



February

month of the
Holy Family

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------|---|--|--|--|--|-----------|
| 1 Matthew 5: 1-12a | 2 Girls BBall @ Ecole St Mary | 3 School Council Mtg 6:30 | 4 Pokémon Club Subway Hot Lunch | 5 Grade 2 Retreat Last day to order Panago pizza | 6 | 7 |
| 8 Matthew 5: 13-16 | 9 Girls BBall @ FLVT | 10 Last day to order Booster Juice | 11 Pokémon Club | 12 Back to the Beginning ticket sales start today Panago Pizza by the Slice | 13 Red, White, Pink & Heart Dress Up Girls BBall @ Home | 14 |
| 15 Matthew 5: 17-37 | 16 | 17 ← NO SCHOOL → | 18 | 19 | 20 | 21 |
| 22 Matthew 4:1-11 | 23 Girls BBall @ Home | 24 Boys BBall @ FLVT | 25 Pokémon Club Booster Juice | 26 Lenten Mass 12:20 ELP at Learning Centre Boys BBall @ Home | 27 | 28 |

Family Portrait Fundraiser March 2 & 3, 2026



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Principal's Message

We are excited to share that St. Teresa School will be presenting a spring musical at the Yates Theatre on **March 25 and 26**. This year's production, ***Back to the Beginning***, is a musical journey through time that shares powerful messages of God's love, hope, and redemption. Our students are working diligently on their singing, while the dance and acting crews are rehearsing hard to deliver another memorable performance. The production is closely connected to our divisional faith plan, *"Go into all the world and proclaim the Good News to the whole creation."*

Tickets will go on sale in early February, with both matinee and evening performances available. Proceeds from ticket sales help cover the costs associated with the Yates Theatre rental, as well as music, costumes, and set design. We are incredibly proud of the dedication and enthusiasm our students are showing and look forward to sharing this special experience with our school community.

In addition to preparing for the musical, our Grade 6 students are busy practicing for the upcoming basketball season. Families of students who have chosen to participate will receive information regarding fees and the game schedule. Fees help cover the cost of team t-shirts (game jerseys) that students keep, as well as equipment, referees for games and jamborees, and a celebratory pizza party at the end of the season.

Finally, registration for the **2026-2027 school year** is now underway. Thank you for your patience as we navigate the new attendance boundaries that will take effect next year. Out-of-boundary requests will be reviewed in the spring and placement decisions will be guided by district guidelines. Please feel free to reach out to the school if you have any questions, we are happy to help.

We are grateful for your continued support and partnership as we move into an exciting spring season at St. Teresa School.

IMPORTANT DATES

February 3

School Council Mtg 6:30

February 4

Subway Hot Lunch

February 5

Grade 2 Retreat

February 12

Back to the Beginning ticket sales start today
Panago Pizza by the Slice

February 13

Red, White, Pink & Heart Day

February 9 - 13

Candy Grams sold all week \$1.00

February 16 - 20

No School – Happy Family Day

February 25

Booster Juice

- Please check out our SWAG store for Spirit Team color shirts, hoodies, sweatpants and many more items.
- Please take a look at the calendar for Grade 6 Basketball games. Come cheer on our Grade 6 students.
- St. Teresa is happy to announce our Family Portrait fundraiser. Happening in the evening of March 2&3. More information and how to book a sitting will be coming soon.

Just a reminder we are still missing quite a few field trip fees for all grade levels. These fees allow the teacher to book field trips throughout the year and year end trips. Thank you.

Gospel Reading: Matthew 5:1-12a

“Rejoice and be glad for your reward will be great in heaven.” — Matthew 5:12

Have you ever heard the expression “no pain; no gain”? It’s sometimes associated with dieting. The idea is if you refrain from eating greasy or sugary foods that you might enjoy, you’ll see the benefits when you step on the scale. It’s hard to keep our eyes on the prize though, isn’t it? Especially when the sacrifice we must make is painful.

In today’s Gospel, Jesus tells his followers that if we follow his example, we may suffer now, but we will experience joy in heaven someday. He said that we might be sad if we care for others who are hurting. We might face opposition when we stand up for people who aren’t treated fairly. Others may not like us if we forgive people they don’t think deserve to be forgiven. We won’t be popular if we try to make peace when everyone else wants to get even. He said that all these things will bring us happiness in the long run.

But it won’t be easy day-to-day! It wasn’t easy for Jesus either when he sacrificed his own life for us, but he thought we were worth it.

Prayer:

Dear Lord, help me to remember that though this life may bring pain at times, you have a wonderful place in heaven prepared for me.

Reflection:

Do you think it’s worth it to be made fun of when you are following Jesus’ example? Who can you forgive today, even if it seems like they don’t deserve it?



“For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.”

(1 CORINTHIANS 1:18)

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Gospel Reading: Matthew 5:13-16

“...your light must shine before others, that they may see your good deeds and glorify your heavenly Father.” — Matthew 5:16

We are blessed by the Lord all the time. How do we show God that we are grateful for the blessings he showers on us? One way is to begin by saying thank you for our blessings and remembering God has given them to us — we haven't earned them on our own. Today's Gospel shows us that if we listen to God and his commands, he will surprise us with blessings, just like Simon Peter was surprised by the **HUGE** catch of fish. Sometimes we'll receive enormous blessings that we can't miss (like Peter's catch of fish), but other times the blessings and graces will be small and it will take some thinking to recognize them. Let's not forget to thank God for those little gifts too.

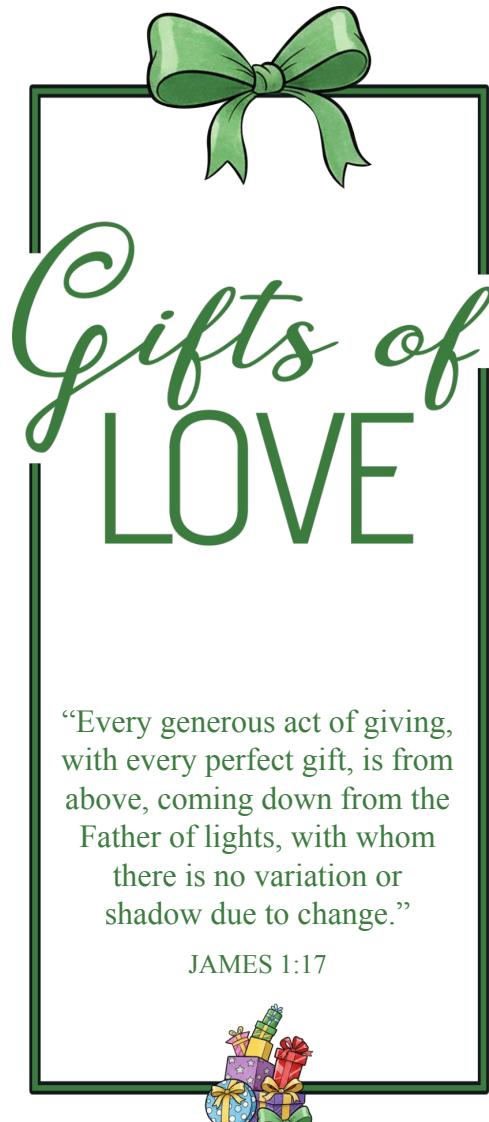
Prayer:

Dear Lord, thank you for loving me so much that you bless me all the time.

Please make my heart more grateful for the gifts of your love and your blessings that are in my life.

Reflection:

What are some things in my life that are blessings from the Lord?
Are there times I don't feel grateful for God's blessings? Why?



“Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.”

JAMES 1:17



Gospel Reading: Matthew 5:17-37

“...he has set before you fire and water; to whichever you choose, stretch out your hand.”

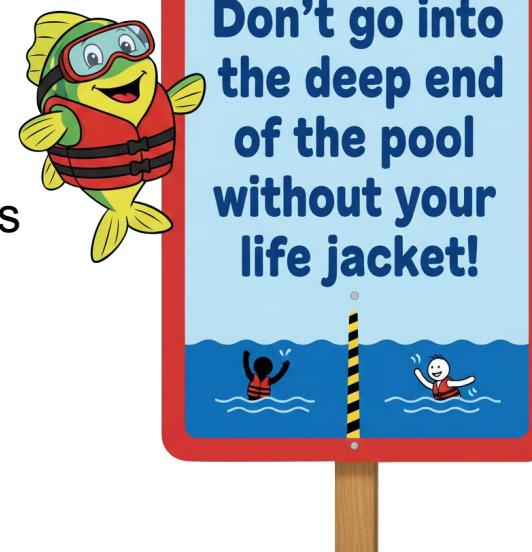
— Sirach 15:16



Did anyone ever warn you “Don’t touch the stove; it’s hot!” or “Don’t go in the deep end of the pool without your life jacket”? If so, it was probably someone who loved you very much. And wanted to make sure you stayed safe. Did you obey?

The first reading today reminds us that if we choose to obey God’s warnings, we can avoid a lot of trouble for ourselves and others. But if we choose to disobey, we can get hurt and sometimes even hurt others at the same time. God loves us more than anyone else in the world – after all, we are his precious creation!

When we have a decision to make, we can ask ourselves WWJD – What Would Jesus Do? Jesus obeyed his Father in all things, even the most difficult. He trusted that ultimately God wanted what was best for him and the world. God wants the same for us and we can trust him.



Prayer:

Dear Jesus, help us to choose to obey God in all we do.

Reflection:

What is one good decision I have made already today?

Gospel Reading: Matthew 4:1-11

“...Jesus said to him, ‘Get away, Satan!’ It is written: ‘The Lord, your God, shall you worship and him alone shall you serve.’” — Matthew 4:10

During the season of Lent, we try to make extra sacrifices to show God that we love and serve him above all other things in our life, like our possessions. This can really help us to grow closer to God, but Satan does not want us to be close to God. He will tempt us to take the easy road instead of the right road. We must guard our hearts and minds against these temptations so we don't start believing that money and power and identity are better than living like Jesus taught us. We can do that by talking with our family about what we will give up during Lent or what extra good things we want to do more of during Lent. That way we can help remind each other of what we promised to do or not do for these next 6 weeks. Lent can be a time of coming to understand God and the love he has for us and for everyone else, so, don't let Satan steal that away from you.

Prayer:

Dear Lord, you made the ultimate sacrifice for us by giving up your son and allowing him to die. Please give us the grace to embrace our sacrifices this Lent so that you may know and feel our gratitude.

Reflection:

How have you been tempted in your life? What can you do to resist temptation?



LENT

Prayer • Fasting • Almsgiving

Moonlight Run

School Challenge

St. Teresa families, we invite **YOU** to sign up for Lethbridge's annual Moonlight Run!

On March 21, Lethbridge will host its 39th annual Moonlight Run, featuring a 6 km walk/run and a 10 km run. When registering, select St. Teresa to take part in the **School Challenge**. The school with the most participants—students, family members, and friends—will earn the “2026 Moonlight Run School Challenge” title, and a donation will be made in the school’s name to [KidSport Lethbridge and Taber](#).

Accept the challenge and participate in this community event with your family and friends!

When: March 21, 2026
Where: CASA
Time: 8:00 pm start
Distance: 6K or 10K

Miss Gomery, Mrs. Zgurski, and Mr. Gill will all be participating too! Please note that this event takes place outside of school hours, and parents/guardians are solely responsible for their children during the event.