

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

Monday, September 29th– Friday, October 3rd, 2025

Parent/Guardian Memo #5 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,

Week 4 is officially in the books, and we're thrilled to share that it has been a fantastic start to the school year! While we have experienced only a few minor issues, we are confident that, with your continued support, this will be a smooth and successful year for all our students. Please take a moment to review the important upcoming events and information below:

Grade 7/8 Families: The required forms are now available on CashOnline for your review and signature. Please be sure to complete these at your earliest convenience. We kindly ask that you continue reviewing safety practices with your child. Keeping everyone safe is a top priority at St. Stephen CES.

Catholic School Council (CSC): Our first CSC meeting was held this past Wednesday and was very productive! If you're interested in joining, our next meeting will be on Wednesday, October 29th, from 4:15 PM to 5:15 PM. Meetings will be held on the last Wednesday of each month moving forward. At the meeting, we discussed upcoming fundraisers and exciting school projects, including:

Outdoor shaded benches for students

Playground equipment improvements (new slide and painted)

Additional devices to support learning

We also talked about the agendas, which have been very well received, thanks to your support of the chocolate bar fundraiser! From those funds, we've ordered new soccer balls and a volleyball net for our students to enjoy.

School Swag: School spirit gear will be available soon on CashOnline! Once we have 10 items ready, we will place the order.

Eco Initiatives: Our recycling program is running strong thanks to Mrs. Scott and her dedicated eco team. Let's continue supporting their efforts!

Communication & Attendance: Please keep working closely with your child's teacher and remember to review and sign the agenda nightly. Next Thursday, we will celebrate our monthly award assembly, highlighting the Catholic Graduate Expectation of **Responsibility** for September. The class with the best attendance will be rewarded with a pizza lunch! All parents and guardians are warmly invited to attend.

Food Drive Collection: We are still collecting food for the food bank until October 17th

Photo Sharing: I am currently working on uploading school pictures to X (formerly Twitter). However, there is a slight delay due to verification issues, which I hope to resolve soon. If you prefer your child's photo NOT to be shared on social media, please inform your child's teacher as soon as possible. Thank you once again for your ongoing support. Together, we are helping our children grow and thrive in a positive and enriching environment. My door is always open; whether you have concerns or positive feedback, I welcome your communication. Mr. Docherty

Monday, September 29, 2025	Day 4	Christian meditation Mondays (1:30)
Tuesday, September 30, 2025	Day 5	- Snack Day - Orange Shirt Day: Truth and Reconciliation
Wednesday, October 1, 2025	Day 1	
Thursday, October 3, 2025	Day 2	- Snack Day - Monthly School Award Assembly (9:10) All are welcome

Friday, October 4, 2025	Day 3	• Pizza Day (Starting in October) • Colour House for Terry Fox Day • Name that Song and Random Acts of Kindness Draw (2:30)
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****Upcoming Dates/Events:**

October 7 PA Day (Faith 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

- **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](#)



Head Lice

What are head lice?

Head lice are tiny insects that live on the scalp, where they lay eggs. They do not jump, fly, swim, or live on cats or dogs.

Head lice are common in school aged children. They are not a health concern or a communicable disease. They are also not associated with illness or poor hygiene.

Symptoms

tickling or itchy feeling on the head.
feeling something moving in the hair.
frequent scratching the head.

How do I know if my child has lice?

In very bright light look behind ears, near the neck and close to the scalp for small insects moving in hair (lice), and small eggs (called nits) that are attached to the hair near the scalp.

How to prevent lice

Lice spread from one person to another when there is close head-to-head contact or when items that have touched the hair of someone who has lice are shared.

Do not share personal items such as:

- brushes and combs
- hair bands, ties, and elastics
- head phones
- hats or helmets
- scarves or towels

Treatment of Head Lice

Lice shampoo products have been shown to be the most effective method for getting rid of head lice.

Head lice treatment products are available for free for Ontario residents 24 years or younger through OHIP and not covered under a private plan. Families would have to visit a doctor to receive a prescription.

Before using any head lice shampoo product, read the product inserts and carefully follow the instructions on the package.

For non-chemical treatment options, speak to your doctor, pharmacist or health care provider.

Also, speak to your health care provider if your child has head lice and:

is under 2 years old
has a seizure disorder
has lice or nits on their eyebrows and eyelashes
has open sores or wounds on the scalp
has allergies

If you are pregnant or breastfeeding, call your doctor for more information.

Cleaning Your Home

Head lice can live up to 24 hours off the head. Pay special attention to items that directly touch the head such as hats, pillowcases, car seat covers, combs and brushes.

Wash these items in hot water and dry them in a hot dryer for at least 15 minutes or store the items in an airtight plastic bag for two weeks.

Reference: Head Lice Infestations: A clinical update, Canadian Pediatric Society, September, 2016

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**BRANT COUNTY
HEALTH UNIT**

HealthUnit
Haldimand-Norfolk

Designed by the Haldimand-Norfolk Health Unit.

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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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