

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

Monday, September 15th– Friday, September 19th, 2025

## Parent/Guardian Memo #3 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 and Guardians,

As we enter the third week of the new school year, I'm happy to share that students are settling in well with their new teachers, classmates, and routines. Their enthusiasm and adaptability have been truly wonderful to witness.

Please see below for important information regarding the upcoming dental and vision screenings, a link to story time, and a list of key dates and events. These updates are meant to keep you informed and involved in your child's school experience.

I'm also excited to announce that, thanks to your support with the Chocolate Bar Fundraiser, we can purchase a brand-new volleyball net and 25 soccer balls! These additions will greatly benefit our Physical Education program and soccer teams, enriching both play and skill development.

Your involvement makes a real difference. If you ever have questions, concerns, or simply want to connect, please don't hesitate to reach out by email, phone, or in person. My door is always open, and I aim to respond within 24 hours.

Let's continue working together to ensure your child receives the support they need to thrive academically, socially, and emotionally. A strong home-school partnership sets the foundation for lasting success.

Thank you for your continued support and commitment. We're off to a great start, and I look forward to all that we'll accomplish this year together.

Mr. Docherty

Monday, September 15, 2025	Day 4	
Tuesday, September 16, 2025	Day 5	<ul style="list-style-type: none"><li>• Snack Day</li><li>• Soccer tournament, Holy Trinity HS all day (junior and intermediate soccer team)</li><li>• Dot Day- wear polka dots</li></ul>
Wednesday, September 17, 2025	Day 1	<ul style="list-style-type: none"><li>• Lockdown Drill #1</li></ul>
Thursday, September 18, 2025	Day 2	<ul style="list-style-type: none"><li>• Snack Day</li><li>• First School Mass (9-9:45) all are welcome</li></ul>
Friday, September 19, 2025	Day 3	<ul style="list-style-type: none"><li>• Pizza Day (Starting in October)</li><li>• Name that Song and Random Acts of Kindness Draw (2:30)</li></ul>

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

September 24 **Parent Council Meeting #1 (4:15-5:15)**, all are welcome to come

September 24 Spirit Wear Day- St. Stephen clothing

September 26 Tye Dye Day

September 26 Brentwood Farms- Grades ½, 2/3, 3/4

September 30 Orange Shirt Day- Truth and Reconciliation

October 3 Colour House Day for **Terry Fox Day**

October 7 PA Day

October 8 School Photo Day

October 9 School Mass, all are welcome to come

October 10 Thanksgiving Celebration

October 13 Thanksgiving Holiday

October 17 Wacky Hair Day and Last Day for Food Drive

October 22 Visual-Dental Screening: click on the icon to view



Vision Screening - Vision Screening - Dental Screening - Dental Screening -  
Parent Notification - SParent Notification - SParent Notification - JParent Notification - J

October 23 Spirit Wear Day – St. Stephen clothing

October 28 Twin Day

October 29 Parent Council meeting (4:15-5:15)

October 31 Halloween

### **\*\*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

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