



# Week at a Glance

**Monday, May 4th– Friday, May 8th, 2026**  
**Parent/Guardian #33 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. I am pleased to share several positive updates and highlights from our school community. This week is **Catholic Education Week and Mental Wellness Week**. Students will participate in many different activities every day. We had a good turnout at this month's Catholic School Council meeting on Wednesday. Thank you to all who attended and contributed to the discussion. We explored plans for future fundraisers, potential structures for a shaded outdoor area, and preparations for our end-of-year Fun Day/Colour House Day.

Also happy to share how funds from our recent school fundraiser have been used to support student learning and school life directly. We have purchased agendas for all students in Grades 1–8 for September, math consumable workbooks for Grades 1–8, floor hockey equipment (sticks, goalie pads, and nets), and athletic sport shirts for our school teams.

Our students continue to prepare for the upcoming cross-country meet taking place this Wednesday at the Waterford Train Station. A sincere thank you to Mr. Bortolotto for his time and effort in organizing and training our students.

A few important reminders for the week ahead:

Thursday (4:00–5:30 PM): Welcome to Kindergarten event

Thursday: Grade 7 vaccinations will continue

Friday: Colour House Day, thank you to Mrs. Scott for organizing this exciting event

As we approach the end of the school year, there are many meaningful and engaging events taking place. It is a wonderful time in our school community, and we are grateful for your ongoing support and partnership.

If you have any concerns or compliments, please do not hesitate to contact me. I will do my best to respond within 24 hours.

Thank you again for your continued collaboration and support.

Mr. Docherty

Monday, May 4th, 2026	Day 1	<ul style="list-style-type: none"> <li>• <b>Christian Meditation (10:20)</b></li> <li>• <b>Catholic Education Week/Mental Wellness Week</b></li> </ul>
Tuesday, May 5th, 2026	Day 2	<ul style="list-style-type: none"> <li>• <b>Nutrition Day- Thank you, volunteers</b></li> <li>• <b>Subway</b></li> <li>• Cross Country practice (grades 4-8)</li> <li>• <b>Red Dress Day</b></li> </ul>
Wednesday, May 6th, 2026	Day 3	<ul style="list-style-type: none"> <li>• Cross Country Meet (grades 4-8) @ Waterford Train Station</li> </ul>
Thursday, May 7th, 2026	Day 4	<ul style="list-style-type: none"> <li>• <b>Nutrition Day- Thank you, volunteers</b></li> <li>• <b>PALS 2<sup>nd</sup> Nutrition Break (Grades 1-3)</b></li> <li>• Welcome to Kindergarten (4:00-5:30) in the school gym</li> <li>• Grand Erie Public Health vaccine (grade 7) afternoon in the library</li> </ul>
Friday, May 8th, 2026	Day 5	<ul style="list-style-type: none"> <li>• <b>Name that Song and Random Acts of Kindness (2:20)</b></li> <li>• <b>Colour House Day</b></li> </ul>

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**Upcoming Important Dates & Events**

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 21<sup>st</sup>- Fun Day (Colour House Day)- all day  
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)  
June 24<sup>th</sup>- End of Year Mass (9:15)

**Shout out to our fantastic Principal in honor of Principal day! Thank you for all you do for our school and school community.**



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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](mailto: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](mailto:jliu@geph.ca)

Phone: 519-900-9600

Web: [www.geph.ca](http://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](mailto: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](mailto:nschuur@hnreach.on.ca)



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A promotional poster for a Star Wars Youth Movie Night event. The background is black with yellow stars and a yellow border. At the top left, a red laser beam points towards the text 'FREE' in white, with 'AGES 13-19' below it. The main title 'YOUTH MOVIE NIGHT' is in large, yellow, outlined letters. Below this, it says 'PRESENTED BY THE WEEK OF THE CHILD & YOUTH, HALDIMAND-NORFOLK'. The date '-MONDAY, JUNE 1-' is in glowing green letters. The movie titles 'STAR WARS: MANDALORIAN AND GROGU' are in red and white. The venue 'THE STRAND MOVIE THEATRE, SIMCOE' and times 'DOORS OPEN @ 6:00, MOVIE STARTS @ 6:30' are in yellow. A blue banner at the bottom says 'FREE POPCORN & POP INCLUDED'. Registration information is listed in yellow. At the bottom, there is an illustration of a grey planet and a blue bucket of popcorn with a logo.

**FREE**  
AGES 13-19

# YOUTH MOVIE NIGHT

PRESENTED BY THE WEEK OF THE CHILD & YOUTH,  
HALDIMAND-NORFOLK

**-MONDAY, JUNE 1-**

**STAR WARS: MANDALORIAN AND  
GROGU**

THE STRAND MOVIE THEATRE, SIMCOE  
DOORS OPEN @ 6:00, MOVIE STARTS @ 6:30

**FREE POPCORN & POP INCLUDED**

**PRE-REGISTRATION REQUIRED:**  
Register by Phone: (519) 426-5870 x2233  
Register by Email: [recreation@norfolkcounty.ca](mailto:recreation@norfolkcounty.ca)  
Register Online: [norfolkcounty.perfectmind.com](http://norfolkcounty.perfectmind.com)