



St. Stephen's

School

Week at a Glance

Monday, April 13th– Friday, April 17th, 2026

Parent/Guardian #30 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. I would like to take a moment to share a few positive updates and important reminders with our St. Stephen community. Please take a moment to review the important upcoming events listed below to stay informed and engaged in school activities. We still have 4 boxes of chocolate available for purchase at a discounted price of \$50 each through School Cash Online. Thank you to everyone who has already supported this initiative.

In addition, our Parent Council will be purchasing two metal outdoor shaded tables to enhance our outdoor learning and gathering spaces. The school will also be contributing funds toward this project. We truly appreciate the ongoing support and collaboration from our parent community.

The card boxes are scheduled to be delivered during the last week of April. Funds raised from this initiative will be reserved for future playground improvements and needs, helping us continue to enrich our students' environment.

Please note that this Friday is a PA Day. There will be no school for students, as staff will be participating in workshops at various locations focused on Artificial Intelligence and innovative teaching practices.

Thank you for continuing to work collaboratively with your child's teacher and for your commitment to improving their education. Your support makes a meaningful difference in our school community. A special thank you to Mrs. Gaudette, Mrs. Gelzynsky, and Mr. Bortolotto for coaching the Sr. Girls and Boys Volleyball team.

As always, my door is open. Please feel free to reach out if you have any concerns or compliments.

Mr. Docherty

Monday, April 13th, 2026	Day 2	<ul style="list-style-type: none"> Christian Meditation (10:20)
Tuesday, April 14th, 2026	Day 3	<ul style="list-style-type: none"> Nutrition Day- Thank you, volunteers Subway Sr. Boys and Girls Volleyball tournament @ Holy Trinity H.S
Wednesday, April 15th, 2026	Day 4	<ul style="list-style-type: none"> Dress as your favourite book character
Thursday, April 16th, 2026	Day 5	<ul style="list-style-type: none"> Nutrition Day- Thank you, volunteers Name that Song and Random Acts of Kindness PALS run at 1st recess for grades 1-3
Friday, April 17th, 2026	PA Day	<ul style="list-style-type: none"> No school for students

Upcoming Important Dates/Events:

April 23rd- School Mass (9 am)- all are welcome to come
April 24th- Hockey Shootout (Gym closed in the morning)
April 24th- CGE and Attendance Assembly (@ 1:30)- all are welcome to come
April 30th- Earth Day- Wear **brown** and **green**. Students are cleaning up the area
May 7th- Welcome to Kindergarten (4:00-5:30)
May 19th-22nd- EQAO (Make-up days June 8 & 9)
June 3rd- Grades 2/3 & 3/4 End of Year trip
June 19th- FDK Grad @ 1:30
June 19th- Grade 8 Graduation and mass @ 6:00pm

****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 BHNCD SB, 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%20Regulation.mp4?csf=1&web=1&e=ARqhRT&nav=eyJyZWZlcnJhbEluZm8iOncicmVmZXJyYWxBcHAIoiJTdHJIYW1XZWJBcHAiLCJyZWZlcnJhbFZpZXciOiJTaGFyZURpYWxvZy1MaW5rIiwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYiIsInJlZmVycmFsTW9kZSI6InZpZXcifX0%3D>

Head Lice:

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

Ticks:

When nice weather arrives, so does the risk of tick bites. The attached factsheet provides families with additional information on protecting themselves against ticks.

Please visit <https://bchu.org/public-health-topic/infectious-disease/ticks/> for more information.”

Public Health Info

Dear school partner,

I hope this message finds you well. My name is Joey Liu, and I am pleased to introduce myself as your school’s new Public Health Nurse.

I am new to Grand Erie Public Health but I have been working in Public Health for the past eight years, most recently with Halton Region. Throughout my career, I’ve had the opportunity to work closely with school boards, school administrators, educators, parents, and children and I value the important role schools play in supporting student health and well-being.

I am very much looking forward to working with you and your school community for the remainder of this school year. Over the coming weeks, I will be taking some time to review what your school has done in the past few years, as well as any areas of interest you may have shared in previous discussions with our Health Promoter, Josh. I will also share any relevant public health information that may be helpful for inclusion in your monthly school newsletters. Here is February’s health topic: **Bullying.**

There are also several current initiatives that may be of interest to your school including:

You’re the Chef

Playground Activity Leaders in Schools (PALS)

Information on implementing student lunch monitors

A staff presentation on teaching food and nutrition using a neutral and inclusive approach

For more information on Public Health Services in schools, please visit our website. Please note that Brantford-Brant and Haldimand-Norfolk PHUs have merged and our new GEPH website will be coming soon. For now, please continue to find the information you need via our legacy sites.

I would love the opportunity to meet in person to put a face to the name. I recognize how busy school schedules can be and would be happy to accommodate a time that works best for you. Please don’t hesitate to reach out if there are any needs related to your school or if you are interested in initiating any of the initiatives listed above.

You can reach me by email at Jliu@geph.ca or by call/text at 548-885-1697 — whichever is easiest for you.

I look forward to working with you.

Warmly,

Joey

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Youth Resilience Presentation

[Youth Resilience - Community Presentation by Dr. Michael Ungar Tickets, Monday, Mar 9 from 5:45 pm to 7:30 pm | Eventbrite](#)

