

ST. THERESE CATHOLIC SCHOOL NOTES & REMINDERS

May 1, 2025

Visit us on our website,
www.stthereseschool.com
or on Facebook, www.facebook.com/sttheresecatholic

● May 9th, Friday – **NO SCHOOL** – Teacher Work Day



May 15th, Thursday - **Sports Banquet** – 6:00 P.M.



May 16th, Friday – **Jog-a-Thon** – Morning



May 23th, Friday – **NOON DISMISSAL** – Teacher Work Day



May 23th, Friday – **8th Grade Gratitude Mass** – 8:00 A.M.
8th Grade Continuation Ceremony – 9:30 A.M. (in the gym)



May 26th, Monday – **NO SCHOOL** – Memorial Day

A Note from our Principal, Mr. Vaughan:

Next week is Staff Appreciation Week at St. Therese. As you know, our staff is incredible! They work long hours, pouring their heart and soul into the craft of teaching and forming our students. I ask all of our students and families to take a moment next week to recognize our great teachers and staff members - draw a picture, bring in a flower or two, write a note of appreciation... anything you'd like! Let's make our teachers and staff feel so greatly loved!

You are all in my prayers every day!



Jog-a-Thon is coming May 16th – This is the St. Therese Booster Clubs' sole fundraiser for our sports program. Make sure you fill those sponsor forms out and return them quickly!!! **All classes that have 100% participation by May 2nd will receive a pizza party.** Any student who **turns in 10 or more sponsor forms receives a voucher for a dress down day or a free concession item** on the day of the Jog. **You must turn in at least 6 sponsor forms to get a FREE Jog-a-Thon t-shirt.** **You must turn in at least 1 sponsor form to be able to participate in the Jog-a-Thon festivities.**

All sponsor forms need to be in by May 9th!!

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).

- **IMPORTANT** – Lunch Letter for the 2025-2026 School Year
- Raffle – Rockies Tickets
- Catholic Schools at the Rockies
- St. Raphael Mental Health Tip of the Month
- Boy's Social Skills Group

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.

IMPORTANT LUNCH INFORMATION FOR NEXT SCHOOL YEAR 2025-2026

April 25, 2025

Dear St. Therese Families,

I hope you are doing well! A few weeks ago, we sent a survey asking for parent feedback regarding our school lunch program. As was noted in the survey email, we were considering not having a school lunch program for the 25-26 school year. Thank you to all of you who provided your thoughts and perspective!

After reviewing the survey results and taking this decision to prayer, we have decided to end the school lunch program, beginning next year. I would like to share with you the factors that went into this decision:

1. The cost of running a school lunch program has become too high for us to continue doing so. Yes, we do receive some funding from the government to provide lunch, but it does not cover the total cost of the program. St. Therese loses money on every lunch we serve. The money we save on not having a lunch program will go directly to support teacher salaries and student services.
2. A majority of our students already bring a lunch from home. Among those who do purchase a school lunch, most do not eat everything provided. An incredible amount of food is being wasted and most students who receive a school lunch are not eating a well-balanced meal due to not eating most or all of what is served. It is our hope that all students will eat a more balanced meal if they brought their lunch from home.
3. A frequent comment noted on the survey was a concern that students would not have access to a warm lunch. We plan to purchase more microwaves for the cafeteria to allow all students who need to heat a lunch to do so.

Please let me know if you have any questions. While this decision was certainly not an easy one, I am confident that it is truly in the best interest of our students and the school.

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



DENVER CATHOLIC SCHOOLS

APPRECIATION WEEKEND

BENEFITTING | EN BENEFICIO DE
DENVER CATHOLIC SCHOOLS

MAY 9-11



ADDITIONAL GAMES AVAILABLE
JUEGOS ADICIONALES DISPONIBLES

May 23 & 25



TICKETS STARTING AT
BOLETOS A PARTIR DE

\$17

Available online only | Disponible solo en línea

WWW.ROCKIES.COM/CATHOLIC





COLORADO ROCKIES

2025 SCHEDULE



MARCH/APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
					28 TB 2:10	29 TB 2:10
30 TB 11:40	31 PHI 1:05	1	2 PHI 4:45	3 PHI 11:05	4 A's 2:10	5 A's 6:35
6 A's 1:10	7	8 P 6:40	9 P 6:40	10 P 1:10	11 SD 7:40	12 SD 6:40
13 SD 2:10	14 LAD 8:10	15 LAD 6:40	16 LAD 6:40	17	18 W 7:40	19 W 1:10
20 W 1:10	21	22 KC 5:40	23 KC 5:40	24 KC 12:10	25 C 6:40	26 C 1:10
27 C 1:10	28 A 6:40	29 A 6:40	30 A 1:10			

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1 SF 1:00	2 SF 6:15	3 SF 2:05
4 SF 2:05	5	6 P 6:40	7 P 6:40	8 P 1:10	9 SD 6:40	10 SD 6:10
11 SD 1:10	12 TEX 6:05	13 TEX 6:05	14 TEX 6:05	15	16 AZ 7:40	17 AZ 6:10
18 AZ 2:10	19 P 6:40	20 P 6:40	21 P 6:40	22 P 1:10	23 N 6:40	24 N 2:10
25 N 1:10	26 CHC 12:20	27 CHC 6:05	28 CHC 6:05	29	30 NYM 5:10	31 NYM 2:10

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1 NYM 11:40	2 MIA 4:40	3 MIA 4:40	4 MIA 10:10	5	6 N 6:40	7 N 7:40
8 N 1:10	9	10 P 6:40	11 P 6:40	12 P 1:10	13 ATL 5:15	14 ATL 2:10
15 ATL 11:35	16 WSH 4:45	17 WSH 4:45	18 WSH 4:45	19 WSH 11:05	20 A 6:40	21 A 7:10
22 A 1:10	23	24 LA 6:40	25 LA 6:40	26 LA 1:10	27 MIL 6:10	28 MIL 2:10
29 MIL 12:10	30					

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 ★ 6:40	2 ★ 6:40	3 ★ 1:10	4 ★ 6:10	5 ★ 7:10
6 S 1:10	7 BOS 5:10	8 BOS 5:10	9 BOS 5:10	10	11 CIN 5:10	12 CIN 2:10
13 CIN 11:40	14 ALL-STAR BREAK	15 ALL-STAR BREAK	16 ALL-STAR BREAK	17	18 P 6:40	19 P 6:10
20 P 1:10	21 S 6:40	22 S 6:40	23 S 1:10	24	25 BAL 5:05	26 BAL 5:05
27 BAL 11:35	28 CLE 4:40	29 CLE 4:40	30 CLE 4:40	31		

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1 P 6:10	2 P 1:10
3 P 1:10	4 P 6:40	5 P 6:40	6 P 1:10	7	8 AZ 7:40	9 AZ 6:10
10 AZ 2:10	11 STL 5:45	12 STL 9:45	13 STL 12:15	14 A 6:40	15 A 6:40	16 A 6:10
17 A 1:10	18 LA 6:40	19 LA 6:40	20 LA 6:40	21 LA 1:10	22 PIT 4:40	23 PIT 4:40
24 PIT 10:05	25	26 HOU 6:10	27 HOU 6:10	28 HOU 12:10	29 C 6:40	30 C 6:10
31 C 1:10						

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1 S 2:10	2 S 6:40	3 S 6:40	4	5 SD 6:40	6 SD 6:10
7 SD 1:10	8 LAD 8:10	9 LAD 6:10	10 LAD 6:10	11 SD 7:40	12 SD 7:40	13 SD 6:40
14 SD 2:10	15	16 M 6:40	17 M 6:40	18 M 1:10	19 ★ 6:10	20 ★ 6:10
21 ★ 1:10	22	23 SEA 7:40	24 SEA 7:40	25 SEA 7:40	26 SF 8:15	27 SF 2:05
28 SF 1:05	29					

OPENING DAY

HOME

AWAY

★ FIREWORKS

All game dates and times are subject to change.

2025 GROUP TICKET PACKAGES AND THEME DAYS



EDUCATIONAL EVENTS: STEM DAY, BUSINESS OF BASEBALL, COLLEGE FAIR

UNIVERSITY DAYS: CU, CSU, UNC, AIR FORCE, NEBRASKA, WYOMING, MSU, CMU

THEME DAYS: STAR WARS, GRATEFUL DEAD, HARRY POTTER, GRADUATES NIGHT

ROCKIES.COM/THEMES OR 303-ROCKIES

INFORMACIÓN IMPORTANTE SOBRE EL ALMUERZO PARA EL PRÓXIMO AÑO ESCOLAR 2025-2026

25 de Abril de 2025

Queridas familias de Santa Teresa,

¡Espero que estén bien! Hace unas semanas, enviamos una encuesta solicitando comentarios de los padres sobre nuestro programa de almuerzos escolares. Como se señaló en el correo electrónico de la encuesta, estábamos considerando no tener un programa de almuerzo escolar para el año escolar 25-26. ¡Gracias a todos los que brindaron sus pensamientos y perspectivas!

Después de revisar los resultados de la encuesta y tomar esta decisión en oración, hemos decidido finalizar el programa de almuerzos escolares a partir del próximo año. Me gustaría compartir con ustedes los factores que influyeron en esta decisión:

1. El costo de tener un programa de almuerzos escolares se ha vuelto demasiado alto para que podamos continuar haciéndolo. Sí, recibimos algunos fondos del gobierno para proporcionar el almuerzo, pero no cubre el costo total del programa. Santa Teresa pierde dinero con cada almuerzo que servimos. El dinero que ahorremos al no tener un programa de almuerzos se destinará directamente a apoyar los salarios de los maestros y los servicios estudiantiles.
2. La mayoría de nuestros estudiantes ya traen su almuerzo de casa. Entre los que compran un almuerzo escolar, la mayoría no come todo lo que se les proporciona. Se desperdicia una cantidad increíble de alimentos y la mayoría de los estudiantes que reciben un almuerzo escolar no comen una comida bien balanceada debido a que no comen la mayor parte o la totalidad de lo que se sirve. Esperamos que todos los estudiantes coman una comida más equilibrada si traen su almuerzo de casa.
3. Un comentario frecuente observado en la encuesta fue la preocupación de que los estudiantes no tuvieran acceso a un almuerzo caliente. Planeamos comprar más microondas para la cafetería para permitir que todos los estudiantes que necesiten calentar un almuerzo puedan hacerlo.

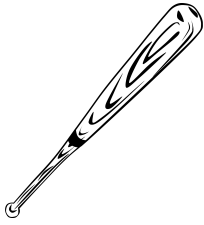
Por favor, dejeme saber si tiene alguna pregunta. Si bien esta decisión ciertamente no fue fácil, estoy seguro de que realmente es lo mejor para nuestros estudiantes y la escuela.

¡Están todos en mis oraciones todos los días!

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

Steve Vaughan
Principal/Director de la Escuela

Let's play ball!



Purchase your \$5 raffle tickets for a chance to win two tickets to the June 24 Colorado Rockies game vs. the world champion Los Angeles Dodgers!



Buy your raffle tickets in the front office from Monday, April 28-Thursday, May 8.

The winner will be drawn during afternoon prayer on Thursday, May 8!

All raffle funds will directly support St. Therese Catholic Classical School.



¡Juguemos a la pelota!



¡Compre sus boletos para la
rifa de \$5 y tenga la



oportunidad de ganar dos boletos
para el juego de los Colorado Rockies del 24
de junio contra los campeones mundiales Los
Angeles Dodgers!

Compre sus boletos para la rifa en la oficina del
lunes 28 de abril al jueves 8 de mayo.

¡El ganador será elegido durante la oración de
la tarde del jueves 8 de mayo!

Todos los fondos de la rifa apoyarán
directamente a la Escuela Católica Clásica St.
Therese.



4. Address Concerns and Anxieties:

- Acknowledge and validate feelings: Listen to your child's concerns about the transition and help them process their emotions.
- Talk about expectations: Discuss what summer will look like and address any questions or worries.
- Be patient and understanding: Transitions can be challenging, so allow time for adjustment.
- Seek professional support if needed: If your child is struggling with significant anxiety or difficulty adjusting, consider seeking guidance from a counselor or therapist.

By Misty Lozano, LPC, ACS, St. Raphael School Counselor

ST. RAPHAEL SCHOOL TEAM

St. Raphael School Counseling Mission

The St. Raphael School Counseling Team, under the umbrella of Catholic Charities, participates in the greater Mission of the Catholic Church of the Archdiocese of Denver by fostering a virtuous school culture, integral formation, and academic success by providing students, educators, and families with comprehensive school counseling and psychology services. Our counselors partner with parents and teachers to help guide students' discovery of their unique vocation in life, created in God's image and likeness and made for greatness.



ST. RAPHAEL
COUNSELING

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



straphaelcounseling.com

Lee y descubre cosas nuevas: anima a leer, explora nuevos pasatiempos o aprende una habilidad diferente.

-Oportunidades para ser voluntario: Participa en proyectos de servicio comunitario.

Haz una lista de deseos para el verano: reúne a tus amigos y hagan una lluvia de ideas sobre actividades y metas para la temporada de calor.

4. Tratar las preocupaciones y ansiedades:

-Reconoce y valida los sentimientos: escucha las preocupaciones de tu hijo sobre la transición y ayúdalo a procesar sus emociones.

-Hable sobre lo que se espera: comente cómo será el verano y responda a cualquier pregunta o preocupación.

-Sé paciente y comprensivo: los cambios pueden ser difíciles, así que tómate tu tiempo para acostumbrarte.

-Busque ayuda profesional si lo necesita: si su hijo siente mucha ansiedad o tiene problemas para adaptarse, piense en buscar la orientación de un consejero o terapeuta.

Por Misty Lozano, LPC, ACS, orientadora escolar de St. Raphael

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ST. RAPHAEL MENTAL HEALTH

Tip of the Month



ST. RAPHAEL
COUNSELING

Overcoming the school to summer transition

As the school year begins to wind down, your student may be thinking of sleeping in, more video games, getting wet with the water hose, or doing more physical sports. Although it is tempting to view the summer as a free for all, it is important to engage your children in healthy and growing activities. To help students smoothly transition from school to summer, we encourage the following:

1. Facilitate Reflection and Closure:

- Discuss the school year: Encourage students to share their favorite memories, achievements, and challenges from the school year.
- Create a time capsule or scrapbook: This can be a fun way to commemorate the year and reflect on their experiences.
- Write letters or cards: Students can express their gratitude to teachers or reflect on their learning journey.
- Retell defining moments: Discuss the highlights of the year, both academically and socially.

2. Maintain a Structured Routine (at least initially):

- Keep a similar schedule: While summer is about flexibility, maintaining a consistent wake-up time and bedtime can help with the transition and prevent sleep disruption.
- Establish a daily routine: Include time for activities, meals, and downtime to provide structure and predictability.
- Minimize unexpected changes: Sudden shifts in routine can be unsettling for some students, so try to make the transition gradual.

3. Plan Engaging Summer Activities:

- Summer camps and programs: These can provide structured learning opportunities and social interaction.
- Family trips and outings: Explore museums, parks, zoos, or other places of interest.
- Read and learn new things: Encourage reading, explore new hobbies, or take on a new skill.
- Volunteer opportunities: Get involved in community service projects.
- Create a summer wish list: Collaboratively brainstorm activities and goals for the summer.

SALUD MENTAL SAN RAFAEL

Consejo del mes



ST. RAPHAEL
COUNSELING

Superar el cambio de la escuela al verano

A medida que el año escolar llega a su fin, su hijo podría estar soñando con dormir hasta tarde, jugar más videojuegos, mojarse con la manguera o practicar más deportes. Aunque es muy tentador ver el verano como una gran aventura, es fundamental que sus hijos participen en actividades saludables y enriquecedoras. Para ayudar a los estudiantes a hacer una transición suave de la escuela al verano, les sugerimos lo siguiente:

1. Facilitar la reflexión y la conclusión:

- Analiza el año escolar: motiva a los estudiantes a compartir sus recuerdos, logros y desafíos más queridos del año escolar.
- Crea una cápsula del tiempo o un álbum de recortes: ¡es una manera divertida de recordar el año y pensar en todas tus experiencias!
- Escribir cartas o tarjetas: los estudiantes pueden mostrar su agradecimiento a los maestros o pensar sobre su camino de aprendizaje.
- Revive esos momentos clave: echa un vistazo a los aspectos más destacados del año, tanto en lo académico como en lo social.

2. Siga una rutina organizada (por lo menos al principio):

- Mantén un horario parecido: aunque el verano es para ser flexible, tener una hora regular para levantarte y acostarte puede facilitar la transición y evitar problemas con el sueño.
- Crea una rutina diaria: asegúrate de incluir momentos para actividades, comidas y tiempo libre, así tendrás una estructura y será más fácil saber qué esperar.
- Minimiza los cambios sorpresivos: los cambios de última hora en la rutina pueden ser un poco desconcertantes para algunos estudiantes, así que trata de hacer la transición de manera gradual.

3. Organiza actividades de verano divertidas:

- Campamentos y programas de verano: ofrecen oportunidades para aprender de manera organizada y disfrutar de la interacción social.
- Viajes y salidas en familia: descubre museos, parques, zoológicos y otros lugares interesantes.



BOYS' SOCIAL SKILLS GROUP C.O.R.E

CONNECTING
OBSERVING
RELATING
ENGAGING



This weekly group is tailored to help middle school boys grow in social skills, self-awareness, self-esteem, and conflict resolution. This group aims to foster their interpersonal relationships while engaging in activities intended to strengthen character and decision-making skills.

Dates and Topics:

June 11: Welcome & Self-awareness

June 18th: Self-Control

June 26th: Decision-Making & Emotional Identification

July 2nd: Emotional Regulation

July 16th: Friendship Boundaries & Conflict Resolution

July 23rd: Being a Good Sport & Ending group

Total program cost is \$390

WEDNESDAYS AT 1-2:30PM MIDDLE SCHOOL BOYS

6 WEEK PROGRAM HELD AT ST. RAPHAEL
COUNSELING
5990 GREENWOOD PLAZA BLV,
GREENWOOD VILLAGE, CO,
BUILDING 2 SUITE 200



TO REGISTER CONTACT:

Isabella Faraj-Musleh, MSW, SWC

✉ ifaraj-musleh@ccdenver.org

📞 970-680-3557

Co-facilitator: Dr. Angela Wall