

Dear St. Alphonsus School Families,  
As we journey through this blessed season of Lent, we are reminded that this is a time of prayer, fasting, and almsgiving. Throughout the coming weeks, our students will continue to deepen their understanding of Christ's love through classroom reflections, liturgical celebrations, and acts of service. Our main Lenten project will be to support Wings of Grace Orphanage in Uganda.

Term 2 progress reports will come home March 20th. These reports provide valuable insight into your child's academic progress, work habits, and social development. We encourage you to review the report card carefully with your child, celebrating successes and setting goals for continued growth.

Student Led Conferences will be March 24th and 25th from 3:30 to 6:30 p.m. These meetings are an important opportunity for open communication and collaboration between home and school. Information regarding interview scheduling will be shared soon.

We are also excited to share that we are now accepting applications for our Pre-Kindergarten program and registrations for Kindergarten for the upcoming school year. If you or someone you know has a child ready to begin their educational journey with us, we warmly welcome you to contact the school office for more information. Our early learning programs provide a nurturing, Christ-centered environment where young learners can grow, explore, and build a strong foundation for future success.

Thank you for your continued support, partnership, and commitment to Catholic education. May this Lenten season be one of renewal and grace for your family. God bless

**Mr. M. Cristo, Principal**   **Mrs. C. Bohn, Vice-Principal**



## Calendar of Events

March 2	Multicultural Art Club (3:30 - 5:00 p.m.)
March 3	Spring Play Rehearsal (3:30 - 4:30 p.m.)
March 4	Curling Club Mini Spiel Bake Sale
March 5	Multicultural Art Club (3:30 - 5:00 p.m.)
March 9	Multicultural Art Club (3:30 - 5:00 p.m.)
March 10	Yorkton Music Festival (Grades 5-8: 8:00 a.m. - 12:00 p.m.) Spring Play Rehearsal (3:30 - 4:30 p.m.)
March 11	African Crafts and Glitter Tattoos McDonalds Hot Lunch
March 12	Multicultural Art Club (3:30 - 5:00 p.m.) Healthy Screenshot Habits Seminar (5:30 - 7:30 p.m.)
March 13	Penitential Service (9:30 a.m.)
March 16	Multicultural Art Club (3:30 - 5:00 p.m.)
March 17	Spring Play Rehearsal (3:30 - 4:30 p.m.)
March 18	Pop for a Purpose
March 19	Multicultural Art Club (3:30 - 5:00 p.m.)
March 20	Term 2 Progress Reports
March 23	Grade 5 Band Trip Multicultural Art Club (3:30 - 5:00 p.m.)
March 24	Spring Play Rehearsal (3:30 - 4:30 p.m.)
March 25	Lunch Dance Student Led Conferences (3:30 - 6:30 p.m.)
March 26	Multicultural Art Club (3:30 - 5:00 p.m.) Student Led Conferences (3:30-6:30 p.m.)
March 30	Multicultural Art Club (3:30 - 5:00 p.m.)



## From the MHCB

Supporting Healthy Minds: Why Limiting Screen Time Matters

In today's world, screens are everywhere—phones, tablets, computers, gaming systems, and televisions. While technology offers educational tools and entertainment, growing evidence shows that too much screen time can significantly impact children's mental health.

How Excessive Screen Time Affects Kids

Spending long hours on devices has been linked to increased anxiety, irritability, difficulty concentrating, and disrupted sleep. Social media in particular can contribute to low self-esteem, comparison, and feelings of isolation. Younger children may also experience delayed social development when screen time replaces face-to-face interaction and imaginative play.

Sleep is another major concern. The blue light emitted by screens interferes with the body's natural sleep cycle. Children who use devices before bed often fall asleep later and experience lower-quality rest, which directly affects mood, behavior, and academic performance.

The Mental Health Connection

Children's brains are still developing. When screen time crowds out physical activity, outdoor play, family conversation, and creative activities, kids miss opportunities to build emotional regulation skills, resilience, and healthy coping strategies. Overstimulation from fast-paced digital content can also make everyday activities feel less engaging, contributing to boredom and frustration.

Interested in learning more? Join us March 12th for our family event. This event includes supper, childminding and learning! See the attached poster for more information.

NOTES:

Rocking Mental Health After School Group for Grades 3 – 6 will next meet on Tuesday, March 10th from 3:30 – 5:00 p.m. Snacks provided! Contact Ms. DeVos for more information.

# Kindergarten 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:

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<https://stalphonusus.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://stalphonusus.christtheteacher.ca/documents/90944c22-6255-48e1-b365-ba5ccfe651e2/2020-2021-Prekindergarten\\_Application\\_Form.pdf](https://stalphonusus.christtheteacher.ca/documents/90944c22-6255-48e1-b365-ba5ccfe651e2/2020-2021-Prekindergarten_Application_Form.pdf)

## Healthy ScreenTime habits

A free Positive Parenting seminar for parents and caregivers of children at St. Alphonsus School

This seminar will:

- ✓ Provide practical strategies to help reduce conflict over screen use
- ✓ Help you make kids' online safety a priority
- ✓ Help you find the right balance for your family

Thursday  
March 12

St. Alphonsus School  
Spaghetti supper 5:30 to 6  
Seminar for parents 6 to 7:30

Childminding available (please advise when registering)

Registration deadline is March 10.  
To register contact Ms. De Vos at 306-621-9443 or email [devoj01@ctcs.ca](mailto:devoj01@ctcs.ca)



In co-operation with



Door prizes!

Including Yorkton Exhibition family pack

## Band News

- The Yorkton Music Festival will be held March 10<sup>th</sup> at Yorkton Regional High School! Everyone is welcome. Grade 6 students will arrive for Full Band at 8:15 followed by Grade 5 at 8:40. Grade 7 and 8 will be picked up by a bus.
- The Grade 5 band trip to Regina Optimist Festival is March 23<sup>rd</sup>!
- Registration for Yorkton Band Camp is open at <https://saskband.org/SBA-Band-Camps>. Register before April 30 for \$50 off!



## Driving Reminders

- The two parking lots on either side of the school are for staff only.

## Student Led Conferences

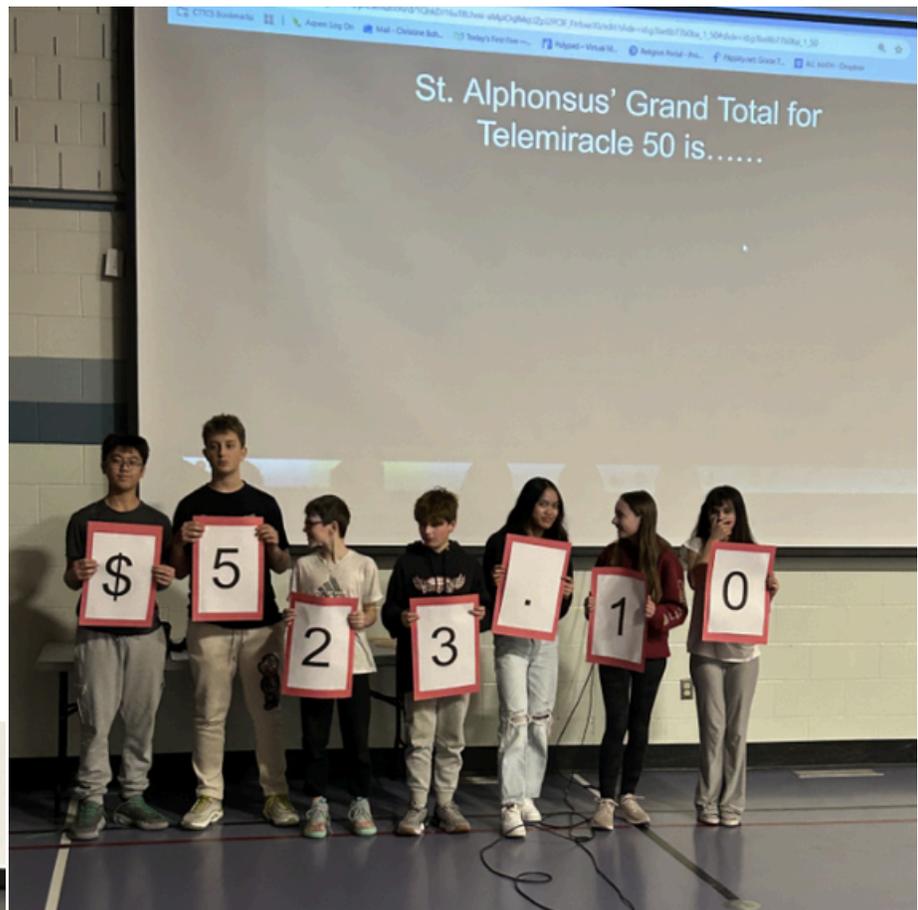
Student led conferences will be held this term on March 25-26<sup>th</sup>! Both days, teachers will be here from 3:30 - 6:30 p.m.

Ms. De Vos, our Mental Health Capacity Building Coordinator, will be in the library during both SLC evenings. Please stop by to enjoy some snacks, check out some of the work she is doing with the students, and enter your name for a chance to win a family fun basket!



## Telemiracle 50th Anniversary

Our Telemiracle Spirit Week was a huge success! With 50's flair, our Angels took part in bubble gum blowing contests, enjoyed sweet treats like root beer floats and baked sales, and performed in the talent show. By the end of the week, our generous students were able to raise \$523.10! The A-Team topped this amount up so a total of \$550.00 will be donated to Telemiracle! Congratulations Angels!



# Wings Of Grace Orphanage

St Alphonsus  
2026  
Lenten  
Project

- \*\* STAFF \$2 JEANS ON FRIDAYS
  - \*\* GUESS THE BEADS FOR \$0.50 UNTIL MARCH 20
  - \*\* FILL THE NILE
    - QUARTERS = CRAYONS
    - \$1 = TSHIRTS
    - \$5 = SANDALS
- IF WE FILL THE NILE WE WILL EARN A SCHOOL WIDE EXTRA RECESS.

**WEEK 1** SKIPPING CHALLENGE: FRIDAY FEB 27, \$2  
GUM SALE: \$1

**WEEK 2** BAKE SALE: WED, MARCH 4, \$1/ITEM

**WEEK 3** AFRICAN CRAFTS AND GLITTER TATTOOS:  
WED, MARCH 11, \$1 EACH

**WEEK 4** POP FOR A PURPOSE: WED,  
MARCH 18, \$2 EACH

**WEEK 5** LUNCH DANCE: MARCH 25, \$3

**WEEK 6** LENTEN LUNCH: WED APRIL 1, \$2

OUR SUPPORT WILL GO TOWARDS  
SCHOOLING, CLOTHING AND SHOES,  
SPORTS EQUIPMENT AND HOUSING COSTS  
FOR THE 50 CHILDREN LIVING AT  
THE ORPHANAGE.

# Dream Brokers TINIKLING DANCE CLASS

FILIPINO BAMBOO DANCE

SATURDAYS  
1:30-3:30 PM  
APRIL 11 - MAY 9  
5 WEEKS

**SPACE IS LIMITED!  
REGISTER NOW**

Contact Janine  
(District Dream Broker)

📞 306-828-2401

✉️ [jnelson@yorkton.ca](mailto: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 6/7 Gets Creative!

The Grade 6/7 class taught by Mrs. Angove have been putting their artistic skills to work with recent projects. Pictured are egg carton and relief sculptures they created based on the work of Darrell Wakelam, as well as displays from their cultural exhibition! Good work students!

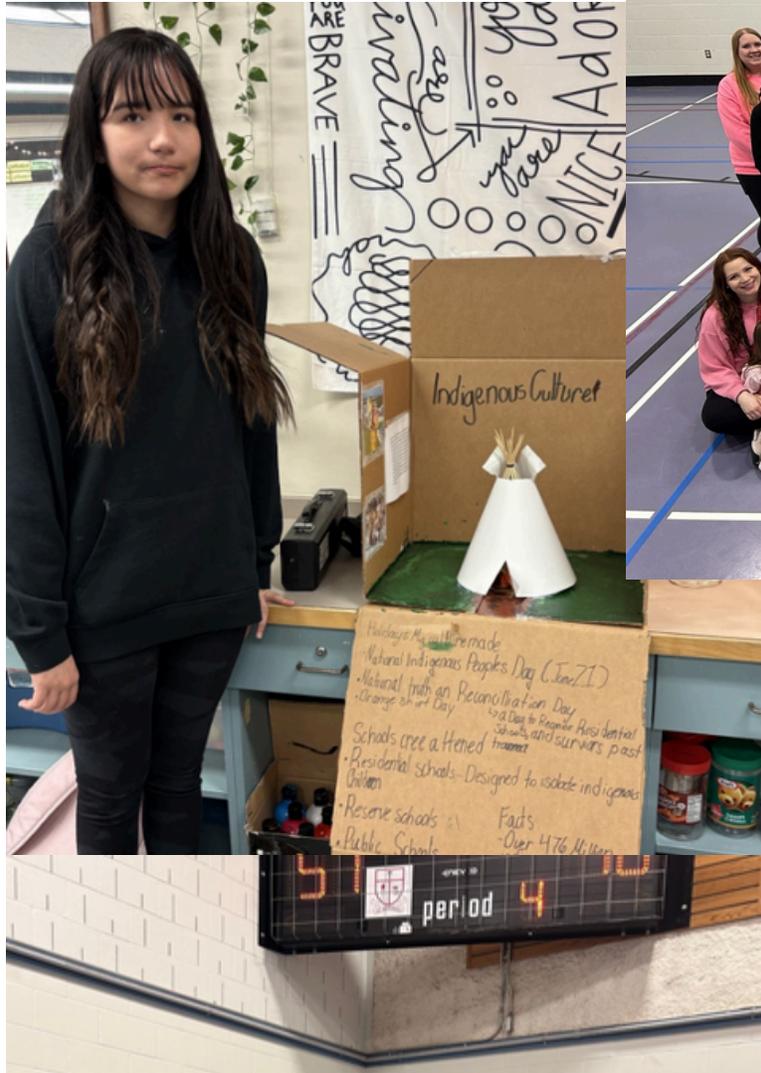
EGG CARTON SCULPTURES

AND SCULPTURE RELIEF

GRADE 6/7



# Angels in Picture!





### Contact Us



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Yorkton, SK S3N 0A8



<http://stalphonus.christtheteacher.ca>



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



# Dream Brokers

## NEWSLETTER

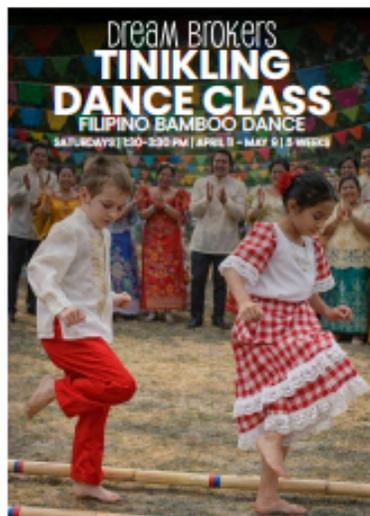
## WINTER 2026

### DREAM BROKER - HELPING YORKTON KIDS ACCESS ACTIVITIES

Are you a family facing financial challenges? Dream Brokers is here to help your children get involved in sports, arts, and year-round recreation programs. We can support you with fees, transportation, registration/sign-ups, and questions about available options.

#### HOW TO GET STARTED

- 1 ASK YOUR SCHOOL:**  
Request a referral form from your school.
- 2 CONTACT US:**  
Call or email me to confirm eligibility and discuss what support you may qualify for.



#### UPCOMING WORKSHOPS

We're excited to offer two upcoming workshops through our Dream Broker Program:

##### Tinikling Dance Class:

A lively Filipino bamboo dance. April 11 to May 9

##### Movement Class with Joanne Fourie:

A fun, supportive fitness class. May/June

These workshops are free for students from Columbia, Dr. Brass, St. Alphonsus, and St. Mary's Schools who are facing financial barriers.

For more information, please contact me.

#### DO YOU NEED SPORTS EQUIPMENT?

Book a time to visit the Yorkton Sports Bank by scanning the QR code or visiting [www.yorkton.ca/sportsbank](http://www.yorkton.ca/sportsbank)



#### CONTACT ME

District Dream Broker  
Janine Nelson

Phone/Text: 306.621.1090 or

Phone: 306.828.2401

Email: [jnelson@yorkton.ca](mailto:jnelson@yorkton.ca)