St. Alphonsus School

Newsletter

October 2026

Issue #11

Dear Students, Families, and Staff,

With Thanksgiving right around the corner and cooler weather on its way, it is a wonderful time to pause and reflect on all we have to be thankful for.

A big congratulations to our Cross Country Team on a fantastic season! We are so proud of the hard work, dedication, and sportsmanship shown by our students.

Our Grade 7 students also had a wonderful canoe trip, blessed with great weather and many opportunities to enjoy the outdoors and make special memories together. Thank you to everyone who helped make the trip a success!

A reminder that School Picture Day is Tuesday, October 22nd. We look forward to capturing some great memories of our students this year.

As we approach Thanksgiving, may we remember the many blessings in our lives and give thanks for our students, families, staff, and our Catholic school community.

Wishing you all a safe, happy, and blessed Thanksgiving!

Mr. M. Cristo, Principal

Mr. Q. Haider, Vice-Principal

Calendar of Events

October 2	Booster Juice "Hot" Lunch
October 5	Girls Volleyball Game v. St. Mary's (3:30-5:00 p.m.)
October 6	Boys Volleyball Game @ Springside (3:30-5:00 p.m.)
October 8	World Mental Health Day Walk @ Yorkton Regional High School (6:00 p.m.)
October 9	Inservice - No School
October 12	Thanksgiving - No School
October 12-16	Saskatchewan Library Week
October 13	Boys Volleyball Game v. Springside (3:30-5:00 p.m.)
October 14	Boys Volleyball Game v. Dr. Brass (3:30-5:00 p.m.)
October 15	Boys Volleyball Game v. St. Paul's (3:30-5:00 p.m.)
October 17	Cross Country Provincials
October 18-24	Education Week
October 19	School Bus Driver Appreciation Day (Thank you Justin!!) Grade 5 Full Band (8:00 a.m.)
October 20	Girls Volleyball Game @ St. Michael's (3:30-5:00 p.m.) Rockin Mental Health Clan (3:30-5:00 p.m.)
October 22	School Photos
October 26-30	Media Literacy Week
October 28	Boys Volleyball Game @ MC Knoll (3:30-5:00 p.m.) MHCB Pumpkin Carving (6:30-8:00 p.m.)
October 30	Halloween Parade

School Division Cross-Country

Our cross country team had a great showing at the division meet! Ms. Drosky and Miss Kosteniuk coached our team through the weeks leading up to the event. Below are the top placements of students in their respective races:

Laurenz G. - 2nd place
Miya L. - 6th place
Adalynn S. - 7th place
Kayden L. - 7th place
Shayla D. - 7th place
Jillian R. - 8th place
Addy B. - 11th place
Kaylum F. - 9th place
Ellara N. C. - 10th place



Band News

- Grade 6, 7, and 8 Full Band classes have begun, and Grade 5 will start Full Band rehearsals on October 19th. Be sure to be at Sacred Heart High School by 8:00 a.m. or tell Mrs. Karapita if you can't attend.
- A reminder that Grade 5 band students are required to practice every day for a minimum of 10 minutes.
- Grade 6-8 students will play for Remembrance Day on November 5 at 1:00 p.m.
- The Christmas Band Concert will be held on December 15th at 7:00 p.m.

Parking Reminder

Parking Lots on both sides of the school are intended to be for staff only. Families, please park on the street in front of the school when dropping off and picking up your children. Only staff vehicles are permitted in the parking lots.



From the MHCB

Throughout the year, the Mental Health Capacity Building program will continue to support students, staff, and families through activities, programs, and resources that promote mental wellness, resilience, belonging, and healthy relationships. We have a lot of fun, engaging activities and learning planned!

Calm Connect – Now Available at Home!

St. Alphonsus School is excited to share that Calm Connect is being used with students from Pre-Kindergarten to Grade 4 to support social-emotional learning and mental health. Calm Connect provides students with engaging, age-appropriate movements that help build skills such as emotional awareness, self-regulation, coping strategies, mindfulness, and positive mental health.

Families can continue practicing the skills their children are learning at school and have conversations together about emotions, coping, and well-being. The week before Thanksgiving, all families will receive the log in information from your child's teacher on their communication platform. If you have questions, please contact Ms De Vos.

Learn more about Calm Connect and explore the program here: www.priohealth.com

Mental Health Day Walk!

Families are invited to join Ms. De Vos for the Mental Health Day Walk on October 8th at 6:00 p.m.! Come to the Yorkton Regional High School track to walk, connect, and promote the importance of mental health and well-being together as a community.

Rockin Mental Health Clan – Back for Another Year!

The Rockin Mental Health Clan is returning to St. Alphonsus School! This after-school group is open to students in Grades 4–6 who are interested in learning more about mental health, building positive connections, and getting involved in our school and community.

Students will participate in fun, interactive activities while developing their mental health knowledge and finding ways to make a positive difference in our community.

📅 Meetings: Once a month (with potential for more depending on activities)

⏰ Time: 3:30–5:00 p.m. (small snack is provided)

📍 St. Alphonsus School

Upcoming Dates:

- October 20
- November 17
- January 19

If your child is interested in joining or you have questions, please reach out to Ms. De Vos.

We look forward to another year of learning, connection, kindness, and making a difference!

Be sure to check out our poster with information on an October family event!

Ms. Jamie De Vos

MHCB Coordinator



FAMILY PUMPKIN CARVING EVENT

Families of St. Alphonsus School are invited to come and carve their pumpkin as a family!



Wednesday, October 28th

6:30 – 8:00 pm

All supplies will be provided!
One pumpkin per family.

Doors open at 6:15 and will be locked at 6:40.

Register with Ms. DeVos

Space is limited.

Call the school at
306-783-4121

Text at
306-621-9443

Email at
devoj01@cttcs.ca

Our Nutrition Program Thanks You!

St. Alphonsus School would like to extend a heartfelt thank you to the Community Initiatives Fund (CIF) for their generous support of our school breakfast and nutrition program. Their financial contributions have helped us start and continue this important program, ensuring our students have access to nutritious food to help fuel their learning and their day. We are incredibly grateful for CIF's investment in the well-being of our students and for helping us create a school community where every child has the opportunity to start their day feeling ready to learn. Thank you for helping us nourish both our students and our school community!
We also want to extend a thank you to Wheatland Water for generously supplying drinking water to our breakfast program at St. Alphonsus School. Your support helps us provide a welcoming, comfortable space where students can enjoy a nutritious start to their day. We truly appreciate your generosity and support of our students!

Community Initiatives Fund

Wheatland Water Conditioning Ltd.















Angels in Picture!

The Medicine Shoppe PHARMACY

Your Health Our Priority

17-259 Hamilton Rd. Yorkton

Join us for the 8th annual **World Mental Health Day Walk**

Thursday, October 8 at 6 PM

Yorkton Regional High School track

Join us to walk as much or as little as you want, with donations supporting SIGN Rapid Access Counselling services.

Tricia's Medicine Shoppe is donating $8 per walker!
(up to $800)



Society for the Involvement of Good Neighbours RAPID ACCESS COUNSELLING

bgc Yorkton

MY BGC

MY BGC is an opportunity for youth in Kindergarten through age 12 to connect with Club staff while taking part in engaging and fun activities! My BGC is a drop-in program that allows children & youth to create memories & build positive, meaningful relationships while getting active and moving!

Program starts October 1st and runs for the 2026-2027 School Year!

MY BGC runs on Thursdays from 6:30 pm to 7:30 pm

*doors are only open 6:15 pm to 6:30 pm

Located at St. Al's School Gym

Please use front doors

*Please bring indoor shoes & water bottle!

Call 306-783-2582 or check out www.bgcyorkton.ca for more info on this program or on becoming a member of the BGC Yorkton!

Community Initiatives Fund | SASK LOTTERIES | Government of Saskatchewan



Triple P Group

Six weekly workshops for parents and caregivers of children up to 10 years of age

Thursdays 6-8 pm Oct. 1 to Nov. 5

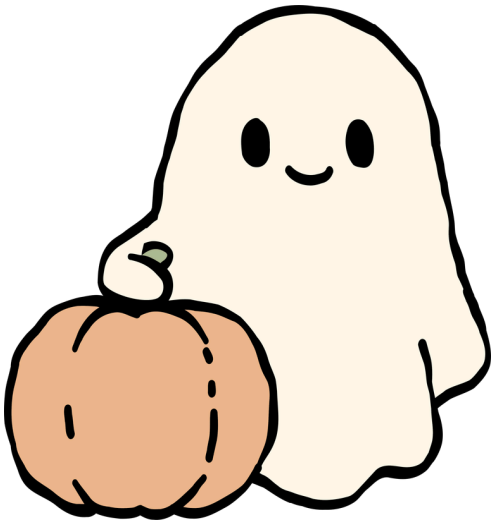
- Build a positive relationship with your child;
- Learn effective strategies to teach new skills;
- Use rules and consequences with confidence;
- Connect with other parents in a welcoming, supportive environment.

Participation is required at all six sessions.

This is a free in-person workshop at *Triple P Learning Centre, 345 Broadway Street West.*
Childminding is available for children 10 and under.
Refreshments will be provided to kids and parents.

Registration is limited. Register no later than Monday, September 28 at signyorkton.ca/register or text/call 306-621-3084.

Society for the Involvement of Good Neighbours | Triple P Positive Parenting Program



Contact Us

81 Henderson Street East
Yorkton, SK S3N 0A8

http://stalphonsus.christtheteacher.ca

saint.alphonsus@cttcs.ca
Michael.cristo@cttcs.ca

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



Become a Positive Parenting Partner

2026-2027

Supporting families. Empowering educators. Strengthening communities.

HOW:

- ✓ Referrals & Self-referrals
- ✓ Host Parent/Caregiver Workshops or Sessions.
- ✓ School & Community Events
- ✓ Professional Learning for Staff
- ✓ Share Our Programs & Promote Triple P

WHY:

- ✓ Customized Topics Based on Your Needs
- ✓ Flexible In-person or Virtual Delivery
- ✓ Scheduling Options That Work For Families & Staff
- ✓ Research-based Information
- ✓ Quality Resources and Take-home Materials
- ✓ FREE

Popular Topics Include: Helping Children Cope With **Anxiety**, Truancy, **ADHD**, Coping With **Frustration**, Bullying, Healthy **Screen time** Habits, Self-Esteem, our Stepping Stones program to support kids with disabilities or diagnoses and more.

Contact us to learn more about bringing our services to your school/community.

306-621-3084 www.signyorkton.ca triplep@signyorkton.ca

Society for the Involvement of Good Neighbours

Triple P Positive Parenting Program

Reducing Family Conflict



For caregivers of tweens and teens

When your tween or teen pushes every button, join us for a supportive session where you can learn practical strategies for...

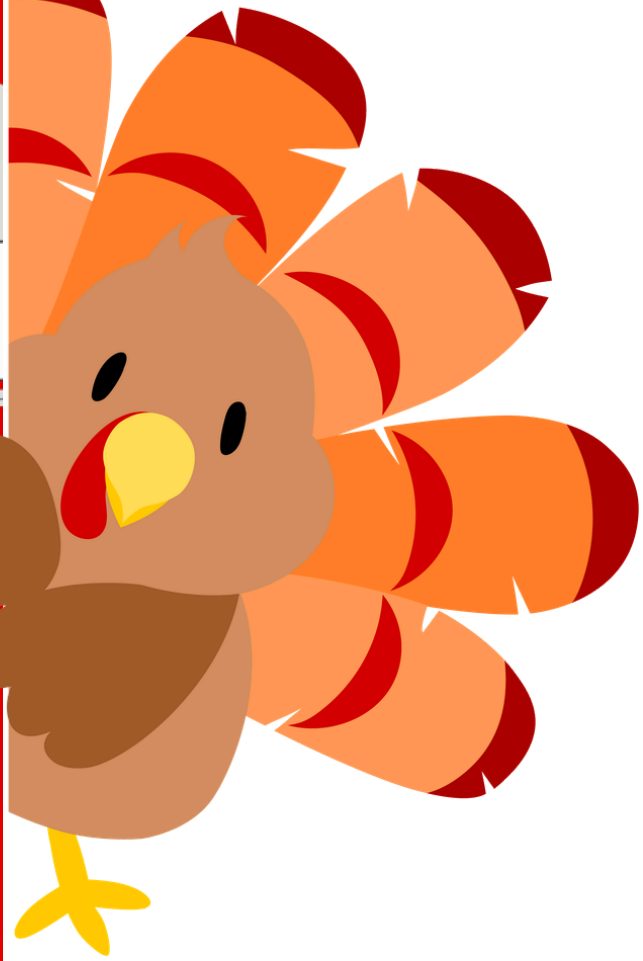
- Navigating conflict,
- Improving communications,
- Fostering stronger family relationships,
- Setting healthy boundaries,
- Creating a more peaceful home environment.

This is a free program.
Refreshments will be available.

Wednesday
October 21
6 to 8 PM

In person at
Triple P Learning Centre
SIGN on Broadway,
345 Broadway St. W.

Register no later than October 20 at signyorkton.ca/register or call/text 306-621-3084



Society for the Involvement of Good Neighbours

Triple P Positive Parenting Program



ADHD: The next chapter



Understanding ADHD in adolescence: challenges, strengths, and tools to support success.

- How ADHD symptoms change in adolescence.
- Impact of ADHD on school, friendship, emotions and self-esteem.
- Executive functioning challenges.
- Strategies to support organization, motivation, emotional regulation and family communication.
- How to foster resilience, confidence and self-advocacy.

Tuesday
October 20
6-8 PM

With Warren Leonard
Registered Psychologist
Saskatchewan Health Authority

Triple P Learning Centre
at SIGN on Broadway, 345 Broadway St. West

Register no later than Friday, Oct. 16 by texting 306-621-3084 or online at www.signyorkton.ca/register
Limited childminding available for kids under the age of 10.
Snacks and refreshments available.

Society for the Involvement of Good Neighbours

Triple P Positive Parenting Program

Education Week
October 18 to 24, 2026

Semaine de l'éducation
Du 18 au 24 octobre 2026

Big Skies, Bright Futures: Learning in Saskatchewan

Ciel immense, avenir brillant : apprendre en Saskatchewan



saskatchewan.ca

Saskatchewan