

# St. Stephen's School – "Week at a Glance"

Monday, September 8th– Friday, September 12th, 2025

## Parent/Guardian Memo #2 2025-2026

*At St. Stephen Catholic School, we are committed to nurturing the spiritual, intellectual, and moral growth of every child. Rooted in the teachings of Jesus Christ and guided by the values of the Catholic faith, we strive to create a supportive and inclusive community where students are inspired to achieve excellence, develop strong character, and serve others with compassion and integrity. Through faith-filled education, we prepare our students to become lifelong learners, responsible citizens, and faithful disciples of Christ.*

### Dear Parents/Guardians,

We're off to a fantastic start to the new school year! Our dedicated teachers have gone above and beyond, coming in early to thoughtfully prepare their classrooms and create welcoming, organized learning spaces for your children.

You may have noticed that your child is using an agenda this year. These agendas were funded through our school fundraiser, and they're proving to be a valuable tool for both organization and communication. We encourage you to check and sign your child's agenda each evening or before school. If you haven't already, please take a few minutes to browse through it; it's filled with important information and helpful resources. *Please look below regarding Cash Online and the access to important forms that need to be reviewed.*

### The Importance of Attendance

Consistent attendance plays a crucial role in your child's academic success. When students are present and engaged, they build stronger learning habits, maintain continuity in lessons, and stay connected with their peers and teachers.

To help promote strong attendance habits, I'll be tracking attendance throughout the term. As a fun incentive, **the class with the best overall attendance by the end of Term 1 will earn a pizza party!** Let's work together to make sure every student has the opportunity to succeed. Everyday counts!

Looking ahead, we have an exciting and busy week! Please review the "Week at a Glance," upcoming events, and the FYI section at the bottom of this newsletter.

Here are a couple of key events to note:

- **Meet the Teacher Night** is this **Wednesday** — come out and enjoy a BBQ hosted by our local firefighters from (4:00-5:30)!
- Our **first Parent Council Meeting** is on **Wednesday, September 24th at 4:15 PM**. Meetings will continue monthly on the last Wednesday from **4:15 to 5:15 PM**. We'd love to see you there!

We are also excited to share that our school is introducing a new recycling program to help reduce waste and promote sustainability within our community. As part of this initiative, we are encouraging the use of reusable containers for snacks, lunches, and drinks in place of single-use packaging whenever possible.

Recycling and reusing not only protects our environment but also helps teach our students the value of caring for the world around them. By making small, consistent choices, like packing lunches in reusable containers, we can collectively make a big difference.

We truly appreciate your cooperation and support as we launch this program. Your feedback is always welcome, and together, we can create lasting habits that benefit both our students and our planet.

We are currently looking to fill two important positions: a **Lunch Monitor** and a **Strong Start Instructor**. If you or someone you know is interested in a part-time role and has a clear criminal record, we'd love to hear from you!

Thank you for your continued support and partnership. Let's make this a great year together!

Mr. Docherty

Monday, September 8, 2025	Day 5	
Tuesday, September 9, 2025	Day 1	<ul style="list-style-type: none"><li>• Snack Day</li></ul>
Wednesday, September 10, 2025	Day 2	<ul style="list-style-type: none"><li>• Meet the teacher BBQ (4-5:30)</li><li>• Fire Drill #1</li></ul>
Thursday, September 11, 2025	Day 3	<ul style="list-style-type: none"><li>• Snack Day</li><li>• Name that Song and Random Acts of Kindness Draw (2:30)</li></ul>
Friday, September 12, 2025	PA Day	<ul style="list-style-type: none"><li>• Pizza Day (Starting in October)</li></ul>

**\*\*Upcoming Dates/Events:**

September 17 Lockdown Drill #1  
September 18 First Mass  
September 24 Parent Council Meeting #1 (4:15-5:15)  
October 8 School Photo Day  
October 22 Visual-Dental Screening  
November 6 Vaccine Clinic  
November 12 Retake School Photos

**\*\*FYI\*\***

- **Medical Updates**
  - ☐ Children with medical conditions need to return their form from June so we can update their records. If you need a form, please contact the office.
- **School Cash Online:** Important forms to look at and sign. You will have to purchase the forms to receive and participate; they are \$0. (Notice of Collection and Use of Personal Information, Concussion Awareness Procedures, Student Information and Communications Technology Use Agreement, and STEM)
- **Permission forms and pizza days for October will be posted. Please use cash online only.**
- **Mobile Devices Policy**

In accordance with the Ministry of Education's guidelines, all personal devices must be kept out of sight during the school day.

  - ☐ Devices may be stored in backpacks or with the teacher.
  - ☐ Any communication during the day should go through the school office.
  - ☐ Repeated misuse of devices will result in progressive consequences, including parent pick-up. *Teachers may allow device use for specific classroom activities, but students are not required to bring devices, as the school provides adequate technology.*
- **Attendance Initiative**
  - ☐ As we begin a new school year, we are excited to share one of our key goals for student success: improving attendance across all grades. This year, we are striving for a 90% average attendance rate for our students. As of last year we had the 5<sup>th</sup> worst attendance in the board. We will be giving awards to those students with the best attendance at the end of each term.

Regular attendance is critical for academic success. Here are three important reasons why:

1. **Consistent Learning:** Students who attend school regularly are more likely to keep up with lessons, assignments, and classroom discussions.
2. **Stronger Connections:** Being present helps students build relationships with peers and staff, creating a sense of belonging and support.
3. **Positive Habits:** Good attendance fosters responsibility and routines that benefit students both in school and beyond.

We believe that our parent community is a vital partner in this effort. Together, we will work hard to continue to make St. Stephen's a place where students feel welcomed, engaged, and excited to learn every day.

[Sensory Story Time](#)

# Self-Care September 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together