



St. Paul's School Newsletter

"Christian Education Through Shepherding"

October 2026

Dear Parents/ Guardians:

The school year is well underway, and we are so proud of how quickly our students have settled into their daily routines. Having completed our initial assessments, we have established a strong academic and social foundation that sets our whole school community up for success. As we move into October, we look forward to a month centered on gratitude as we celebrate Thanksgiving, along with joyful community moments during Education Week and Halloween. Thank you for partnering with us in your child's educational journey!

Mrs. K. Poncelet, Principal
St. Paul's School

Building Faith and Academic Habits: The Power of Gratitude

Practicing gratitude helps students develop a positive mindset, resilience in their learning, and a spirit of appreciation for God's gifts. Here are four practical ways families can weave gratitude into their daily routines:

- **The "Three Blessings" Dinner Tradition:** At the dinner table, have each family member share three good things that happened during their day, along with one thing they are grateful to God for. This helps

children train their minds to look for positive moments, even on challenging days.

- **Gratitude Before Homework:** Before starting homework, take 30 seconds to say a quick prayer of thanks for the opportunity to learn and grow. A simple, *"Thank you for giving me a brain that can learn new things today,"* helps reframe academic effort as a gift rather than a chore.
- **A Nighttime Gratitude Prayer:** Make gratitude the final thought of the day. During bedtime prayers, invite your child to name one person who helped them at school or home that day, and say a brief prayer of thanksgiving for them.
- **Model "Thankful Words" at Home:** Children learn habits best by watching their parents. Intentionally expressing gratitude to your children for their efforts—such as saying, *"I appreciate how hard you tried on that assignment"* or *"Thank you for helping set the table"*—teaches them how to recognize and appreciate the effort of others.



Parish Information

St. Gerard's Roman Catholic Church
Fr. Wilfred Calinawan

125 – 3rd Avenue North

Phone: (306) 782-2449

Fax: (306) 782-8566

Saturday Mass: 5:00 p.m.

Sunday Mass: 10:00 a.m.

St. Mary's Ukrainian Catholic Church
Father Basil Malowany

155 Catherine Street

Phone: (306) 783-4594

Fax: (306) 782-4214

Saturday Divine Liturgy: 5:00 p.m.
(English)

Sunday Divine Liturgies: 9:00 a.m.
(English/Ukrainian)

Please check both Church Bulletins for more news

St. Paul's School Day Schedule

8:50 – 8:55 a.m.	Bell (Organization Time)
8:55 – 10:30 a.m.	Instructional Time
10:30 a.m.	Recess
10:45 – 11:45 a.m.	Instructional Time
11:45 – 12:25 p.m.	Lunch
12:25 – 12:30 p.m.	Bell (Organization Time)
12:30 – 2:00 p.m.	Instructional Time
2:00 p.m.	Recess
2:15 – 3:20 p.m.	Instructional Time



October 19/20 School Photos

Retake Picture Date:

November 16

School Bus Schedules

St. Paul's School students will use Route #4. Please note that this route has also been posted on the Christ the Teacher Division website: www.christtheteacher.ca

At the end of a school day, “**Bus 1**” will leave St. Paul's School at 3:17 p.m. with students to transfer at Yorkdale Central School to rural home buses.

“**Bus 2**” will leave St. Paul's School at 3:27 p.m., following the route 4 schedule (reverse of a.m. route).

Southland Transportation Ltd. will be providing bussing services for the school year.

Band

- Beginners are required to play every day (10 minutes minimum)
- Gr. 6, 7/8 Full Band classes have begun. (If your child cannot attend, you need to tell Mrs. Karapita.)
- Mon. Oct. 19, 8 AM: weekly Gr. 5 Full Band begins @ Sacred Heart
- Nov. 9 @ 9:30 AM: Gr. 6-8 play for Remembrance Day
- **Tues. Dec. 15, 7 PM: Band concert**

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@stpaulspatriots



October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				October 1	2	3
4	5 World Teacher's Day	6 SCC Meeting 6:00 pm	7 District Cross Country Meet @Jaycee Beach	8 Thanksgiving Celebration 10:45 am	9 Inservice NO SCHOOL	10
11	12 Thanksgiving NO SCHOOL	13	14	15	16	17
18 Education Week	19 School Photos Grade 5 Full Band begins 8:00 am	20 School Photos	21 Chip Pickup 3:20 - 5:30 pm	22 Hotdog Lunch	23	24
25	26	27	28	29	30 Halloween Parade 12:40 pm	31

