



September 19, 2024 News & Updates

Upcoming Important Dates

9/23/24 No School - Staff Professional Development

10/12/24 Spooktacular Mash Bash

9/26/24 Spirit Day

[2024-2025 School Calendar](#)

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

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

10/11/24 Picture Day

News/Events

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

Empowering Families Night

Our teachers are hosting an Empowering Families Night for **parents only** on Thursday, **September 26th, 5:30-7:30 p.m.** Join us at 5:30 p.m. for supper in the school gym and then rotate through sessions of your choice. Workshop topics will include healthy home habits, middle school curriculum, math activities, mental health, reading activities, family faith practices, and intermediate homework. This is a great opportunity to learn about our school programs and how to support your child's learning and development at home.

Smart Watches

Students are not allowed to wear Smartwatches during class unless there is a medical reason and a note is provided by their doctor. Per our handbook, smart watches cannot be worn during school. Even if a kid says he/she can disconnect it from the wifi, it needs to go in the locker or stay at home.

Electronics

St. Theresa Catholic School is not responsible for any lost, stolen, or damaged electronics. Cell phones and other electronic mobile devices including smart watches and fitbits are not allowed during school hours and will be powered off at the beginning of the school day. Students are not allowed to text, film, record or use any of the above mentioned items without specific permission from a teacher.

Drop-off safety

Students shouldn't be out of the car until 7:45 a.m. with a staff member present. Students should not be out of your vehicle in the morning before 7:45 a.m. It is not safe to have a student out of your car without a staff person present. School doors are locked until 7:45 a.m. and students can enter the building.

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.

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

On Saturday, October 12, St. Theresa 8th grade students are hosting a Monster Mash Bash. Students in grades K-8th grade are invited to join the 8th Grade class for a Monster Mash Bash. Admission is \$8 for a fun night of dancing and activities. Concessions will also be available for purchase all evening long (cash only).

The Monster Mash Bash will take place in the school gym. We can't wait to see you in your costumes and dance the night away! Please make sure no weapons are included in your costumes-- ie. swords, staffs, etc.

Registration in advance is required. Tickets are \$8 and only cash is accepted for concession items. Concession items will be \$1-2 per item. Your registration will be non-refundable.

Registration link will need to be submitted and your Blackbaud will be billed. Link to register: <https://forms.gle/mpgQZZX3kntqx6Wz9>

Kindergarten - 2nd grade Dance 3:30 - 4:30 p.m. (Parents must attend with their child)

3rd - 5th grade Dance 5:00 - 6:30 p.m.

6th - 8th grade dance 7:00 - 8:30 p.m.



Trunk or Treat

Calling all ghosts and goblins. Join us for our annual Trunk or Treat on Sunday, October 27, 4:00-6:00 p.m. in the school parking lot! We need volunteers, groups, clubs and business to host trunks.

You can also donate candy by Friday morning (October 25). Drop off donations to the school office or car line.

Please review the available slots below and click on the button to sign up. Thank you!

[Volunteer Sign Up](#)

SPORTS

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.

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

6th-8th Grade Cheer Clinic

DCCHS is hosting a cheer clinic. Click [here](#) for more information.

Attention 4th/5th grade parents - MBA Coaches Needed

We are looking for 4th/5th grade boys coaches for the Maroon Basketball Academy this year. Practices begin on October 29. 4th/5th grade teams will be selected during the first two weeks of practice. Practice times are Tuesday and Thursday nights at either 4 p.m. or 5 p.m.

We have kids from St. Theresa, Holy Trinity, St. Francis, St. Joseph, Sacred Heart, St. Augustin and will have two teams from Jefferson Elementary filling out our league. We do have spots available if any 4th or 5th grade boys are still looking to play.

If interested, email Justin Einerson: jeinerson@dowlingcatholic.org

[Click here for more information](#)

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.



St. Theresa Catholic School
515-277-0178 stcs@stsdsm.com