



## September 12, 2024 News & Updates

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### Upcoming Important Dates

9/16/24 Deadline to order green polo shirts & spirit wear

9/26/24 Empowering Families Night  
5:30-7:30

9/23/24 No School - Staff Professional Development

[2024-2025 School Calendar](#)

\*Our online school calendar has all of the school Mass dates included for the year.

9/26/24 Spirit Day

### News/Events

Check out our [news/events](#) portion on our school website for information regarding sports, camps, extracurricular activities and more information.

### Reminders

1. Make sure your student is in uniform every day. Please refer to page 8 of the [school handbook](#) about uniform expectations.
2. Water bottles must be clear
3. The front entrance is still under construction. Please follow the signs to direct you to the front entrance. Don't ask others to let you inside the school, this compromises our school safety.
4. The carline is one way only from Merle Hay through the parking lot to University.
5. The cones at the beginning of the carline should not be moved any earlier than 3:15 p.m. We have had parents moving the cones and entering the carline before 3:15 p.m. This is a safety issue for our students. If you arrive early you can park in the church parking lot west of the church.

### Drop-off safety

Students should not be out of your vehicle in the morning before 7:45. It is not safe to have a student out of your car without a staff person present.

### School phone number

Our school phone number is 515-277-0178. Please make sure this is the number in your phone, as we discovered a few parents have been using a rollover number and we do not get the messages.

## Empowering Families Night

Our teachers are hosting an Empowering Families Night. Join us at 5:30 for supper. Then rotate through sessions of your choice. The event is 5:30-7:30 on Thursday, September 26. More information and a sign up will be coming soon. It is a great opportunity to learn about school programs and how to support your child's learning and development at home.

## School Uniforms

The next deadline to order green uniform polos is on **September 16th**. Green uniform polos are required for all students to wear to school Mass held every Friday.

Screen printed spirit wear items must be ordered by September 16th.

Click here to place your order: <https://www.promoplace.com/stsuniforms>

Remember that the only uniform approved sweatshirt to be worn during the school day is the green or navy sweatshirt with the school logo.

## Breakfast

Breakfast is an important way to start the day! Our breakfast program is Monday through Friday and starts at 7:45 a.m. and ends at 8:10 a.m. If you would like your child to eat breakfast please have them here by 8:00 a.m. Thank you, Food Service

## Backpack Buddies Program

Click [here](#) to learn more about Backpack Buddies.

## Counselor Corner

September is suicide prevention month. Did you know that according to The American Psychological Association, more than 20% of teens have seriously considered suicide? Between 2000 and 2018, the suicide rate among youth ages 10-24 rose from 6.8 per 100,000 to 10.7 per 100,000. This rise pushed suicide into the second leading cause of death for people ages 10-14 in 2021. The School Prevention Resource Center states that the best way to take action and prevent suicide is to promote emotional well-being and connectedness among students.

We are working hard at St. Theresa Catholic School to do our part in building caring and trusting relationships between school and home, staff and students, and between peers. Let's continue working together to encourage and support the positive well-being of our school community.

Here is additional information from NAMI and a couple of videos to view.

<https://www.nami.org/get-involved/awareness-events/suicide-prevention-month/>



## Halloween Spooktacular Mash Bash

Join us for this fun event on October 12th. Click [here](#) to learn more about this fun event sponsored by our 8th grade class.

## **Girls Basketball**

Calling all 6th-8th grade girls interested in playing on a St. Theresa Catholic basketball team, sign up for basketball now!

Shirts (included with fee) will be ordered Friday, 9/27/24 so please sign up soon!

Regular season basketball games and ending with a tournament are 10/26/2024- 12/14/24 with the exception of 11/23/24 (Thanksgiving weekend - no games). Practice schedules will be determined once we know how many teams we will have. Teams will be determined by number of players, skill assessment and CBL guidelines.

WE NEED COACHES! Ideally we would like a head coach and a few assistant coaches per team. If you are interested in helping please contact Erica Niggemeyer 319-470-4275 or [stcsathletics@gmail.com](mailto:stcsathletics@gmail.com).

If your daughter plans on playing basketball, please visit the [athletics page on the website](#) and complete the following:

- Online Registration Form
- St. Theresa Sports Physical
- The Concussion Form needs to be up to date and on file in the school office (within the last 12 months) to participate in practice or games.

Eligibility: St. Theresa Catholic School & Parish Members Grades 6th-8th Cost: \$65

## **2024-2025 Staffing Need Updates**

We are looking to add two teacher associates, a bus driver and substitute teachers to our team. Please see view information and apply here: [Teacher Associate job info](#).

We are looking for a second bus driver. If you are interested or know someone who is, please contact Gretchen Watznauer [gwatznauer@stsdsm.com](mailto:gwatznauer@stsdsm.com).

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**St. Theresa Catholic School**  
**515-277-0178 [stcs@stsdsm.com](mailto:stcs@stsdsm.com)**