



St. Paul's School Newsletter

"Christian Education Through Shepherding"

February 1, 2024

<http://stpauls.christtheteacher.ca/>

Dear St. Paul's Parents/Guardians:

On behalf of the staff of St. Paul's School, I hope that you have enjoyed our Math Month Activities. At the time of this writing, we have finished our daily trivia questions and are finalizing our plans for our first ever Family Math Night. It is always inspiring to see our students engaged in, and motivated by, our academic activities.

February looks to be a busy month as well. We have a number of Kinsmen Telemiracle fundraisers planned, our outdoor Winterfest will be happening, and we will be visiting St. Gerard's Parish for an Ash Wednesday Mass. This very special service marks the beginning of Lent, which is the time of preparation leading up to Easter.

Staff Appreciation Week also takes place during the month of February. I am truly blessed to work with such a wonderful, caring, and motivated group of people.

Yours in Christ,
Mr. Haider

Parish Information

St. Gerard's Roman Catholic Church
REV. SATHI ANTONY

125 – 3rd Avenue North

Phone: (306) 782-2449

Fax: (306) 782-8566

office@stgerard.ca

Saturday Mass: 5:00 p.m.

Sunday Mass: 9:00 a.m. and 11:00 a.m.

Father Basil Malowany

155 Catherine Street

Phone: (306) 783-4594

Fax: (306) 782-4214

Saturday Divine Liturgy: 5:00 p.m. (English)

Sunday Divine Liturgies: 9:00 a.m. (Ukrainian)

& 11:00 a.m. (English)

Please check both Church Bulletins for more news and information within the Parishes.

KINDERGARTEN - 2024-2025 SCHOOL YEAR

A reminder if you or someone you know has a child who will be 5 years of age on or before December 31st, 2024, he/she is eligible to begin kindergarten this fall.

We are now accepting registrations for students who will begin attending kindergarten in September of 2024. Registration forms are available at the school office or on our website:

<https://christtheteacher.ca/ctt/wp-content/uploads/2023/03/Kindergarten-Registration-2023-24-March-7-2023.pdf>

Also, contact the school office (306) 783-9212

to ensure that your child is placed on the kindergarten list.

Please pass on this information to neighbors, friends or relatives who are new to the St. Paul's School area or will be enrolling their first child in the school system.



Band

- If you are doing a solo/duet/trio, learn your part before you meet with your piano accompanist or partner(s). If you need help, ask.
- Gr. 6-12 Filipino Band: See Facebook (Bayanihan) and group chat for rehearsals.
- Sat. Mar. 9: Gr. 7/8's perform @ Ukrainian Gala evening (please let Mrs. Karapita know if your child can attend or not)
- March 12-13, AM: all Bands will perform in the Yorkton Music Festival @ YRHS



WINTER CAMP 2024 - ST. MICHAEL'S CAMP AT MADGE LAKE, SASKATCHEWAN - Come & join us! February 19-25, 2024. \$300 registration fee.

To register visit our website or email us at camp@stmichaelscamp.com



Math Bee Winners!

Edrin B. (Grade 5-8)
Braxton S. (Grade 2-4)

Congratulations!

2024

FEBRUARY

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1</p> <p>Return to Class Day 3 (KINDERGARTEN ATTENDS)</p> <p>Basketball St. Paul's v Dr. Brass (home game) Girls 4:00 Boys 5:00</p> <p>Day 3</p>	<p>2</p> <p>Day 4</p>	<p>3</p>
<p>4</p>	<p>5</p> <p>DQ Hot Lunch</p>  <p>Basketball St. Paul's at St. Michael's Boys 4:00</p> <p>Day 5</p>	<p>6</p> <p>Day 6</p>	<p>7</p> <p>Catch the Spirit Day! Sacred Heart Registration for grade 8s</p> <p>SCC Meeting at 6:30 p.m.</p> <p>Day 1</p>	<p>8</p> <p>Basketball St. Paul's v Yorkdale (home game) Girls 4:00 Boys 5:00</p> <p>Day 2</p>	<p>9</p> <p>Winter Fest p.m.</p>  <p>Day 3</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>Day 4</p>	<p>13</p> <p>Day 5</p>	<p>14</p> <p>Day 6</p>	<p>15</p> <p>Day 1</p>	<p>16</p> <p>Day 2</p>	<p>17</p>
<p>Staff Appreciation Week</p> 		<p>Talent Show p.m.</p>  <p>Day 5</p>	<p>Ash Wednesday</p>  <p>Happy VALENTINE'S DAY</p>  <p>Day 6</p>		<p>Orange Shirt Day</p>  <p>Day 2</p>	
<p>18</p>	<p>19</p> <p>Family Day</p>	<p>20</p> <p>Winter Break</p> 	<p>21</p> <p>WINTER BREAK – <u>NO CLASSES THIS WEEK</u></p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p> <p>Return to Class Day 3 (KINDERGARTEN ATTENDS)</p> <p>Day 3</p>	<p>27</p> <p>Day 4</p>	<p>28</p> <p>Basketball St. Paul's at MC Knoll Boys 4:00</p> <p>Day 5</p>	<p>29</p> <p>Basketball St. Paul's at St. Michael's Girls 4:00</p> <p>Day 6</p>		



Upcoming Events:

March 4 - 6: City Basketball Tournament

March 13: SCC Meeting at 6:30 p.m.

March 15: Second Term Student Progress Reports

March 20 & 21: Student-Led Conferences

March 22: Grade 6 & 8 Ski Trip



Counsellor's Corner

Miss. Frankfurt



WISE WORDS FROM DR. BECKY

Kids experiencing body image and self confidence concerns. Oof. It's so painful to hear words like this from our kids. I've been caught off guard by them, too. So, how can we respond in a way that builds their confidence?
Here's where I'd start:

- **Ground yourself.** Our kids' body insecurities can trigger so many feelings about our own body image. So first things first: Self-regulate. When your child is dysregulated, the number one thing they need is a sturdy parent.
- **Connect.** I know, I know, we all want step two to be reassurance: "You're beautiful, sweetie!" While good-intentioned, this approach actually has the opposite effect: The more we try to convince a child out of a feeling, the more we wire them for self-doubt. The best way to build our child's confidence—when it comes to body image and everything else? Validate how they're feeling in the moment.

WELLNESS REMINDERS

- ✓ Spend time in nature, check out Logan Flats, or your favorite park
- ✓ Set a daily intention
- ✓ Check out the ODR's before they all melt!

NEWS

- ✓ SIGN's Rapid Access Counselling service is being expanded this fall to provide support and counselling specifically for children, youth and their caregivers.

As with Rapid Access Counselling for adults, sessions can be booked through www.counsellingconnectsa.sk.ca, or in Yorkton and area those needing assistance may call 306-782-1440 to make an appointment.

QUOTE

"He who has health, has hope; and he who has hope, has everything."
– Arabian Proverb.

