



**St. Stephen's**

School

# Week at a Glance


**Monday, February 9th– Friday, February 13th, 2026**


**Parent/Guardian #22 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 hope this message finds you well. We have several exciting events and important reminders to share with you as we move through a very busy and wonderful week at St. Stephen.


 **Report Cards:** Report cards will be sent electronically on Monday. Please take some time to review your child's report card together, sign it, and return the bottom portion of page three to your child's homeroom teacher. We appreciate your support in celebrating your child's progress.

 **Pizza Treat on Wednesday:** We are thrilled to share that Father Rudy will be treating all students and staff to pizza on Wednesday. We are very grateful for his generosity and continued support of our school community.

 **Chocolate Bar Fundraiser:** Our chocolate bar fundraiser is in full swing. Thank you to everyone who has supported us so far! The funds help to lower cost for end-of-year trips, extra gym equipment, and outdoor picnic tables. Chocolate bars can be purchased through School Cash Online only. Please note that cash will not be accepted.

 **Valentine's Suckers:** Valentine's suckers continue to be sold during nutrition breaks. All orders will be delivered this Friday.

 **Free Throw Competition:** Congratulations to our free-throw winners! They will proudly represent St. Stephen this Saturday at St. Pius School in Brantford. We wish them the very best of luck.

 **WAAG (Week at a Glance):** A reminder that our WAAG is always posted on our school website under the Newsletter section. Please check regularly to stay up to date.

As always, if you have any concerns, questions, or compliments you would like to share, I am here to listen, help, and work together toward solutions.

Take care,

Mr. D

Monday, February 9th, 2026	Day 5	<ul style="list-style-type: none"><li>• Christian meditation (10:20)</li><li>• Report Cards are emailed home</li></ul>
Tuesday, February 10th, 2026	Day 1	<ul style="list-style-type: none"><li>• <b>Nutrition Day- Thank you, volunteers</b></li><li>• <b>Subway</b></li></ul>
Wednesday, February 11th, 2026	Day 2	<ul style="list-style-type: none"><li>• Pizza lunch paid for by Father Rudy</li></ul>
Thursday, February 12th, 2026	Day 3	<ul style="list-style-type: none"><li>• <b>Nutrition Day- Thank you, volunteers</b></li></ul>
Friday, February 13th, 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>• <b>Valentine's suckers delivered to students</b></li></ul>

### Upcoming Important Dates/Events:

February 13<sup>th</sup>- Valentine's Day suckers are being delivered

February 13<sup>th</sup>- Wear Red and Pink for Valentine's Day

February 17<sup>th</sup>- Shrove/Pancake Day

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 18<sup>th</sup>-School Mass-Ash Wednesday

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.

February 25<sup>th</sup>- Pink Shirt Day- Wear Pink

March 5<sup>th</sup>- 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\*

March 30<sup>th</sup>- 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 backpack 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%20n%20Self-Regulation.mp4?csf=1&web=1&e=ARqhRT&nav=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAiOiJ0TjHJlYW1lXZWJBcHAiLCJyZWZlcnJhbFZpZXciOiJ0TaGFyZURpYWxvZy1MaW5rIiwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYiIsInJlZmVycmFsTW9kZSI6InZpZXcifX0%3D>

### Head Lice:

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