

Week at a Glance

Monday, February 2nd– Friday, February 6th, 2026

Parent/Guardian #21 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,

I encourage you to review the Upcoming Important Dates and Events listed below in this week's memo, as there are many activities happening in the weeks ahead.

We held our Catholic School Council meeting this past Wednesday, and the minutes have now been posted on our school website in the Parent Council section for your review.

Next week, we begin our school-wide chocolate bar fundraiser. Last year, thanks to your generosity, we raised over \$4,000. With those funds, we were able to purchase student agendas, buses for end-of-year trips, a volleyball net, pickleball nets and racquets, and volleyballs, enhancing many aspects of student life and learning. This year, we are also planning to support the Parent Council in purchasing metal picnic tables to create additional outdoor learning spaces and provide shade during warmer months. A letter went home this week regarding the fundraiser. There are many great prizes for the students to win. Each box costs \$100, and the school makes \$50 off each box. **If you wish not to participate**, please sign the back page of the letter and have your child bring it back to their home room teacher. Otherwise, we will assume you are participating and will receive a box of chocolate bars. You can purchase through School Cash Online. **FYI:** We can't take open or partially sold chocolate bar boxes. You will be responsible for the purchase of that box.

Mr. Galinas will once again be taking our intermediate boys and girls to the Board pickleball tournament in February. We are also planning an indoor intramural program (soccer or floor hockey) for our primary students soon.

As always, we appreciate your ongoing support. Please know that I am available to listen and assist with any concerns or compliments you may have.

Mr. Docherty

Monday, February 2nd, 2026	Day 5	<ul style="list-style-type: none"> • Valentine's Day Suckers are being sold for \$.50ea. (Feb. 2nd-11th) • Christian meditation (10:20) • CGE/attendance award presentations (2:20) - All are welcome to attend
Tuesday, February 3rd, 2026	Day 1	<ul style="list-style-type: none"> • Nutrition Day- Thank you, volunteers • Subway • Chocolate bar fundraiser presentation • Chocolate bar letters due back
Wednesday, February 4th, 2026	Day 2	<ul style="list-style-type: none"> • Chocolate bars delivered, opt-out forms due
Thursday, February 5th, 2026	Day 3	<ul style="list-style-type: none"> • Nutrition Day- Thank you, volunteers • Skating grades 4/5-7/8 (11:30-12:20) • Chocolate bars sent home
Friday, February 6th, 2026	Day 4	<ul style="list-style-type: none"> • Pizza Day • Name that Song and Random Acts of Kindness (2:30) • Colour House-Carnaval

Upcoming Important Dates/Events:

February 7th- Free throw winners at St. Pius in Brantford-Registration at 10 am
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 13th- **Valentine's Day suckers are being delivered**
February 17th- Pancake Day
February 19th- Skating grades K-3/4 (11:30-12:20)
February 23rd- Intermediate pickleball tournament @ Six Nations Sports and Cultural Memorial Centre.
February 25th- Pink Shirt Day
March 5th- Skating grades 4/5-7/8 (11:30-12:20)
March 12th- Skating grades K-3/4 (11:30-12:20)
March 26th- Skating Grades 4/5-7/8 (11:30-12:20) *missed skate due to snow day*
March 30th- Fundraiser: Card Box goes home

****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>