



Week at a Glance

Monday, April 20th– Friday, April 24th, 2026

Parent/Guardian #31 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 and your family well. As we move into the final stretch of the school year, I wanted to share a few important updates and upcoming events with you.

We have several exciting activities ahead, and we look forward to finishing the year strong as a school community. Please note that some teachers will be sending home a behaviour contract on Monday in preparation for our end-of-year trips. We ask that you take the time to review this contract with your child and ensure that both you and your child sign and return it promptly. These trips are earned opportunities and are not guaranteed or owed; they are intended to celebrate positive behaviour and commitment throughout the year.

In addition, students in Grades 3–8 will be participating in cross-country training as a school. Training will take place every Tuesday and Thursday, so please ensure that your child comes prepared with a water bottle and appropriate running attire.

We still have four boxes of chocolate bars available for \$50, which can be purchased through Cash Online. Thank you to everyone who has already supported this initiative.

Regarding our plan for shaded picnic tables, we have encountered an unexpected challenge, as the specific tables we had selected are no longer available. We are currently exploring alternative ideas to create shaded areas and additional outdoor learning spaces for our students. We will keep you updated as plans develop.

Our box of cards fundraiser will be distributed next week, hopefully by the 30th. These will also be available for purchase through Cash Online.

As always, thank you for your continued support of our school community. Please feel free to reach out at any time with questions, concerns, or feedback. Please know that we always act with the best intentions for your children, we care deeply about them and are committed to their well-being and success.

Take care,

Mr. Docherty

Monday, April 20th, 2026	Day 1	<ul style="list-style-type: none"> • Christian Meditation (10:20)
Tuesday, April 21st, 2026	Day 2	<ul style="list-style-type: none"> • Nutrition Day- Thank you, volunteers • Subway
Wednesday, April 22nd, 2026	Day 3	<ul style="list-style-type: none"> •
Thursday, April 23rd, 2026	Day 4	<ul style="list-style-type: none"> • Nutrition Day- Thank you, volunteers • School Mass (9 am)- all are welcome to come • PALS 1st Nutrition Break (Grades 1-3)
Friday, April 24th, 2026	Day 5	<ul style="list-style-type: none"> • Name that Song and Random Acts of Kindness (2:20) • Knights of Columbus Hockey Shootout (Gym closed in the morning) • Monthly Virtue and Attendance Award Assembly (@ 1:30)- all are welcome to come

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Upcoming Important Dates & Events

April 27th-May 1st- Earth Week. We will be cleaning up the area throughout the week. Thank you Mrs. Scott, for coordinating.

April 30th- Earth Day- Wear brown and green

May 6th- Cross Country Meet (grades 4-8) @ HT

May 7th- Welcome to Kindergarten (4:00-5:30) @ school gym

May 19th-22nd- EQAO grade 3 (Make-up days June 8 & 9)

May 20th- Reconciliation (11:30) @ St. Stephen Church

May 24th- First Communion (10:30) @ St. Stephen Church

May 25th-28th-EQAO grade 6

June 2nd- Have a Go (Mrs. Gaudette)

June 3rd- Grades 2/3 & 3/4 End of Year trip

June 8th- Track and Field @ Cayuga SS (all day)

June 9th- Track and Field rain date

June 16th- Grade 3- Swim to Survive (11:00 am-12:00 pm)

June 16th- Grade 7- Swim to Survive (12:00 pm-1:00 pm)

June 18th- Grade 3- Swim to Survive (11:00 am-12:00 pm)

June 18th- Grade 6/7 End of the Year Trip to Activate

June 19th- FDK Graduation (1:30)

June 19th- Grade 8 Graduation and mass (6:00 pm)

June 19th- Grade 7- Swim to Survive (1:00 pm-2:00 pm)

June 23rd-Grade 3- Swim to Survive (11:00 am-12:00 pm)

June 23rd - Grade 7–Swim to Survive (12:00 pm-1:00 pm)

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****FYI****

Kindergarten Entry Process 2026

Tuesday, September 8 - All Second Year Students (SK) and half of First Year Students (JK)
Wednesday, September 9 - All Second Year Students (SK) and half of First Year Students (JK)
Thursday, September 10 and Friday, September 11 - ALL Kindergarten Students

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-Regulation.mp4?csf=1&web=1&e=ARqhRT&nav=eyJyZWZlcnJhbEluZm8iOncicmVmZXJyYXwBcHAIiOjTdhJIYW1XZWJB>

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[cHAiLCJyZWZlcnJhbFZpZXciOiJTaGFyZURpYWxvZy1MaW5rliwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYiIsInJlZmVycmFsTW9kZSI6InZpZXcifX0%3D](https://bchu.org/public-health-topic/infectious-disease/ticks/)

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 Liu, BScN, RN (She/Her)

Public Health Nurse, School Health

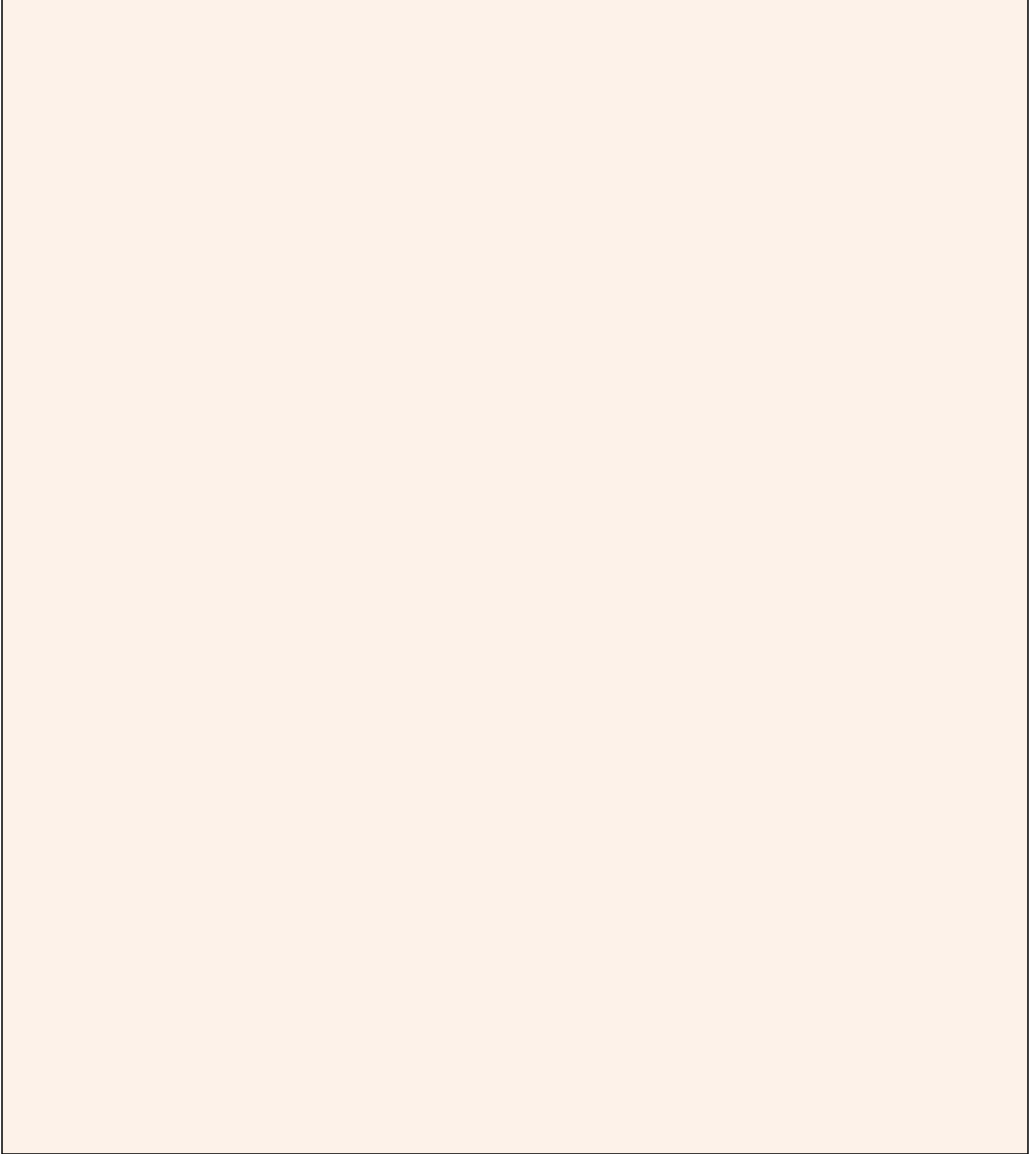
Grand Erie Public Health

Email: jliu@geph.ca

Phone: 519-900-9600

Web: www.geph.ca

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