



# Week at a Glance

**Monday, January 12th– Friday, January 16th, 2025****Parent/Guardian #18 2025-2026**

**At St. Stephen Catholic School, we are dedicated to fostering the spiritual, intellectual, and moral development of every child. Grounded in the teachings of Jesus Christ and guided by Catholic values, we aim to build a supportive and inclusive community where students are motivated to excel, build strong character, and serve others with compassion and integrity. Through faith-based education, we prepare our students to become lifelong learners, responsible citizens, and faithful followers of Christ.**

Dear Parents and Guardians,

We would like to share several important updates and upcoming events at St. Stephen School.

**This Coming Week:**

- Students will be participating in skating
- **Spirit Wear Day** will take place
- **Mass on Thursday**, led by Mr. Galinas' Grade 4/5 class with the support of Mrs. Schaus

**Report Cards:**

Report cards will be sent out **electronically on Monday, February 9th**.

**PA Day Reminder:**

Our upcoming **PA Day is Monday, January 19th**. There will be **no school for students** on this day, as teachers will be working on report cards.

**School Fundraisers:**

Thanks to the support from our school fundraisers, we have purchased **two sets of pickleball kits** for gym class and our upcoming tournament, which Mr. Galinas will be coaching. Thank you to Mr. Galinas and Mr. Bortolotto for coaching the intermediate basketball team.

**Attendance Goal:**

Thank you for continuing to support one of our school's goals, maintaining **90% attendance**. Last month's winning class was the **Grade 4/5 class**. Congratulations!

As always, my door is open, and I welcome any concerns or compliments you may wish to share.

Thank you for your continued support of our school community.

Mr. Docherty

Monday, January 12th, 2025	Day 1	<ul style="list-style-type: none"><li>• <b>Christian Meditation @ 1:30</b></li></ul>
Tuesday, January 13th, 2025	Day 2	<ul style="list-style-type: none"><li>• <b>Nutrition Day- Thank you, volunteers</b></li><li>• <b>Subway</b></li><li>• <b>Spirit Wear Day (St. Stephen clothing)</b></li></ul>
Wednesday, January 14th, 2025	Day 3	<ul style="list-style-type: none"><li>• <b>Skating (11:30-12:20) grades K-3/4</b></li></ul>
Thursday, January 15th, 2025	Day 4	<ul style="list-style-type: none"><li>• <b>Nutrition Day- Thank you, volunteers</b></li><li>• <b>Skating (11:30-12:20) grades 4/5-7/8</b></li><li>• <b>January 15th- School Mass (grade 4/5 @ 9:05 am)</b> All are welcome to attend</li><li>• <b>Mr. Docherty at Principal meeting (all day)</b></li></ul>
Friday, January 16th, 2025	Day 5	<ul style="list-style-type: none"><li>• <b>Pizza Day</b></li><li>• <b>Name that Song and Random Acts of Kindness (2:30)</b></li></ul>

### **Upcoming Important Dates/Events:**

January 19<sup>th</sup>- PA Day (no school for students)  
January 22<sup>nd</sup>- Jersey Day  
January 26<sup>th</sup>- Intermediate basketball tournament  
January 27<sup>th</sup>- Twin Day  
January 28<sup>th</sup>- Catholic Parent School Council meeting (4:15-5:15)  
January 30<sup>th</sup>- Colour House Day for Carnival  
February 9th- Report Cards are emailed home  
February 11<sup>th</sup>- Pizza lunch paid for by Father Rudy  
February 17th- First Communion information meeting for grade 2 parents/guardians @ 7 pm in the Parish Hall. Also, for those students in grades 3 and greater who need it  
February 25<sup>th</sup>- Intermediate pickleball tournament

**\*\*FYI\*\***

**Attendance Blast:**

**What a Parent/Guardian/Family Member Can Do to Assist in Good Attendance:**

- **Set a regular bedtime and morning routine.**
- **Lay out clothes and pack backpacks the night before.**
- **Keep your child healthy.**
- **Develop backup plans for getting to school if something comes up. Call on a family member, a neighbour or another parent.**
- **Try to schedule medical appointments and extended trips when school isn't in session.**
- **If your child seems anxious about going to school, talk to teachers, the school principal and other parents for advice on how to make your child feel comfortable and excited about learning.**
- **If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home.**

**SELF Regulation:**

- **Understanding the SELF in Self Reg©**
- The self-regulations as a learning skill that is reported on in the Ontario Report Card is vastly different than the process of Self-Reg©. At BHNCDSB, we continue to explore and embed Shanker Self Reg© practices in our schools as a means to enhance learning, promote well-being, reduce behavioural issues, improve educator well-being and promote lifelong skills.
- Consider the following:
- Can you pour from an empty cup?
- Can you help others when you yourself need help?
- Can you co-regulate without being regulated by yourSELF?
- Knowing yourself and how you respond to different tensions and energy states enables you to effectively support yourSELF and others and provides the opportunity to foster a supportive and stress-aware environment for students and staff.
- Reflect on the video and consider the next steps.

**VIDEO LINK:**

- <https://bhncdsbca.sharepoint.com/:v/r/sites/PLR/Shared%20Documents/Understanding%20the%20SELF%20in%20Self-Regulation.mp4?csf=1&web=1&e=ARqhRT&nav=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAiOjTdhJIYw1XZWJBcHAiLCJyZWZlcnJhbFZpZXciOjTaGFyZURpYWxvZy1MaW5rliwicmVmZXJyYWxBcHBQbGFOZm9ybSI6IldlYilslnJlZmVycmFsTW9kZSI6InZpZXcifX0%3D>

**Head Lice:**

**Prevention & Treatment Information:** <head-lice-brochure-BCHU-HNHU-booklet-Updated.pdf>