



St. Stephen's

School

Week at a Glance

Monday, January 5th– Friday, January 9th, 2025

Parent/Guardian #17 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.

Happy New Year!

First, I would like to extend my heartfelt thanks to all who attended our Christmas Concert. Your presence and support made it a wonderful success, and it was such a joy to see our students shine on stage.

As we begin this new year, I wish you and your families good health, happiness, and prosperity. We are looking forward to an exciting term filled with learning and memorable experiences.

Please take a moment to review our upcoming events. One of our main goals this year is to achieve a **90% non-absentee rate**, and we appreciate your continued efforts in ensuring your children attend school regularly.

We have many exciting activities planned, including our **skating days on January 14 and 15**, organized by **Mrs. Meadows**. These experiences enrich student life and build lasting memories.

Thank you for your ongoing support of St. Stephen School. Should you have any questions, concerns, or even compliments, please feel free to contact us, I would be happy to hear from you.

Mr. Docherty

Monday, January 5th, 2025	Day 1	<ul style="list-style-type: none">• Christian Meditation @ 1:30
Tuesday, January 6th, 2025	Day 2	<ul style="list-style-type: none">• Nutrition Day- Thank you, volunteers• Subway
Wednesday, January 7th, 2025	Day 3	<ul style="list-style-type: none">• PJ Day
Thursday, January 8th, 2025	Day 4	<ul style="list-style-type: none">• Nutrition Day- Thank you, volunteers
Friday, January 9th, 2025	Day 5	<ul style="list-style-type: none">• Pizza Day• Name that Song and Random Acts of Kindness (2:30)

Upcoming Dates/Events:

January 13th- Spirit Wear Day (St. Stephen clothing)
January 14th- Skating (11:30-12:20) K-3/4
January 15th- Skating (11:30-12:20) 4/5-7/8
January 15th- School Mass (9:05 am) All are welcome to attend
January 15th- Mr. Docherty at Principal meeting (all day)
January 19th- PA Day (no school for students)
January 22nd- Jersey Day
January 27th- Twin Day
January 30th- Colour House Day for Carnival
February 2-6- Report Cards are emailed home this week
February 11th- Pizza lunch paid for by Father Rudy

****FYI****

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=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAI0iJTdHJlYW1XZWJBcHAI0LCJyZWZlcnJhbFZpZXciOiJTGFYURpYWxvZy1MaW5rliwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYiIsInJlZmVycmFsTW9kZSI6InZpZXcifX0%3D>

Attendance Blasts:

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 backpacks 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.**

Head Lice:

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

