



Dear St. Alphonsus Parents/Guardians:

As we move through the month of February, our school community is blessed with meaningful moments that invite both joy and reflection.

We will celebrate Valentine's Day, a beautiful reminder of the importance of kindness and compassion. It has been wonderful to see our students express these values through small acts of care and friendship all year.

This month also marks Ash Wednesday, the beginning of the holy season of Lent. Lent is a special time for prayer, fasting, and almsgiving as we prepare our hearts for Easter. As a school community, we encourage our students to grow closer to God by making thoughtful choices, helping others, and reflecting on how they can live out Jesus' message each day.

I would also like to share some important enrollment news. Kindergarten registration is now open, and Pre-Kindergarten applications are currently being accepted. We are excited to welcome new families into our faith-filled learning community and invite you to share this information with friends and neighbors who may be considering a Catholic education for their children.

Thank you for your continued partnership, support, and commitment to our school.

Mr. M. Cristo,
Principal

Mrs. C. Bohn,
Vice-Principal



Calendar of Events

February 2	Boys Basketball Practice (3:30 p.m.)
February 3	Grade 4 Swimming Spring Play Rehearsal (3:30 p.m.)
February 4	Spring Play Rehearsal (11:45 a.m.)
February 5	Grade 4 Swimming Boys Basketball vs. Yorkdale (4:00 p.m.) Curling Staff vs. Students (4:00 p.m.) @ Gallagher Centre
February 9	Telemiracle 50 Second Challenges Boys Basketball vs. MC Knoll (4:00 p.m.)
February 10	\$2 Root Beer Floats Grade 4 Swimming Spring Play Rehearsal (3:30 p.m.)
February 11	Bake Sale Grade 7/8 Dance at St. Michael's
February 12	50's Dress Up Day Grade 4 Swimming Curling Practice (3:30 p.m.) Boys Basketball Practice (3:30 p.m.)
February 13	Student Talent Show
February 16-20	No School - February Break
February 23	Boys Basketball vs. Columbia (4:00 p.m.)
February 24	Spring Play Rehearsal (3:30 p.m.)
February 25	Spring Play Rehearsal (11:45 a.m.)
February 26	Boys Basketball Practice (3:30 p.m.)



Cold Weather Guidelines

With winter conditions upon us, please keep these reminders in mind:

- 29° C and above: Students are expected to be outdoors at recesses.
- 30 to -35° C: Students are encouraged to get fresh air; however, going outside is optional.
- 36° C and below: Students will not be allowed outdoors.
- We ask that drivers not do U-Turns in the main intersection in front of the school. This is not safe for our students trying to cross the street.
- Please do not park on the crosswalks in front of the school. Our safety patrol uses these to help our students cross the street safely.
- We ask students not to play on any snowbanks near the alleys or parking lots. We are concerned someone may slip under a parked vehicle. Please be aware of this as a driver and remind your children not to play on snowbanks.
- The alleys along the school grounds may not be cleared right after snowy weather. Please ensure the alleys are cleared before trying to drive down them.
- The two parking lots on either side of the school are for staff only.



Canadian Counselling and Psychotherapy Association
L'Association Canadienne de Counselling et de Psychothérapie

CANADIAN SCHOOL COUNSELLING WEEK

FEBRUARY 2-6 2026

Help celebrate Canadian School Counsellor Week by recognizing the vital role school counsellors play in supporting students' well-being, resilience, and future—fostering hope in **every** hallway.

#CSCW2026
#HOPEINEVERYHALLWAY

SCHOOL COUNSELLORS:

- ✓ Listen to the struggles and needs of students
- ✓ Advocate for the voices of students to be heard
- ✓ Support the mental health & well-being of students
- ✓ Guide students through academic and life transitions

www.ccpa-accp.ca



Kindergarten and PreK Enrollment 2026–2027 School Year

If you or someone you know has a child that will turn 5 before December 31, 2026, please fill out a Kindergarten registration form on our website:

<https://stalphonesus.christtheteacher.ca/documents/b9f90edd-dead-4e6d-8c2d-ed3b5777c29d/Elementary%20School%20Registration%20Form.pdf>

Those looking to register for Pre-Kindergarten can fill out a registration form:

https://stalphonesus.christtheteacher.ca/documents/90944c22-6255-48e1-b365-ba5ccfe651e2/2020-2021-Prekindergarten_Application_Form.pdf

Band News

- March 9-11: All bands will perform in the Yorkton Music Festival.
- Grade 5 band students will attend the Regina Optimist Festival on March 23rd!
- April 28th - May 1st is the Grade 7/8 Band trip to Edmonton.
- Stay posted for dates for the Grade 6 Band trip to the Moose Jaw Band Festival!



MAKE PLANS TO CATCH THE SPIRIT!

Spend a Day at Sacred Heart

Thursday, February 26

Registration Night

7:00pm School Tours

7:30pm Information Session

in the Theatre

All grade 8 students in Yorkton & surrounding area are invited to spend a day at Sacred Heart High School
Please call 306-783-3128

to register.

Explore the wide variety of choices and opportunities available to Sacred Heart students. Ask questions. See the classrooms, labs & shop. Visit the art & sports facilities. Learn about our Advanced Placement & French programs. Get the information you need about our unparalleled academic, athletic and extracurricular programming.



Spirit of Faith - Spirit of Excellence - Spirit of Service - Spirit of Fun

A School You Can Believe In

280 Gladstone Avenue North, Yorkton, SK

Phone: (306) 783-3128

www.sacredheart.christtheteacher.ca



*"Believe...
Belong...
Become"*

YORKTON KINSMEN
NATIONAL DAY OF KINDNESS 2026
TOBOGGANING DAY!
Rodney Ridge • Yorkton, Saskatchewan
Feb. 21st, 2026

- * **FREE Toboggan Saucers to the First 100 Children!**
- Limit 1 per child.
- * **FREE Hot Chocolate!**
- * **FREE Hot Dogs!**
- * **Cozy Open Fire!**

SPONSORED BY

*While Supplies Last

FUN FOR ALL AGES! JOIN US FOR KINDNESS & WINTER FUN!

YOUTH GIRLS SOCCER
"TRY IT" PROGRAM!
SUNDAYS FEB 1ST - MARCH 8TH

GIVE IT A TRY!
LEARN NEW SKILLS!
HAVE FUN!

SCAN TO REGISTER!

FREE CLINICS!
ALL SKILL LEVELS WELCOME!
Feb 1ST - March 8TH

From the MHCB

Family time plays a powerful role in protecting and improving our mental health. In the middle of busy schedules and constant demands, meaningful time with loved ones helps us slow down, feel supported, and reconnect with what matters most. Sharing meals, conversations, laughter, or a simple movie night together can reduce stress, strengthen emotional bonds, and foster a sense of belonging that buffers against anxiety and burnout.

As we recognize Family Day on February 16, 2026, it's a reminder that prioritizing family isn't just a tradition - it's an investment in our well-being. Making space for family time, even in small ways, supports healthier minds, stronger relationships, and more resilient communities.

St. Alphonsus School

FAMILY MOVIE NIGHT

The Wild Robot

When: Thursday February 12th

Time: 7pm

Where: St. Al's gym

Cost: FREE

All students **MUST** have a caregiver over the age of 18 with them at all times.

Free popcorn available and additional items for purchase

Thank you to the SCC for setting up and running the canteen.

Please text Ms De Vos if your family plans to attend 306-621-9443



Telemiracle 50 SPIRIT WEEK

FEB. 09 - 13TH, 2026

- Monday**
50 Second Challenges
Students can bring \$1 to participate in 50 second challenges in the gym over lunch.
- Tuesday**
Root Beer Floats
\$2 Root beer floats can be purchased in the afternoon
- Wednesday**
Bake Sale
\$.50 an item bake sale over lunch
- Thursday**
50's Dress Up Day and Bubble Gum Contests
Dress in your best 50's style!
\$1 entry into bubble gum blowing contest over lunch
- Friday**
Talent Show
Student Talent Show 1:00pm

Telemiracle 50th Anniversary

As part of the 50th anniversary of the Telemiracle program in Saskatchewan, St. Al's has plenty of fun 50-themed (the number and the decade!) events!

All donations will go towards Telemiracle, which will be airing February 28th to March 1st, 2026.

The program has raised \$171 million since its creation in 1977, and all proceeds benefit the Kinsmen Foundation, which provides people living with special needs equipment, travel assistance, and medical treatment. Funding is also provided to health foundations to purchase specialized, new or innovating equipment to improve health care across the province.



ASH WEDNESDAY MASS TIMES

9:00AM, 7:00PM
FEBRUARY 18TH, 2026

ST. GERARD'S CHURCH
125 3RD AVE NORTH, YORKTON

Dream Brokers Acrylic Painting workshop

with R Fine Art Studio

Wednesdays 6:30PM - 8:00PM
February 25 - April 1
8 Sessions

Location
St. Alphonsus School

- ✓ Six weeks learning the basics of art: brush use, mixing colors, and layering.
- ✓ Fun practice and challenges to make different styles and textures.
- ✓ Personal projects to show your own creativity.

FREE PROGRAM!
Available to students in grades 5-8 attending Dream Broker schools

 **Dream Brokers**
Connecting Inner City Children & Youth

Register to save your spot!

Contact Janine (District Dream Broker)
☎ 306-828-2401 ✉ jnelson@yorkton.ca



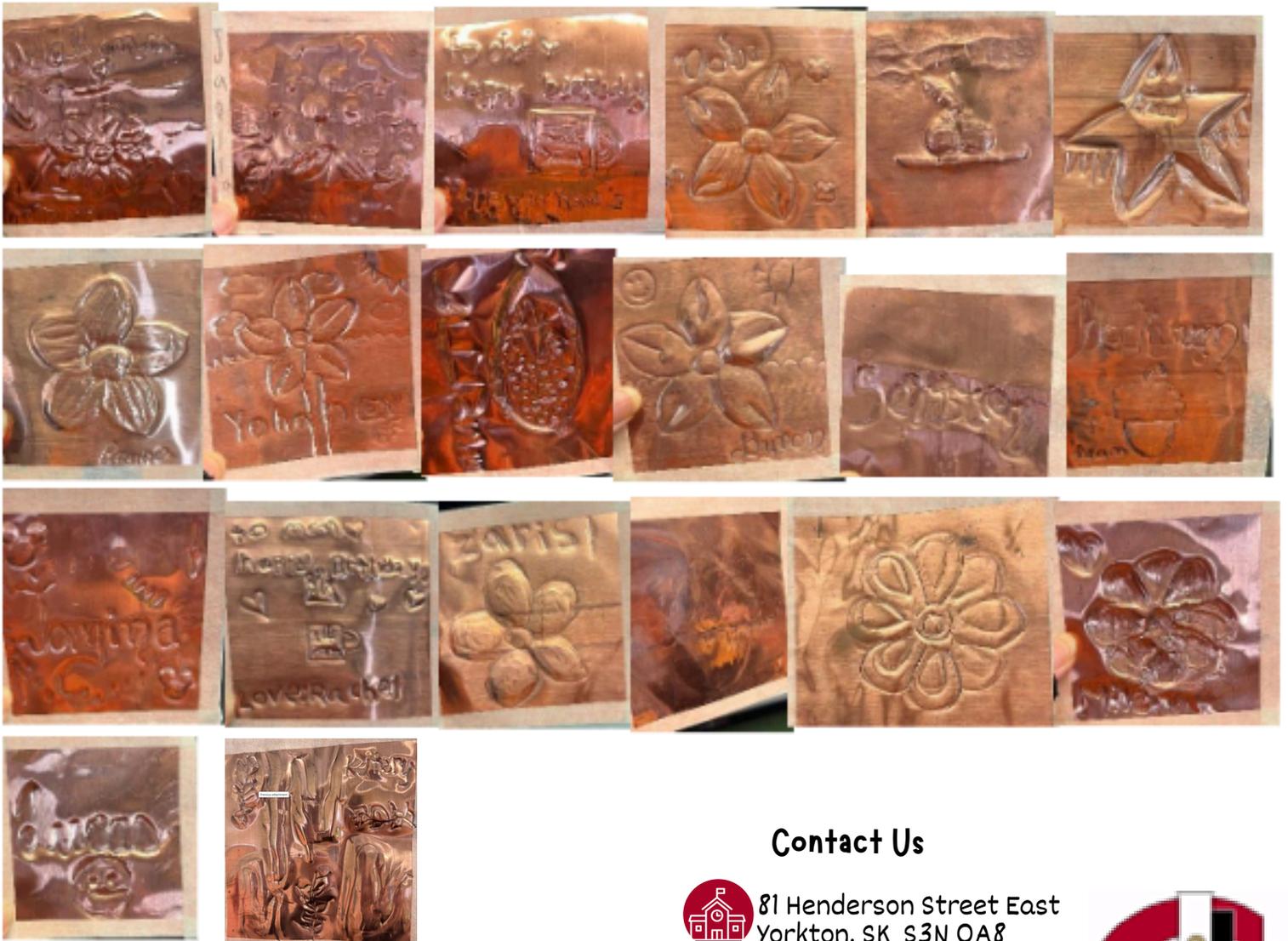
*Program is free for students from Columbia, Dr. Brass, St. Al's, or St. Mary's who are facing financial barriers.

Grade 3/4 Art

Ms. Costigan has been at St. Al's since the beginning of December and has been looking after the classroom while Mrs. Oleskiw is away.

Students have been working with her to learn about spelling, gain confidence in reading, become aware of the environment, and explore different art styles!

Below are pictures of student creations from their latest art project, where they created impressions in copper.



Contact Us



81 Henderson Street East
Yorkton, SK S3N 0A8



<http://stalphonus.christtheteacher.ca>



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Michael.cristo@cttcs.ca



(306)-783-4121
Fax: (306)-782-3077



Christ the Teacher Catholic Schools



WELCOME YOU!

Start the journey into learning with us!

Pre-K & Kindergarten Registration 2026~2027

Prekindergarten

Children who will be 3 or 4 years of age during the 2026-2027 school year are eligible to apply.

PreK selection is based on Ministry of Education criteria.

Prekindergarten programs are offered at the following schools:

MELVILLE

St. Henry's Jr. School

YORKTON

St. Alphonsus School
St. Mary's School

Kindergarten

Children who were born in 2021 can register today!

Kindergarten programs are offered at the following schools:

MELVILLE

St. Henry's Jr. School

THEODORE

St. Theodore School

YORKTON

St. Alphonsus School
St. Mary's School
St. Michael's School
St. Paul's School



Visit www.christtheteacher.ca for registration information

or call 306-783-8787

Fuel the Soul

YOUTH RALLY

RECHARGE YOUR FAITH, CONNECT WITH FRIENDS, HAVE FUN!

STARTS SAT. FEB 21 @ 10AM
& ENDS SUN. FEB 22 @ 10AM

EVENT HIGHLIGHTS

- ✦ FACILITATED BY THE NET TEAM
- 🔥 HIGH-ENERGY GAMES
- 🍷 FOOD & SNACKS
- 🎵 MUSIC & WORSHIP
- 👯 FRIENDS & COMMUNITY
- 🙏 FAITH MOMENTS TO RECHARGE

*All Families
Welcome to
Worship
Sunday
10 AM Mass*

WHEN: FEBRUARY 21-22

WHO: GRADE 8-12
STUDENTS

WHERE: ST GERARD PARISH

FEE: \$20 (COVERS FOOD)

REGISTRATION DEADLINE:
FEBRUARY 11

PLAY • EAT • MUSIC • PRAY • CONNECT • STAY

ST GERARD PARISH | 125 3 AVE N, YORKTON, SK S3N 1C4



FOR REGISTRATION CONTACT:

SCOTT HOFFORT 306-621-8291 | COLLEEN HOFFORT 306-621-7582

Youth Matter Presentation and Resources

Mrs. DeVos was able to connect with Youth Matter, a Saskatchewan-based organization that focuses on helping kids be safe while online. Students in Grades 3 to 8 heard a presentation with the organization, and parents can use the following resources to touch base with their children:



YOUTH MATTER CANADA

Online Safety Presentation K-3 and Gr. 4-6

www.youthmatter.ca



AS A PARENT, DID YOU KNOW?

There is no censorship of explicit, violent OR mature content online so all online spaces pose a threat for harm for kids.

*There are few (if any) regulations on tech companies or gaming companies to censor or keep kids safe.

*Youth as young as 5 years old are experiencing online harms in popular games like Roblox and on platforms like YouTube.

*3 hours or more of social media a day for a pre-teen or teen can double their risk of developing anxiety or depression.

Key talking points and language for kids Grades K-3

- “Never talk to or game with a stranger online. Only talk to our game with people you know in real life.”
- “If something on a screen makes you feel uncomfortable, scared or confused, tell a grown-up right away.”
- “Never click buttons or links without checking with an adult first.”
- “Never share your name, school, address or pictures online.”

Suggested Family Screen Rules for kids Grades K-3

- No Screens in bedrooms at night.
- Screens only in shared spaces.
- Parents type usernames/passwords.
- No YouTube/online games without an adult present.
- No messaging (even in games) with anyone you don't know in real life.

Discussion Questions (Parents + Child)

- “What would you do if someone you don't know tried to talk to you online?”
- “How do you know when something doesn't feel right?”
- “Who are your “safe grown-ups” you can tell if you've seen something online that's not meant for kids?”





YOUTH MATTER CANADA

Cyber Safety, Online Harms & Social Media

www.youthmatter.ca



Key talking points and language for kids Grades 4-6

- “Not everyone online is who they say they are. There are some people who pretend to be friendly but are trying to trick kids. They are called online predators.”
- “If something makes you feel uncomfortable online, share it with an adult.”
- “Think before you post - if you wouldn’t say it in real life, don’t say it online.”
- “Everything you share online leaves a digital footprint - nothing is truly ever deleted.”
- “Never share your name, school, address or pictures online.”
- “You are responsible for how you act online. Kindness still counts”

Suggested Family Screen Rules for kids Grades 4-6

- No Screens or phones in bedrooms at night.
- Screens only in shared spaces.
- Parents type usernames/passwords.
- Location services off; privacy settings on.
- No messaging in apps or games with anyone you don’t know in real life.
- Spot check children’s devices.

Discussion Questions (Parents + Child)

- “How can you tell if a conversation online is becoming unsafe?”
- “What would you do if someone sent you a message, video or a photo that made you feel uncomfortable?”
- “Who are your “safe grown-ups” you can tell?”

Parent/Family Support and Resources

Saskatchewan support services for youth and families in crisis:

<https://sk.211.ca/> (Call or text 211 to be connected with Service Navigators ready to help 24/7/365)

Kids Help Phone - Text 989898

RESOURCES

The Anxious Generation - Jonathan Haidt (book)

Scrolling to Death Podcast with Nikki Reisberg - Find it on Apple/Spotify

www.protectchildren.ca - website

www.cybertip.ca - website

FOLLOW @youthmattercanada

FOLLOW @thesmartphoneeffectmd and @scrolling2death in Instagram

Scan the QR code
and sign up for
awareness/education emails.





YOUTH MATTER CANADA

Cyber Safety, Online Harms & Social Media

www.youthmatter.ca



Key Talking Points & Language for Kids (Grades 7–9)

“Not everyone online is showing their real life. Most posts are highlights, filters, or performances and comparing yourself to them isn’t fair to you.”

“Social media can make pressure feel constant. If being online leaves you feeling anxious, angry, or ‘not enough,’ that’s a sign to take a break, not a sign that something is wrong with you.”

“Online relationships can blur boundaries. Anyone who pressures you for photos, secrets, or constant contact is crossing a line, even if they seem friendly or your age.”

“Your digital footprint matters. Screenshots, shares, and messages can last longer than you think, even when things disappear.”

“You don’t owe anyone access to you - online or offline. It’s okay to mute, block, unfollow, or walk away.”

“Kindness, consent, and respect still apply online. How you treat others, and yourself, matters.”

Suggested Family Screen Guidelines (Grades 7–9)

Phones charge outside bedrooms at night.

Screens have a ‘wind-down’ time before sleep.

Privacy settings reviewed together, regularly.

Location sharing off unless truly needed.

No pressure to respond immediately to messages.

Parents can check devices if safety is a concern – this is about protection, not punishment.

Social media access increases with maturity and trust.

Discussion Questions (Parents + Youth)

“What kinds of things online make you feel stressed, pressured, or drained?”

“Have you ever felt like you had to respond or keep up online, even when you didn’t want to?”

“What would you do if someone crossed a boundary or asked for something that made you uncomfortable?”

“Who are your safe adults if something online doesn’t feel right?”

“What helps you feel most like yourself – online and offline?”

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