



Week at a Glance

Monday, January 19th– Friday, January 23rd, 2026**Parent/Guardian #19 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/Guardians,

A special thank you to Mrs. Meadows for organizing the skating event last week. We would also like to extend our appreciation to the parents/guardians and grandparents who came out to help make the day a success.

Please note that this week's Mass was cancelled due to the snowstorm. It has been rescheduled for **Wednesday, the 21st, at 9:00 a.m.**

Due to the snow day, students in Grades 4–8 missed their scheduled skating. Additional skating days will be offered again in **February and March**, with dates to be determined.

The next **Catholic School Council meeting** will take place on **Wednesday, the 28th, from 4:15–5:15 p.m.**

Thank you for your continued support and partnership between home and school. We truly appreciate your commitment to reviewing and signing student agendas daily, as this supports effective communication. We also thank you for your continued support of one of our primary school goals, maintaining a 90% student attendance rate.

As always, I am available if you have any concerns, compliments, or matters you feel need to be addressed. I will do my best to respond within 24 hours.

Mr. Docherty

Monday, January 19th, 2026	PA Day	<ul style="list-style-type: none">• No School for students
Tuesday, January 20th, 2026	Day 1	<ul style="list-style-type: none">• Nutrition Day- Thank you, volunteers• Subway
Wednesday, January 21st, 2026	Day 2	<ul style="list-style-type: none">• Mass grade 3/4 (9:00-10:00) All are welcome to attend
Thursday, January 22nd, 2026	Day 3	<ul style="list-style-type: none">• Nutrition Day- Thank you, volunteers• Jersey Day
Friday, January 23rd, 2026	Day 4	<ul style="list-style-type: none">• Pizza Day• Name that Song and Random Acts of Kindness (2:30)• Free throw tournament (9:30-11:30) in the gym. Winners will attend Notre Dame on February 7th for the day.

Upcoming Important Dates/Events:

January 26th- Intermediate basketball tournament (Holy Trinity)
January 27th- Twin Day
January 28th- Catholic Parent School Council meeting (4:15-5:15)
January 30th- Colour House Day for Carnival
February 7th- Free throw winners at Notre Dame
February 9th- Report Cards are emailed home
February 11th- 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 23rd- Intermediate pickleball tournament @ Six Nations Sports and Cultural Memorial Centre.

****FYI****

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 BHNDSB, 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=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAIoJTdHJIYW1XZWJBcHAIcJyZWZlcnJhbFZpZXciOjTaGFyZURpYWxvZy1MaW5rliwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldIYilslnJlZmVycmFsTW9kZSI6InZpZXcifX0%3D>

Head Lice:

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