



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



March 2026 Newsletter

Dear St. Theodore Families,

With the start of the Lenten season and Easter just around the corner, we look forward to all things new. We take this season to consider what we can do to make ourselves and the world around us a better and more peaceful place.

This upcoming month we are looking forward to Term 2 progress reports and then seeing families at student-led conferences. Our students have been working hard and are always excited to share their learning with you, their family. As we continue our journey through our school year keep in mind the words found in Romans 12:6-7 "We have different gifts, according to the grace given us... if it is serving, serve; if it is teaching, teach... always give of your gift."

Have a lovely spring and a Blessed Easter!

Warm regards,

Mrs. Tammy Morrison

What is Lent?

Lent is the **forty-day** season starting with Ash Wednesday and ending before Easter, focused on fasting, special prayer and almsgiving in preparation for Easter by reflecting on Jesus's sacrifice and resurrection, echoing His 40 days in the desert.

The name "**Lent**" is from the Middle English, meaning spring; its more primitive name was the "**forty days**," in Greek.

Lent offers opportunities to pass on your faith to children. Here are some ideas for making Lenten memories:

Pray together, even if it's just an Our Father or Hail Mary, it unites the family.

Let each family member mention one person or problem that they would like to pray for in a special way at dinnertime.

Take the kids grocery shopping for those in need. Let them bring the food to your church or collection area.

Let children light a candle for people throughout the world who need our prayers.



THANK YOU!

♥ **Thank you** to the CTTCS Board of Education for providing a lovely lunch for staff during staff appreciation week.

♥ **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.

thank you!

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

Mar 6(Fri)	Hotdog Sale
Mar 9(Mon) - Mar 11(Wed)	Band performs at Yorkton Music Festival
Mar 9(Mon) - Mar 20(Fri)	Cross Country Ski Rotation
Mar 16(Mon)	Grade 5-8 Down Hill ski trip to Asessippi Ski Resort
Mar 17(Tue)	Happy Patrick's Day
Mar 18(Thurs) - Mar 19(Fri)	Grade 8 Overnight - Cross Country Ski Trip
Mar 20(Fri)	Term 2 Progress Reports sent home
Mar 23(Mon) - Mar 24(Tue)	Student Led Conferences 3:30-6:30PM
Apr 3(Fri)	Good Friday
Apr 6(Mon) - Apr 10(Fri)	Easter Holidays



Please bring your child to full band as often as you can, especially before these events:

- **Mar. 9-11** (1 day): we 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)

**If you would like a student-led conference for band, please email Mrs. Karapita @ colette.karapita@cttcs.ca **

TeleMiracle: St. Theodore School Proudly Hands Over Annual Donation



TeleMiracle is an annual 20-hour Saskatchewan-based telethon, running since 1977, that raises millions for the [Kinsmen Foundation](#) to help residents with special medical needs, equipment, and travel. Known as "Saskatchewan's Charity," it features local talent and funds stay within the province to improve quality of life and independence. [St. Theodore School](#) is more than happy to support TeleMiracle.

On February 25, 2026, St. Theodore School handed over a donation to TeleMiracle. The gift of giving from small hands, yet big hearts!



It's time to consider Pre-K & Kindergarten Registration!!

Do you have a child born in 2021?
Did you know, you don't have to be a Catholic to attend a Catholic School?
Visit www.christtheteacher.ca for registration information or call the school. We would love you join our school family!

Christ the Teacher Catholic Schools
WELCOME YOU!

Start the journey into learning with us!

Pre-K & Kindergarten Registration 2026-2027

<p>Prekindergarten</p> <p>Children who will be 3 or 4 years of age during the 2026-2027 school year are eligible to apply.</p> <p>PreK selection is based on Ministry of Education criteria.</p> <p>Prekindergarten programs are offered at the following schools:</p> <p>MELVILLE St. Henry's Jr. School</p> <p>YORKTON St. Alphonsus School St. Mary's School</p>	<p>Kindergarten</p> <p>Children who were born in 2021 can register today!</p> <p>Kindergarten programs are offered at the following schools:</p> <p>MELVILLE St. Henry's Jr. School</p> <p>THEODORE St. Theodore School</p> <p>YORKTON St. Alphonsus School St. Mary's School St. Michael's School St. Paul's School</p>
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Visit www.christtheteacher.ca for registration information or call 306-783-8787



St. Gerard

Roman Catholic Parish

February 8th, 2026

Fifth Sunday in Ordinary Time

Established December 11, 1904

2026 Lent & Holy Week Schedule

Tuesday, February 17th **SHROVE TUESDAY**
4pm-6pm Shrove Tuesday Pancake Supper
Free-will Offering
6:30pm Right for the Burning of Palms in preparation for Ash Wednesday, followed by Holy Mass

Wednesday, February 18th **ASH WEDNESDAY**
9am Holy Mass for the Parish
7pm Holy Mass for the Parish

Tuesday, March 17th **Lenten Season Reconciliation with Adoration**

Holy Week



PALM SUNDAY OF THE PASSION OF THE LORD

Saturday, March 28th at 5pm
Sunday, March 29th at 10am

HOLY THURSDAY

Thursday of the Lord's Supper Mass at 7:30pm
Followed by Adoration of the Blessed Sacrament until 11pm

FRIDAY OF THE PASSION OF THE LORD

Celebration at 12noon and 3pm

HOLY SATURDAY

Blessing of Festive Food at 2pm

THE RESURRECTION OF THE LORD

At the Easter Vigil in the Holy Night -8:00pm
At the mass of Easter Day 9am-11am

Ways to Help Children Identify & Regulate their Emotions

Name the emotions

Teach children vocabulary of feelings and emotions by naming them appropriately. Use picture books or flashcards as tools for exploring the range of emotions. Naming big emotions, helps diffuse them (name it to tame it).



Give positive reinforcements

Praise children every time they talk and express their emotions. Help them understand that it is perfectly fine to feel what they feel and that ALL feelings and emotions are valid.



Talk about emotions & feelings

Start asking children about how they feel in specific scenarios. Help children to match their feelings and behaviours correctly. Also, model how to express feelings and emotions appropriately in daily life (you are their biggest role models). Over time, they will start modelling what you do.



Teach how to control emotions

Teach children coping strategies of how to effectively manage emotions. For example, when they feel overwhelmed, there are ways to calm down using deep breathing, the 5-senses, talking, journaling, or taking a break.

