

**ST. THERESE CATHOLIC CLASSICAL SCHOOL**  
**NOTES & REMINDERS**  
**May 23, 2024**

*Visit us on our website,  
[www.stthereseschool.com](http://www.stthereseschool.com)  
or on face book, [www.facebook.com/sttheresecatholic](http://www.facebook.com/sttheresecatholic)*



May 23<sup>rd</sup>, Thursday – **Field Day** – Morning



May 23<sup>rd</sup>, Thursday – **Skate City Free Pizza Party Night**



May 24<sup>th</sup>, Friday – **NOON DISMISSAL** – Teacher Work Day



May 24<sup>th</sup>, Friday – **8<sup>th</sup> Grade Gratitude Mass** – 8:00 A.M.  
**8<sup>th</sup> Grade Continuation Ceremony** – 9:30 A.M. (in the gym)



May 25<sup>th</sup>, Saturday – **Confirmation Mass** – 9:00 A.M.



May 27<sup>th</sup>, Monday – **NO SCHOOL** – Memorial Day



May 30<sup>th</sup>, Thursday – **Report Cards Go Home**



May 30<sup>th</sup>, Thursday – **Ora Et Labora Student Showcase** – 5 P.M. to 8 P.M.



May 31<sup>st</sup>, Friday – **NOON DISMISSAL** - **Last Day of School** **-NO EXTENDED CARE IN THE AFTERNOON**

***A Note from our Principal, Mr. Vaughan:***

*As we head into the summer, it is important to keep your child reading through June, July, and August. Frequent trips to the local library provide a great opportunity for your child to select books of interest. Even though school is not in session, it is good to structure some daily reading time during summer break. Having your child read for 20-30 minutes each day will keep their reading skills sharp and ensure their readiness for the coming year. Please limit your child's access to technology such as cell phones, computers, and video games. Students who spend the summer staring at a screen begin the new year significantly behind their peers. Don't let this happen to your child! Keep short time limits on screen time and encourage your child to read daily - if you read with them, they'll be even more motivated to do so!*

*Please join us for our 3rd Trimester Awards Ceremony & Ora et Labora on Thursday, May 30. We'll begin with the rosary at 5:00, followed by a potluck dinner at 5:30. The awards ceremony will begin at 6:15 in the gym, and Ora et Labora will begin at 7:00 PM.*

*You are all in my prayers every day!*

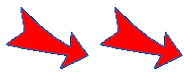
**Thank  
You**



- The Booster Club would like to say a very big **“Thank You”** to all of you who helped us raise money in support of our athletic program. As of date, we have raised \$3,667.00!!!

Another big **“Thank You”** to all the many volunteers who helped us run the Jog-a-Thon last Friday, we couldn't have done it without you!!

If anyone is still interested in purchasing this year's Jog-a-Thon t-shirt, we still have a few available: \$15.00 for child sizes and \$20.00 for adult sizes. Please see the school office.



**CHECK IN DAY FOR THE 2024-2025 SCHOOL YEAR WILL BE FRIDAY, AUGUST 16<sup>th</sup>.**

Students need not be in uniform this day. More information on Check-In day will be sent in our August mailer to families.

**FIRST DAY OF SCHOOL FOR 2024-2025 SCHOOL YEAR WILL BE ON MONDAY, AUGUST 19<sup>th</sup>, AT 7:50 A.M. – THIS WILL BE A HALF DAY OF SCHOOL WITH DISMISSAL AT 12:00 NOON.** Students need to be in uniform this day.

## FALL SPORTS



registration is open for fall sports. If you are planning to register your child for St. Therese Fall Sports (Coed Volleyball or Cross Country), please go to [csaltdenver.org](https://csaltdenver.org) to register.

ENCLOSURES IN THIS WEEK'S THURSDAY FOLDER: (any flyer enclosed with this newsletter that is not a St. Therese Flyer is not a St. Therese sponsored event).

- 2024-2025 School Supply List
- 2024-2025 Uniform Update **Middle School**
- Skate City Summer Cards
- Skate City Free Pizza Party Night
- SRC – Boys Social Skills
- SRC – Mental Health Tip May – English & Spanish

#### **Assurance Statement of Compliance with the purposes of Title IX Education Act**

The Catholic schools of the Archdiocese, under the jurisdiction of the Archbishop, and at the direction of the Superintendent, attest that none of the Catholic schools discriminates on the basis of sex in its admission policies, its treatment of students or its employment practices.

#### **Notice of Student Non-Discrimination Policy**

The Catholic schools of the Archdiocese of Denver, under the jurisdiction of Archbishop Samuel J. Aquila, S.T.I. and at the direction of the Superintendent, state that all of their Catholic schools admit students of any race, color, national or ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the schools. Furthermore, Archdiocesan schools admit handicapped students in accord with the policy on Admissions in the Archdiocese of Denver Catholic Schools Administrator's Manual. These schools do not discriminate on the basis of race, age, handicap, color, national or ethnic origin in the administration of their educational policies, employment practices, scholarship and loan programs, or athletic or other school administered programs.

## Middle School Uniform Change for 24-25

April 9, 2024

Dear Middle School Parents,

I hope you are all doing well! I wanted to update you on a change we are making to middle school uniforms for the 2024-2025 school year. Beginning on the first day of school in August, uniforms for boys and girls will be the following:

### Boys

- Short-sleeve or long-sleeve white dress shirt with buttons from top to bottom and a collar (to be purchased from a clothing store of your choice)
- Boys tie in the St. Therese school plaid (available for purchase in the front office or from Educational Outfitters)
- Navy blue shorts or pants
- Black, brown, or navy blue dress shoes or mostly white, black, or other solid colored tennis shoe
- A cardigan or v-neck sweater with the St. Therese logo or a St. Therese sweatshirt with the logo (for cold weather days)

### Girls

- Short-sleeve or long-sleeve white blouse with buttons from top to bottom and a collar (to be purchased from a clothing store of your choice)
- Girls cross-over tie in the St. Therese school plaid (available for purchase in the front office or from Educational Outfitters)
- It is highly encouraged that girls wear a skirt, skort, or jumper in the St. Therese plaid (available through Educational Outfitters)
- White, navy blue, or black tights, leggings or knee-high socks may be worn under skirt/skort/jumper on cold weather days
- Girls may wear navy blue pants or shorts in place of a skirt/skort/jumper
- Black, brown, or navy blue dress shoes or mostly white, black, or other solid colored tennis shoe
- It is recommended that girls wear a white undershirt or tank top under their blouse
- A cardigan or v-neck sweater with the St. Therese logo or a St. Therese sweatshirt with the logo (for cold weather days)

Examples of the uniform are attached to this email.

Why the change from the burgundy and gray polo shirts? There are two reasons:

1. We would like our middle school students to stand out from the elementary school. Middle school is very different from elementary school, and a different uniform is one

way to make this difference more clear.

2. In many ways, we act how we dress. With a more formal daily uniform, students will be inspired to act more professionally and responsibly, and will ideally demonstrate more reverence for the beautiful truths they are learning each and every day.

As noted above, ties for both boys and girls will be available for purchase in the front office before the end of this school year. They will also be sold during our Check-In Day in August. The cost is \$10 per tie. White dress shirts/blouses can be purchased at any clothing store of your choice, and uniform skirts/skorts/jumpers can be purchased from Educational Outfitters (a flyer is attached).

Please let me know if you have any questions. You are all in my prayers every day.

For the Glory of God/Para la Gloria de Dios,

Steve Vaughan  
Principal/Director de la Escuela  
St. Therese Catholic Classical School  
(303) 364-7494 ext. 201  
[www.stthereseschool.com](http://www.stthereseschool.com)  
[www.facebook.com/sttheresecatholic](http://www.facebook.com/sttheresecatholic)

*In joyful pursuit of Truth, Beauty, Goodness, and Unity as we grow as disciples of Jesus Christ*

ST. TERESE CATHOLIC SCHOOL  
STUDENT SUPPLY LIST 2024-2025

GRADE	Pre-K	KD	1	2	3	4	5	MS 6, 7, 8
No. 2 Pencils (pkgs) (*MS continuous supply)		2	2	1		3	3	3 *
Blue Pens or Black Pens (4 <sup>th</sup> & 5 <sup>th</sup> grade erasable black)							2	1
Red Pens							2	1
Colored Pencils (Package)	1	1	1	1	1	1	1	1
<b>Crayola</b> Crayons (24 count)	1	2	2	1	1			
Highlighter							2	2
Sharpie markers (1 pkg)								1
Pencil Sharpener with cover			1					1
Magic Markers (Package - Thin)	1							
Magic Markers (Package - Wide)	2		1			1		
Dry Erase Marker (Package)	1	1	1	1	1	1	1	1
Large Plastic Pencil <u>Zipper Case with 3 Hole Punched</u>			1				1	1
Plastic Pencil <u>Box</u> (Large)		1		1	1	1		
Pink Eraser (not pencil top)		2	1	4	2	2	3	1
12-inch Metric Ruler			1	1		1		1
Compass								1
Protractor (6-8" small)								1
Pointed Scissors	1	1	1	1	1	1		1
Folder with Pockets		3	3	6	2	6	6	
<b>BLACK</b> Folder with Pockets & 3 holes to fit in 3 ring notebook (for music)				1	1	1	1	1
Graphing Paper (Loose Leaf package)								3
Wide line Notebook Paper (pkg) * <i>Continuous supply throughout the year!!!</i>							1*	4*
Printer / Copier Paper (8 ½ x 11, 20 lb.) Ream	2	2	2	2	2	2	2	2
Sketchbook for Art								1
Catholic Bible								1
Prayer Journal								1
3 inch <b>Durable</b> 3 Ring Binder								1
Folder with pockets & 3 holes (to fit in 3 ring binder)								1
12 Tab Dividers (to fit in 3 ring binder)								1
Spiral Notebook (Single Subject-Wide lined)			0	2		6	6	
Black & White Composition Book			1	1	1	2	1	
Quad Ruled (5 x 5) Composition Book (for math)								1

ST. TERESE CATHOLIC SCHOOL  
STUDENT SUPPLY LIST 2024-2025

GRADE	Pre-K	KD	1	2	3	4	5	MS 6, 7, 8
3x5 Note cards (Package – white)			1			1		1
Post-It Notes (size 3 x 3)			1				1	2
Glue Stick (Large)	2	2	2	2	2	2		1
Elmer’s Glue	2							
Scotch Tape (small dispenser)							1	1
Flash Cards for Multiplication & Division ( <b>1 set each</b> )					1	1	1	
Antibacterial lotion/gel ( <b>not soap</b> )			1				1	1
Disinfectant Wipes (1 container)	2	2	2	2	1		1	2
Box of Kleenex (200 or more count)			2	2	2	3	3	3
Individual Package of small Kleenex ( <b>Optional</b> )								1
Paper Towels	1		1	2	1	1	1	1
Assignment Book ( <b><u>purchase from school</u></b> )				1	1	1	1	1
Thursday Folder ( <b><u>purchase from school</u></b> )		1	1	1	1	1	1	1
Tennis Shoes with name (PE only) <i>(For Kindergarten – Velcro or Slip On)</i>	1	1	1	1	1	1	1	1
Book Bag or Back Pack with name	1	1	1	1	1	1	1	1
String Bag for PE						1	1	1
Deodorant for after PE						1	1	1

**\*\* Throughout the year supplies may need to be replenished or replaced due to wear or loss \*\***  
**\* All items must be marked with student’s name except Pre-K & Kindergarten students.\***

**PRE-K ONLY (Label all items with your child’s name)**

1 Pair of <b>Velcro or Slip On</b> Tennis Shoes (for PE)
<b>Large</b> Back Pack with name (No Wheels Please) – <b>LARGE A MUST.</b>
Crib Sheet (1) ( <b>only for all day Pre-K students</b> )
Small Blanket (Child Size) (1) ( <b>only for all day Pre-K students</b> )
2 Packages of Play-Doh (regular size)

SkateCity

FREE  
**PIZZA**  
Skate Party



**\$7**

ADMISSION  
FEE

**\$4**  
SKATE  
RENTAL

\$5 Meal Deals Available

# St. Therese Catholic School

*Bring your friends and family for a GREAT end of the school year private school skate party event, just for the students, staff, family, and friends from the school!*



**Thursday,  
May 23<sup>rd</sup>**



**6-8pm**



[www.skatecitycolorado.com](http://www.skatecitycolorado.com)



**AURORA**



**303.690.1444**



# Skate For \$1 Admission

## ALL SUMMER LONG

During regular public skating sessions!

Buy a **Skate City Summer Card** from your school for **\$5**

Your school receives **\$2 back** for each card sold!



### Summer Membership Card SKATING SCHEDULE

Valid skate sessions listed below:

**May 28th—August 11th**

<b>Sunday</b>	12-2, 2-4, 4-6, 6-8 pm
<b>Monday</b>	12-2, 2-4, 4-6 pm
<b>Tuesday</b>	12-2, 2-4, 4-6 pm
<b>Wednesday</b>	12-2, 2-4, 4-6, 6-8 pm
<b>Thursday</b>	12-2, 2-4, 4-6 pm
<b>Friday</b>	12-2, 2-4, 4-6, 6-8 pm
<b>Saturday</b>	10-12, 12-2, 2-4, 4-6 pm
<b>Skate Rental \$5.00</b>	
<b>(Excludes Memorial &amp; Independence Day)</b>	

**Excludes Adult Night Sessions & Skate Rental NOT Included**

**Regular Admission \$8.00  
Extra Sessions \$2.50**

- Cards also valid Saturdays & Sundays thru September
- 15% off purchase of skates with summer cards
- SUMMER Cards purchased at Skate City - \$12/each
- BUY a Card for everyone in the family!
- One card valid per person, per session
- Summer Cards are valid at ALL Skate City locations

The \$5.00 Summer Membership Cards are non-transferable and sold as a fundraising project with special arrangement with

## St. Therese Catholic School

Summer Membership Cards will be available for purchase in the front office during school hours through May 24<sup>th</sup>, or by using the online link or QR code & picking up your physical 'cards' directly at Skate City with your email confirmation!

**Click HERE** or scan the QR code to purchase your Skate City Summer Membership Cards  
[https://us.partywirks.com/storefront\\_express/main/vendor/skate\\_city\\_colorado/520/inquiries/3926](https://us.partywirks.com/storefront_express/main/vendor/skate_city_colorado/520/inquiries/3926)



Call Us  
**303-690-1444**

Visit Our Website  
**skatecitycolorado.com**

Aurora  
**15100 E. Girard Ave**



# GROUP

This weekly program is tailored for middle school boys, aiming to enhance their interpersonal relationships and skills. The boys will engage in various activities designed to develop their character and self-awareness, crucial for their journey into young adulthood. Together, they'll learn to navigate their emotions, cultivate healthy relationships, exercise empathy, and deepen their understanding of themselves and others.



## BOYS IN GROUP WILL LEARN:

- Emotions and Healthy Expression
- Responding vs Reacting
- Problem-Solving
- Healthy Competition
- Respecting Others and Yourself
- Character Building- Honor, Integrity, Leadership, Teamwork, Commitment. Duty

MONDAYS  
STARTING JUNE 17TH

RISING 5/6TH GRADERS  
9:00 AM  
RISING 7/8TH GRADERS  
11:00 AM

## MEETINGS WILL TAKE PLACE AT ST. RAPHAEL'S DTC OFFICE:

5990 GREENWOOD PLAZA BLVD BLDG 2,  
GREENWOOD VILLAGE, CO 80111

## CONTACT:

- ✉ IFARAJ-MUSLEH@CCDENVER.ORG  
ERACCA@CCDENVER.ORG
- ☎ (720) 377-1359





*Mental  
Health Tip of  
the Month:*

*Take care of  
your physical  
health!*

## Ways to take care of your physical health:

- 1** Make time for exercise; put it in your daily schedule and make it a habit.
- 2** Get a good nights sleep: at least 7 to 8 hours for adults and 9-11 hours for kids. Put screens away at night to promote healthy sleep routines.
- 3** Spend time outdoors; Sunlight improves mood, energy and focus.
- 4** Go for a family hike. Hiking is a great way to get sunshine and exercise.
- 5** Take an after dinner walk as a family. Walking helps digestion and lowers stress. It is also a great way to connect with your loved ones

## Physical health impacts your mental health

Scientific research has provided us with an abundance of evidence showing the substantial correlation between physical health and mental well-being. When we engage in physical activity, our brains release chemicals like endorphins and serotonin that positively influence our mood. Regular exercise can reduce feelings of anxiety and depression, help us sleep better, improves memory, and give us energy. Rest is important too! Quality sleep allows our brains to process the day's events, consolidate memories, keep our mood stable, and recharge for the next day.

Lastly, exercise gives up an opportunity to connect with our loved ones. Hiking, playing tennis, going for bike rides, walking and talking, or playing catch in the yard. All of these things help us form bonds and memories with our family; the absolute best thing we can do for our mental health.



**ST. RAPHAEL**



**TEAM**

St. Raphael Counseling\* assists the Archdiocese of Denver Catholic Schools by providing counselors to support students' social-emotional and academic assessment needs. The team can also provide resources for crisis response and threat assessment. St. Raphael school counselors currently serve several Archdiocesan schools and are able to provide counseling for hundreds of students every year. Whether addressing behavior concerns, academic success, social emotional development, school climate or crisis intervention, school counselors are a valuable resource for teachers, students and parents. For program questions please call Gina Lanz, contact info below:

## **CONTACT**

Gina Lanz, MEd, LPC, NCC  
Director of School Counseling  
and Psychology Services,  
St. Raphael Counseling  
w: (720) 377-1359  
c: (720) 446-8321

**St. Raphael Counseling**  
**720-377-1359**





*Consejo del mes salud mental*

*¡Cuida tu salud física!*

## Formas de cuidar tu salud física

- 1** Tómese tiempo para hacer ejercicio; Ponlo en tu agenda diaria y conviértelo en un hábito.
- 2** Duerma bien por la noche: al menos de 7 a 8 horas para adultos y de 9 a 11 horas para niños. Guarde las pantallas por la noche para promover rutinas de sueño saludables.
- 3** Pasar tiempo al aire libre; La luz del sol mejora el estado de ánimo, la energía y la concentración.
- 4** Haga una caminata familiar. El senderismo es una excelente manera de tomar el sol y hacer ejercicio.
- 5** Realice un paseo en familia después de cenar. Caminar ayuda a la digestión y reduce el estrés. También es una excelente manera de conectarse con sus seres queridos.

## La salud física impacta tu salud mental

La investigación científica nos ha proporcionado abundante evidencia que muestra la correlación sustancial entre la salud física y el bienestar mental. Cuando realizamos actividad física, nuestro cerebro libera sustancias químicas como endorfinas y serotonina que influyen positivamente en nuestro estado de ánimo. El ejercicio regular puede reducir los sentimientos de ansiedad, depresión, ayudarnos a dormir mejor, mejorar la memoria y darnos energía. ¡El descanso también es importante! Un sueño de calidad permite que nuestro cerebro procese los eventos del día, consolide recuerdos, mantenga estable nuestro estado de ánimo y recargue energías para el día siguiente. Por último, el ejercicio brinda la oportunidad de conectarnos con nuestros seres queridos. Caminar, jugar tenis, andar en bicicleta, caminar y hablar o jugar a la pelota en el jardín. Todas estas cosas nos ayudan a formar vínculos y recuerdos con nuestra familia; Lo mejor, absolutamente lo mejor que podemos hacer por nuestra salud mental.



**ST. RAPHAEL**



**TEAM**

St. Raphael Counseling ayuda a las Escuelas Católicas de la Arquidiócesis de Denver proporcionando consejeros para apoyar las necesidades de evaluación académica y socioemocional de los estudiantes. El equipo también puede proporcionar recursos para la respuesta a crisis y la evaluación de amenazas. Los consejeros escolares de St. Raphael actualmente prestan servicios en muchas escuelas arquidiocesanas y pueden brindar asesoramiento a cientos de estudiantes cada año. Ya sea que aborden inquietudes de comportamiento, éxito académico, desarrollo socioemocional, clima escolar o intervención en crisis, los consejeros escolares son un recurso valioso para maestros, estudiantes y padres. Si tiene preguntas sobre el programa, llame a Gina Lanz.

## **CONTACTO**

Gina Lanz, MEd, LPC, NCC  
Director of School Counseling  
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St. Raphael Counseling  
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