

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

Monday, September 22nd– Friday, September 26th, 2025

Parent/Guardian Memo #4 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 wrap up Week 3 and head into the final days of September, I want to extend my sincere thanks for your continued support, communication, and collaboration. It's been a wonderful start to the school year, and your partnership truly makes a difference in your child's success and well-being.

We hope that the student agendas are being used effectively and serving as a helpful tool for communication between home and school. Staying connected supports both academic and personal growth, and we appreciate your efforts in making this happen.

We are proud to share that two of our school teams recently competed in the BHNCD SB soccer tournament. While we didn't come away with a championship, our Junior team made it to the semi-finals, a fantastic achievement! A heartfelt thank you to Mrs. Peterson, Ms. Gelzynsky, Mr. Galinas, and Mr. DeAngelis for their time in coaching our students.

Thanks to the success of our chocolate bar fundraiser, we've been able to purchase a new volleyball net and 25 soccer balls for student use. Your support in our fundraising efforts directly enhances our students' experiences, thank you!

We continue to aim for a 90% attendance rate school-wide. With your help, we are confident we can reach and maintain this goal. Regular attendance is key to student achievement, and we appreciate your efforts to ensure your child is present and on time each day.

My door is always open, and I make it a priority to respond to messages as promptly as possible. I've also asked the same of our staff. As a parent myself, I understand how frustrating it can be waiting for a response, and we are committed to maintaining timely and respectful communication.

For our Grade 7 and 8 families: permission forms for students to leave school grounds during the second nutrition break will soon be available through School Cash Online. Please note that students must sign in and out at the office and are required to go in groups of at least two. While I am initially cautious about this privilege, student safety remains my top priority. I have spoken with students about the importance of making safe and responsible choices, and I kindly ask that you review these expectations with your child at home as well.

Thank you once again for your ongoing involvement in your child's education and overall well-being. If you have any questions or concerns, please do not hesitate to reach out at any time.

Warm regards,
Mr. Docherty

Monday, September 22, 2025	Day 4	
Tuesday, September 23, 2025	Day 5	• Snack Day
Wednesday, September 24, 2025	Day 1	• Lockdown Drill #1 • Parent Council meeting #1 (4:15-5:15), all are welcome • Spirit Wear Day St. Stephen Clothing (will be posted for cash online shortly)
Thursday, September 25, 2025	Day 2	• Snack Day • First School Mass (9-9:45) all are welcome
Friday, September 26, 2025	Day 3	• Pizza Day (Starting in October) • Tye Dye Day • Brentwood Farms (Grades 1-4) • Name that Song and Random Acts of Kindness Draw (2:30)

****Upcoming Dates/Events:**

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
October 23 Spirit Wear Day – St. Stephen clothing
October 28 Twin Day
October 29 Parent Council meeting (4:15-5:15)
October 31 Halloween
November 24-28 – Book Fair

****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 5th 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.

[Special Education Parent Engagement Night](#)

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



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