

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

Monday, October 13th– Friday, October 17th, 2025

Parent/Guardian Memo #7 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,

I hope this message finds you well.

I wanted to take a moment to thank you for your continued support and to inform you that I have been away from the school for most of this past week due to some ongoing medical procedures. I apologize if I have not been able to respond to your messages or concerns as promptly as I normally would. Please know that I appreciate your understanding and patience during this time.

I am planning to return to the school on **Tuesday**, and I look forward to reconnecting with our students, staff, and families then. If I am not available, my Teacher in Charge (TIC), Mrs. Gaudette, will be available. Special congratulations to Mrs. Scott's class for winning a pizza lunch this past Wednesday for having the best attendance in September.

As we approach the Thanksgiving long weekend, I want to wish you and your loved ones a safe, restful, and blessed holiday. May it be filled with peace, gratitude, and quality time together.

As always, my door is open, and I remain truly grateful to be part of the St. Stephen's community.

Warm regards,
Mr. Docherty

Monday, October 13th, 2025		• Thanksgiving Holiday-no school • Meditation Mondays (1:30)
Tuesday, October 14th, 2025	Day 3	• Snack Day
Wednesday, October 15th, 2025	Day 4	•
Thursday, October 16th, 2025	Day 5	• Snack Day •
Friday, October 17th, 2025	Day 1	• Pizza Day • Wacky Hair Day • Name that Song and Random Acts of Kindness Draw (2:30)

****Upcoming Dates/Events:**

October 22 Visual-Dental Screening: click on the icon to view [Dental and Vision Screening](#)
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 3 **Progress reports are emailed out to parent/guardians**
November 5 Take Kids to Work Day
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.

Optimistic October 2025

MONDAY



6 Remind yourself that things can change for the better

13 Ask for help to overcome an obstacle you are facing

20 Find joy in tackling a task you've put off for some time

27 Be kind to yourself today. Remember, progress takes time

TUESDAY



7 Look for the good in people around you today

14 Do something constructive to improve a difficult situation

21 Let go of the expectations of others and focus on what matters to you

28 Ask yourself, will this still matter a year from now?

WEDNESDAY

1 Write down three things you can look forward to this month

8 Make some progress on a project or task you have been avoiding

15 Thank yourself for achieving the things you often take for granted

22 Share a hopeful quote, picture or video with a friend or colleague

29 Plan a fun or exciting activity to look forward to

THURSDAY

2 Find something to be optimistic about (even if it's a difficult time)

9 Share an important goal with someone you trust

16 Put down your to-do list and do something fun or uplifting

23 Recognise that you have a choice about what to prioritise

30 Identify three things that give you hope for the future

FRIDAY

3 Take a small step towards a goal that really matters to you

10 Take time to reflect on what you have accomplished recently

17 Take a small step towards a positive change you want to see in society

24 Write down three specific things that have gone well recently

31 Set a goal that brings a sense of purpose for the coming month

SATURDAY

4 Start your day with the most important thing on your to-do list

11 Avoid blaming yourself or others. Find a helpful way forward

18 Set hopeful but realistic goals for the days ahead

25 You can't do everything! What are your three priorities right now?

SUNDAY

5 Be a realistic optimist. See life as it is, but focus on what's good

12 Look out for positive news and reasons to be cheerful today

19 Identify one of your positive qualities that will be helpful in the future

26 Find a new perspective on a problem you face



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

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BRANT COUNTY
HEALTH UNIT

HealthUnit
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