

# Week at a Glance

**Monday, January 26th– Friday, January 30th, 2026**

**Parent/Guardian #20 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 of St. Stephen,

We ask that you please take a moment to review the important upcoming events and information outlined below.

**\*We have found a black Apple Watch. Please call if it belongs to your child\***

Thanks to Mrs. Meadows' organization, we are pleased to share that additional skating opportunities have been added for our students. We appreciate her efforts in making this possible.

Please note that report cards will be sent home electronically on Monday, February 2nd. We would also like to thank you for being proactive in helping us work toward our school attendance goal of keeping absences under 10%. Teachers have been asked to include a comment on report cards if a student has been absent or late more than 10 days so far this term. ***Great news, I just spoke with my Superintendents, and they told me that the attendance for our school has improved significantly this year. Thank you for your continued support and for helping us achieve one of our main school goals of less than 10% absences.***

**We will be selling candy again for Valentine's Day. It will run as we did for candy canes. The students will be getting suckers, and they will be sold for \$0.50 each. The sale will run from Feb 2-11, and they will be delivered on the 13th.**

Thank you for your continued support and open communication with the school. Your partnership plays an important role in our students' success. My door is always open should you wish to share any concerns or compliments.

Thank you again for your ongoing support of St. Stephen.

Mr. Docherty

Monday, January 26th, 2026	Day 5	<ul style="list-style-type: none"> <li>Intermediate basketball tournament (Holy Trinity)</li> </ul>
Tuesday, January 27th, 2026	Day 1	<ul style="list-style-type: none"> <li><b>Nutrition Day- Thank you, volunteers</b></li> <li><b>Subway</b></li> <li>Twin Day</li> </ul>
Wednesday, January 28th, 2026	Day 2	<ul style="list-style-type: none"> <li>Catholic School Parent Council meeting (4:15-5:15)</li> </ul>
Thursday, January 29th, 2026	Day 3	<ul style="list-style-type: none"> <li><b>Nutrition Day- Thank you, volunteers</b></li> </ul>
Friday, January 30th, 2026	Day 4	<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> <li>Colour House Day for Carnival</li> </ul>

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

Feb 5<sup>th</sup>- Skating grades 4/5-7/8 (11:30-12:20))

February 7<sup>th</sup>- Free throw winners at Notre Dame

February 9<sup>th</sup>- Report Cards are emailed home

February 11<sup>th</sup>- Pizza lunch paid for by Father Rudy

February 17<sup>th</sup>- 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 19<sup>th</sup>- Skating grades K-3/4 (11:30-12:20)

February 23<sup>rd</sup>- Intermediate pickleball tournament @ Six Nations Sports and Cultural Memorial Centre.

March 5- Skating grades 4/5-7/8 (11:30-12:20)

March 12<sup>th</sup>- Skating grades K-3/4 (11:30-12:20)

March 26<sup>th</sup>- Skating Grades 4/5-7/8 (11:30-12:20) \*missed skate due to snow day\*

**\*\*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 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=eyJyZWZlcnJhbEluZm8iOncicmVmZXJyYWxBcHAiOiJTdHJlYW1lXZWJBcHAiLCJyZWZlcnJhbFZpZXciOiJTdGFyZURpYWxvZy1MaW5rliwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYiIsInJlZmVycmFsTW9kZSI6InZpZXcifX0%3D>

### **Head Lice:**

**Prevention & Treatment Information:** [head-lice-brochure-BCHU-HNHU-booklet-Updated.pdf](#)