

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

Monday, October 6th– Friday, October 10th, 2025

Parent/Guardian Memo #6 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,

We hope this message finds you well. As we enter Week 6 of the school year, we are filled with gratitude for your continued support and involvement in your children's education.

This month, we are continuing to focus on one of our key goal: **student attendance**. We know that consistent attendance plays a big role in student success. We're thrilled to announce that **Mrs. Scott's class had the best attendance for September!** As a reward, they will enjoy a **pizza lunch courtesy of the school**. Great job to all the students (and parents!) for making school a priority.

We're also excited to announce that our annual **Chocolate Bar Fundraiser** will be returning this school year, in **Term 2**. It was such a success last time, and we look forward to another great campaign. The funds raised will go toward purchasing **outdoor metal shaded benches** to enhance our outdoor learning and play areas, school enhancement in classrooms, and devices. We are currently working with **Mrs. Schaus**, who will kindly speak to the church on our behalf to seek approval to place the benches on their property.

In addition, we are still collecting **Terry Fox donations online**. **Parents/guardians, please contribute if you can**, every bit helps support cancer research in honour of Terry's legacy.

We are also continuing to collect for our **local food bank**, with donations being accepted **until October 17th**. **Thank you to everyone who has donated so far**, your generosity is truly appreciated.

Please see below for some important upcoming events.

Thank you, as always, for your support, whether it's signing agendas, checking in with your children, or partnering with us to help them grow and succeed. If you have any questions, concerns, or would just like to chat, please feel free to contact me at any time.

Wishing you and your family a wonderful week ahead.

Mr. Docherty

Monday, October 6th, 2025	Day 4	• Meditation Mondays (1:30)
Tuesday, October 7th, 2025	Day 5	• Faith Day- no school for students • Snack Day
Wednesday, October 8th, 2025	Day 1	• School Photo Day
Thursday, October 9th, 2025	Day 2	• Snack Day • School Mass (9-9:45) all are welcome
Friday, October 10th, 2025	Day 3	• Pizza Day • Thanksgiving Celebration • Name that Song and Random Acts of Kindness Draw (2:30)

**Upcoming Dates/Events:

October 13 Thanksgiving Holiday- no school

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



ACTION FOR HAPPINESS

Happier · Kinder · Together



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

Copyright

This resource is a collaboration of the Haldimand-Norfolk Health Unit and the Brant County Health Unit. Permission to copy and distribute to non-profit organizations for education purposes is granted. Please credit the source of this material as noted above.

BRANT COUNTY
HEALTH UNIT

HealthUnit
Haldimand-Norfolk
Created by the Haldimand-Norfolk Health Unit

Revised June 2016