St. Henry's Jr. School  
THEODORE  
St. Theodore School  
YORKTON  
St. Agnes School  
St. Mary's School  
St. Michael's School  
St. Paul's School

Visit [www.christtheteacher.ca](http://www.christtheteacher.ca) for registration information or call 306-783-8787



website [www.christtheteacher.ca](http://www.christtheteacher.ca). Call the school or email us so we can answer any questions you may have.

ST. MICHAEL'S CAMP  
**50/50 RAFFLE FUNDRAISER**  
<https://www.rafflebox.ca/raffle/smm5050>



**HOW IT WORKS:**

- Buy a raffle ticket
- We collect all the money
- 50% goes to the winner, 50% supports our mission!

**MARCH 16, 2026 TO JUNE 12, 2026**

Your support makes a difference and could make you a winner!

The St. Michael's at Madge board of directors is running an online fundraiser (leaning to the almsgiving of Lent) to support the needs of St. Michael's Camp, home of AMPO. Please support St. Michael's Camp for their fundraising. Tickets can be purchased on **Rafflebox** using the email address <https://www.rafflebox.ca/raffle/smm5050>



St. Theodore School's Grades 4-8 Cross Country skiing. Keeping calm while skis are on!

## THE ROBBNASH PROJECT

A charity that works with schools and communities throughout Canada to support youth mental health is coming to **Yorkton** at the **Gallagher Center Arena!** Mark the date! **May 12, 2026 @ 10:30AM**



**The Robb Nash Project is coming to Yorkton!**

Join us for a powerful morning of music and inspiring stories to spark breakthroughs in mental health.

**May 12th, 2026**  
**10:30 - 12:00 PM**  
**Gallagher Centre Arena**

Email [Amber@robbnash.com](mailto:Amber@robbnash.com) to register your school today.

*Will you join us in Yorkton?*

This event is supported by **Kin Canada** Kinnamen Club of Yorkton.

Email [Grant@robbnash.com](mailto:Grant@robbnash.com) to learn about sponsorship opportunities.

The Robb Nash Project is an immersive concert experience that engages audiences through the power of music and storytelling. Their presentation addresses topics related to mental health such as depression, anxiety, self-harm, addiction, bullying and suicidal ideation. They balance this serious subject matter in a truly unique way that is not only thought provoking and inspirational but also entertaining and at times humorous.

## In the mood for Spring Planting?

St. Theodore School  
 Visit our website: <https://sttheoschool.growingsmilesfundraising.com>



WELCOME TO OUR **Spring Plant FUNDRAISER**

## SPRING FUNDRAISER

On Now Until April 17<sup>th</sup>!!

A variety of plants and baskets for your summer gardening needs. These beautiful plants are supplied by **DeVry Greenhouses**. Information has been sent home with your child. We ask for your support, as this fundraiser supports our school purchases not covered by our budget, such as field trips, library furnishings, learning games and sports equipment for our students.

The fundraiser officially began on March 20<sup>th</sup> and runs until **April 17<sup>th</sup>**. All money and order forms must be returned to the school by April 17<sup>th</sup>. Plant pick-up date from school is **May 13<sup>th</sup>**.

THE COUNSELLOR'S CORNER

## MINDFULNESS EXERCISES

Mindfulness is practiced to reduce stress, anxiety, and depression by focusing attention in the present moment rather than worrying about the past or future. It improves mental clarity, emotional regulation, and focus, while boosting physical health by lowering cortisol and reducing chronic pain. It essentially retrains the brain to respond calmly rather than reacting impulsively, improving overall well-being and relationships.

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**1 MINDFUL BREATHING**

Focus on your breath, count your breaths, and be aware of your breath going in and out. Try to make your breathes slower and longer.
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**2 GRATITUDE PRACTICE**

Take a few moments to think of something that you are grateful for and really let the feeling of gratitude sink in. Try to think of something new each time.
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**3 POSITIVE AFFIRMATIONS**

Take time to repeat positive affirmations to yourself, such as "I am capable of achieving my goals" or "I am strong and capable."
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**4 MEDITATION**

Take time to sit in stillness and focus on your breath or repeat a mantra to yourself. It is normal for your mind to wander during meditation - when you notice this happen, guide your mind back to your breath.
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**5 BODY SCAN**

Focus your attention on different parts of your body and notice the sensations as you move through each one. Try starting at your toes and working your way through each of your body parts until you reach your head.

**Ms. Emily Allen**  
 ST. THEODORE SCHOOL

MS. ALLEN IS AVAILABLE TO SUPPORT STUDENTS & FAMILIES AT OUR SCHOOL. CONTACT HER AT [allee01@cttcs.ca](mailto:allee01@cttcs.ca)