



Week at a Glance

Monday, April 27th– Friday, May 1st, 2026
Parent/Guardian #32 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. As we move further into the spring season, I would like to share several important updates and kindly ask that you take a few moments to carefully review our upcoming events. Many important activities are happening in our school community.

Our Parent Council, in collaboration with the school, continues to explore options for installing a shaded outdoor area for students. While we are committed to this goal, the cost remains significant. On a positive note, our recent Big Box Cards fundraiser was successful, raising approximately \$2,000. These funds will be placed in a dedicated playground account to support future maintenance and improvements to the playground. At this time, we are holding off on purchasing devices until we hear back from the board in September, if they're going to be giving us more devices. I am also in the process of purchasing new floor hockey equipment.

We have officially begun cross-country practices for students in Grades 3–8, taking place on Tuesdays and Thursdays in preparation for the upcoming meet. We are also looking forward to our chess tournament in the near future. Thank you to Mr. Bortolotto for coaching both the cross country and chess teams; your dedication is greatly appreciated.

In recognition of Earth Week, students will be participating in outdoor clean-up activities. Please ensure your child is prepared with appropriate protection, such as sunscreen and a hat. Gloves will be provided by the city. Thank you to Mrs. Scott for organizing this.

I would also like to extend my thanks to Mrs. Schaus for organizing this month's Mass for our Grade 4/5 class, and to the family members who were able to attend and support this celebration.

As a reminder, our next Catholic School Council meeting will take place this Wednesday at 4:15 p.m. We warmly invite all parents and guardians to attend and participate in the ongoing life of our school community.

Should you have any questions, concerns, or compliments, please do not hesitate to reach out. I will do my best to respond as promptly as possible.

Thank you for your continued support.

Mr. Docherty

Monday, April 27th, 2026	Day 1	<ul style="list-style-type: none"> • Christian Meditation (10:20) • Earth Week. We will be cleaning up the area throughout the week. Thank you, Mrs. Scott, for coordinating.
Tuesday, April 28th, 2026	Day 2	<ul style="list-style-type: none"> • Nutrition Day- Thank you, volunteers • Subway • Cross Country practice (grades 4-8)
Wednesday, April 29th, 2026	Day 3	<ul style="list-style-type: none"> • Staff meeting (3:15-4:15) • CSC meeting (4:15-5:15)
Thursday, April 30th, 2026	Day 4	<ul style="list-style-type: none"> • Nutrition Day- Thank you, volunteers • PALS 2nd Nutrition Break (Grades 1-3) • Celebrating Earth Day- Wear brown and green • Cross Country practice (grades 4-8)
Friday, May 1st, 2026	Day 5	<ul style="list-style-type: none"> • Name that Song and Random Acts of Kindness (2:20) • Monthly Virtue (Empathy) and Attendance Award Assembly (@ 1:30)- all are welcome to come

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Upcoming Important Dates & Events

- May 4-8- Catholic Education Week
- May 5th- Red Dress Day
- May 6th- Cross Country Meet (grades 4-8) @ HT
- May 7th- Welcome to Kindergarten (4:00-5:30) @ school gym
- May 8th- Colour House Day
- May 12th- Crazy Hat Day
- May 19th-22nd- EQAO grade 3 (Make-up days June 8 & 9)
- May 21st- Epic Jobs and Skilled Trades (grades 7-8) @ Wayne Gretzky Sports Centre
- 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 to Splitsville Bowling
- June 8th- Track and Field @ Cayuga SS (all day)
- June 9th- Track and Field rain date
- June 10th- Track and Field-Super meet@ HT
- June 11th- Track and Field- Super meet @ HT rain date
- June 12th- FDK-Grade 1/2 End of year trip to Mudcat Bowling
- June 12th- Grade 4/5 End of year trip to Adventure Village
- 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:

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- <https://bhncdsbca.sharepoint.com/:v:/r/sites/PLR/Shared%20Documents/Understanding%20the%20SELF%20in%20Self-Regulation.mp4?csf=1&web=1&e=ARqhRT&nav=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAiOiJTdHJlYW1XZWJBcHAiLCJyZWZlcnJhbFZpZXciOiJTaGFyZURpYWxvZy1MaW5rliwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldiYiIsInJlZmVycmFsTW9kZSI6InZpZXcifX0%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 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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REACH



Healthy Habitats - Healthy Minds

Join us for a fun, hands-on program where youth, ages 7-11 and their caregivers, explore wildlife, learn about turtles, and build skills like mindfulness, empathy, and resilience.

Connect with nature
Grow a healthy mind
Protect local wildlife



Made possible by a TD Friends of the Environment Grant, Child & Youth Mental Health Services and Hobbistee Animal Rescue are excited to offer 4 free interactive sessions.

When: Saturdays: May 16, June 20, July 11, August 15 2026

Time: 10:30 a.m. - 11:30 a.m. (Rain or Shine)

Where: 101A Nanticoke Creek Pkwy, Townsend,

Free to youth in Haldimand & Norfolk and Neighbouring Communities. Space is limited!

To Register: Call 519-587-2441 ext. 283 or
Email: nschuur@hnreach.on.ca



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Haldimand Norfolk

REACH

Calling All Young Gardeners

Create a Magical Pollinator Garden  Create Your Calm
Grow Your Mental Fitness  Disconnect from Screens 

We are seeking

POLLINATOR PALS

Are you ready to embark on an exciting and fulfilling journey that not only helps the environment but also enhances your mental fitness?

Come Help Us Plant a Pollinator Garden!



Townsend Garden
Tuesday May 12, 2026
4:30 pm -5:30 pm

101 Nanticoke Creek Pkwy, Townsend

OR

Dunnville Garden
Tuesday May 26, 2026
4:30 pm -5:30 pm

110 Ramsey Drive, Dunnville

Ages 7-11 - Free to youth in Haldimand, Norfolk, and Neighbouring Communities - Space is limited

For more information or to register call 519-587-2441 ext. 283
or email: nschuur@hnreach.on.ca



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