

Week at a Glance

Monday, February 16th– Friday, February 20th, 2026

Parent/Guardian #23 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,

I hope this message finds you well and enjoying the start of February. As we look forward to another wonderful week at St. Stephen CES, I wanted to highlight the many exciting events and opportunities happening in our school community.

With Family Day on Monday, we wish all our families a joyful and relaxing day together. Enjoy this special time to unwind, reconnect, and make memories with loved ones.

On Monday evening, we invite all Grade 2 parents/guardians to our First Communion Information Meeting at 7:00 p.m. in the Parish Hall. Families of students in Grade 3 and above who have not yet received this sacrament are also warmly welcome.

Tuesday is Shrove (Pancake) Tuesday! A heartfelt thank you to our amazing Parent Council for providing delicious pancakes for our students. Your generosity and ongoing support truly enrich our school community.

We are also excited to host skating for students in Grades K-3/4 on Tuesday from 11:30 a.m. to 12:20 p.m. If you are able to help with tying skates, we would greatly appreciate the extra hands—many students benefit from your support, and it helps the experience run smoothly.

We hope you have had the chance to review your child's report card together. Should you have any questions or wish to discuss anything further, please reach out to your child's teacher. Open, ongoing communication between home and school helps all students thrive.

Our chocolate bar fundraiser continues to be a tremendous success—only 14 boxes remain! A big thank you to Mrs. Schaus for generously donating additional prizes, including beautiful gift baskets, which will be added to our draw. Your enthusiasm and support are truly appreciated.

Thank you, as always, for your partnership and commitment to your child's education. I am always here to support you and your family, and I strive to respond to all concerns within 24 hours. Together, we can help every student reach their fullest potential.

Mr. Docherty

Monday, February 16th, 2026	PA Day	<ul style="list-style-type: none"> • Family Day- No School • Christian meditation (10:20)
Tuesday, February 17th, 2026	Day 5	<ul style="list-style-type: none"> • Nutrition Day- Thank you, volunteers • Subway • Shrove/Pancake Day • 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.
Wednesday, February 18th, 2026	Day 1	<ul style="list-style-type: none"> • School Mass-Ash Wednesday
Thursday, February 19th, 2026	Day 2	<ul style="list-style-type: none"> • Nutrition Day- Thank you, volunteers • Skating grades K-3/4 (11:30-12:20)
Friday, February 20th, 2026	Day 3	<ul style="list-style-type: none"> • Pizza Day • Name that Song and Random Acts of Kindness (2:30)

Upcoming Important Dates/Events:

February 21st- Free throw winners (rescheduled) 10 am registration St. Pius in Brantford
February 23rd- Intermediate pickleball tournament @ Six Nations Sports and Cultural Memorial Centre.
February 25th- [Pink Shirt Day- Wear Pink](#)
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 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 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://bhncdsbc.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>