



---

Joseph M. Demko School

---

# Demko Dispatch

---

Issue No. 2 | February, 2025

---



## Celebrating Black History Month

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities.

The theme for 2025 is "Black Legacy and Leadership: Celebrating Canadian History and Inspiring Future Generations."

If you have a moment, stop in and see the beautiful presentation created by Erik Hornung celebrating Black History and ask your student what they are learning about in class!

---

# February Hot Lunch

---

## Hot Lunch FAQ

- Please order through Healthy Hunger [www.healthyhunger.ca](http://www.healthyhunger.ca)
- If your child is absent on hot lunch day (Tuesday), please complete the [Student Absence Form](#). Complete the form no later than 11:00 am
- JMD's fundraising group appreciates your support. The form lets us know what to do with your child's food order (have it ready for pick up, have it delivered to a sibling, or no arrangements). What we can't manage is a line up of parents trying to pick up food while still preparing deliveries for classes. Food for absent students will not be set aside unless this form is completed. Pick ups must be after 1:00 pm. Your cooperation is appreciated!
- We kindly ask if you have not purchased hot lunch from Healthy Hunger/Friends of Demko, please refrain from dropping food off from any other food vendor during this time. It becomes very time consuming for our office staff to process and is counterproductive to the fundraiser. Thank you for your support and cooperation!

## February Hot Lunch

4- Edo

5- Kernels popcorn

11 - Subway

18 - Dairy Queen

25 - Taste of Ukraine



February 4, 2025	EDO
February 5, 2025	KERNELS
February 11, 2025	SUBWAY
February 18, 2025	DAIRY QUEEN
February 25, 2025	TASTE OF UKRAINE

**Reminder: orders for hot lunch must be placed no later than the Thursday the week before.**

Keep Scrolling for  
OPEN HOUSE INFORMATION  
For Bellerose and Paul Kane  
High Schools!



# JMD STAR SPORTS

## February 2025

### Week of February 3-7

- Feb 3, 7:15 am:** Sr Girls Basketball Practice  
3:45 - 4:45 pm Jr Girls Basketball Practice
- Feb 4, 7:00 am:** Sr Boys Basketball Practice  
3:30 pm Jr Boys Basketball Practice
- Feb 5, 7:15 am:** Sr Girls Basketball Practice  
3:45 pm Jr Basketball Games vs Sister  
Alphonse Academy @ SAA  
4:00 pm Sr Boys Basketball Game vs SAA  
@ JMD

### Week of February 10-14

- Feb 10, 7:15 am:** Sr Girls Basketball practice  
3:30 pm Jr Girls Basketball Practice  
3:30 pm Sr Boys Basketball Practice
- Feb 11, 3:45 pm:** Jr Basketball Game vs Lorne Akins @ JMD  
4:00 pm Sr Boys/Girls Basketball vs LA @ LA
- Feb 12, 7:15 am:** Sr Girls Basketball Practice  
3:30 pm Jr Girls Basketball Practice
- Feb 13, 7:00 am:** Sr Boys Basketball Practice  
3:30 pm Jr Boys Basketball Practice
- Feb 14, 7:15 am:** Sr Girls Basketball Practice

### Week of February 17-21

- Feb 18, 4:00 pm:** Sr Basketball Games Vs RSF @ JMD
- Feb 19, 7:15 am:** Sr Girls Basketball Practice  
12:30 pm Sr Boys Basketball Practice  
3:30 pm Jr Boys Basketball Practice  
3:30 pm Jr Girls Basketball Practice
- Feb 20, 4:00 pm:** Jr Boys/Girls Basketball Games @ ESSMY  
Sr Boys/Girls Basketball Games vs ESSMY @ JMD
- Feb 21, 7:15 am:** Sr Girls Basketball Practice

### Week of February 24-28

- Feb 24, 7:15 am:** Sr Girls Basketball practice  
3:30 pm Jr Boys/Girls Basketball Games  
Hillgrove @ JMD  
4:00 pm Sr Girls/Boys Basketball Games @  
Hillgrove
- Feb 25, 7:00 am:** Sr Boys Basketball practice
- Feb 26, 7:15 am:** Sr Girls Basketball Practice  
3:30 pm Jr Girls Basketball Practice
- Feb 27, 7:00 am:** Sr Boys Basketball Practice  
3:30 pm Jr Boys Basketball Practice
- Feb 28, 7:15 am:** Sr Girls Basketball Practice

# What's Going On This Month?

## February 2025

### February 3:

- Semester 2 Begins
- JMD Wave of Kindness/Candygrams

### February 4:

- JMD Kindergarten Open House 6:30 - 8:00 pm

### February 5:

- Last Day to Purchase Candygrams

### February 6 & 7:

- Teacher's Convention - NO SCHOOL

### February 10:

- Div 2 (Gr 4, 5 & 6) Ski Day

### February 14:

100th Day of School - Grade 1 Celebration

### February 17:

- Family Day - NO SCHOOL

### February 18:

- Random Acts of Kindness Day

### February 19:

- Public Board Meeting at Division Office (60 Sir Winston Churchill Ave) 1:30 pm

### February 25:

- 6:45 pm JMD Fundraising / School Council Meeting via Google Meet  
JMD Fundraising 6:45/School Council 7:45  
Google Meet joining info:  
Video call link: <https://meet.google.com/vjp-dtcb-sfd>

### February 27:

- English Assembly (Gr K-9) 10:15 am

# JMD Waves of Kindness

As we approach Valentine's Day, and Random Acts of Kindness Week, we hope to send a "tidal wave of kindness" rippling through our community. This is an opportunity for us to come together as a school family to show love and kindness to each other, our neighbours, and our whole city.

Every JMD student is invited to choose one act of kindness to complete, on their own or with their family. Once completed, the students will write the kind act on a special heart at school, and the hearts will be displayed on the fences at the front of the school. We encourage you to help your child choose an act that fits their abilities and interests, and possibly consider choosing an act or two for yourself to complete.

You can start on your acts of kindness right away! The "Wave of Kindness" hearts on the fence will start to go up around Valentine's Day, and will stay up until spring break.

If you use social media, we encourage you to post about doing something kind, and encouraging others to join or keep it going, using the hashtag #JMDloves so we can watch it spread! You could also use the hashtag if your family is the recipient of one of these kind acts.  
Kindness begets kindness - let's join together and spread some joy!

---

## Love Doesn't Cost a Thing:

Acts of Kindness that only require your time

- Shovel the driveway or sidewalk for a neighbour
  - Tell someone a joke to make them smile
  - Let someone else go first, even if it's your turn
  - Do someone's chore for them
  - Decorate your front window with encouraging words and cheerful pictures
  - Color or draw a picture for someone, and drop it off or send it in the mail
- 
- Do you love music? Play a song for someone (Or sing!) - in person or on video
  - Write a note to someone who inspires you, letting them know how much you appreciate them and why
  - Write a play or a poem or a story about kindness. Perform for your family!
  - Ask your teacher how you can help him/her

## Sometimes Love Costs a Little:

Acts of Kindness that require a small amount of money

- Cheer up a neighbour or senior with small bouquet of spring flowers (or make flowers with paper and pipe cleaners!)
  - Put together a small kit of items you can keep in your vehicle to pass out those in need - small gift cards to restaurants/coffee shops, granola bars, mittens, etc.
  - Make a meal for someone in need - family with a new baby, a senior, someone who is facing tough challenges
  - Donate to the local food bank or homeless shelter.
-



Other ideas:

- Let your friend or sibling choose which activity or game you will play, then play their choice without complaining
- Call, video call, or write a note to someone you haven't connected with in a long time
- On garbage day, return your neighbours' garbage bins from the street
- Give someone a genuine compliment. Challenge yourself: How many compliments can you deliver in one day?
- Give a secret compliment! Speak well of someone when they are not around
- Listen! For one day, focus on listening carefully to those around you, considering their thoughts and feelings before responding
- Offer to take your neighbour's dog for a walk
- Clean up litter in your neighbourhood
- Leave a thank you note in your mailbox for your mail-carrier
- Leave a positive note on someone's windshield in the parking lot
- Ordering delivery? Leave a thank you note or small treat on the porch for the delivery person ● Say hello and good morning to those that you see, and smile!
- Look for those who may be feeling left out or lonely and include them
- Don't complain. Challenge yourself to go one day without any complaints
- Print out a free coloring page, maze, word search, etc. for a friend.
- Take a video of you reading a picture book and send the video to a child
- Receive excellent service at a business? Speak to a manager or send an email to let them know! ● Hide encouraging notes around your house, school, or neighbourhood!
- Help a friend with their school work
- Choose love. Think of someone whose beliefs, values, or opinions are different from your own. How can you show them kindness despite your differences?
- Leave a positive review online for a local business
- Think of those who might be lonely or grieving this Valentine's Day, and reach out with a card,

needed items (usually listed online)

- Leave \$5 at the local library and ask them to use it to cover somebody's late fees
- Tip generously if you are able
- Make bookmarks with kind and encouraging words. Place them in books at the library for others to find
- Bake a treat and deliver it. Include the recipe if it's a favourite!
- Make playdough for a family with young children
- Do you knit, or crochet, or paint, or sew, or draw, or write? Use your skills to create something special for someone else





MAKE FEBRUARY 14TH A LITTLE SWEETER

WITH

# **CANDYGRAMS**

**\$2.00 EACH**

Send in your donations for an assorted Candybag, delivered on Valentine's Day  
Teachers will collect money from January 27th-February 5th

All funds raised will support the goal of purchasing  
Demko's very own: Slurpee Machine!!!



# Grade 4, 5, & 6

MAKE FEBRUARY 14TH A LITTLE SWEETER

WITH

**CANDYGRAMS**

**\$2.00 EACH**

SEND TO A FRIEND OR TREAT YOURSELF  
COME TO THE CONCESSION with CASH ONLY

January 27,28,29,30 & February 3,4,5

12:50-1:15 (Lunch Recess/Break)

All funds raised will support the goal of purchasing  
Demko's very own: Slurpee Machine!!!



# NEW!

div 2

## CLIMBING CLUB!!!



info  
meeting:

MONDAY Feb. 3rd @  
LUNCH - 12:30pm  
SMALL GYM

Climb Days are Wednesdays 3:30pm - 5:15 pm

There is a maximum of 24 participants so a draw will be made from those that attend the meeting

# SAVE THE DATE

SUNDAY MARCH 9, 2025 4PM

ROGERS PLACE

EDMONTON OIL KINGS VS

SWIFT CURRENT BRONCOS



SUPPORT THE JMD CHOIR AS  
THEY PERFORM!

TICKETS WILL BE AVAILABLE ON POWER SCHOOL SOON!

\$25 / TICKET

\$5 FROM EVERY TICKET GOES BACK TO JMD!

# L I F E L I N E

WHAT IF THE WORLD WAS A PLACE WHERE WE ACTIVELY RESPECTED AND SUPPORTED ALL SPECIES SO THAT WE COULD ALL THRIVE TOGETHER?



**All Art Pieces created by students in St. Albert from Kindergarten to Grade 12**

Poster art created by Raya Svenson, a grade 9 student at Hillgrove Junior High School

**ART SHOW OPENING  
FEBRUARY 13, 5-7 PM  
at St. Albert Centre Mall**

Join us for some music, snacks and a chance to support **WILD NORTH** with your purchase of art!



**SHOW CLOSES AT 4 PM FEBRUARY 21**

**TO BUY ART:**  
Contact Colleen Hewitt:  
[hewittc@spschools.org](mailto:hewittc@spschools.org)  
or call 780-459-4405



**St. Albert**  
PUBLIC SCHOOLS

Greater St. Albert  
Catholic Schools



**Check out our students Artwork!**



**Join Us for Faith and Fun Night with the Oil Kings!**

**Families, mark your calendars for an exciting evening of community, connection, and hockey! We're thrilled to invite you to Faith and Fun Night at the Edmonton Oil Kings game as they take on the Kelowna Rockets.**

**Date: Thursday, March 7th**

**Time: 7:00 PM**

**Location: Rogers Place**

**Bring your family and friends to cheer on the Oil Kings while enjoying a night filled with energy, excitement, and fellowship with other JMD families as we sit together to enjoy a game.**

**Tickets: Just \$22 per person!**

**Tickets are available now through the following link.**

**<https://am.ticketmaster.com/oilkings/promotional-page?id=Mj13>**

**Be sure to grab yours before they sell out!**

**Let's come together to share our faith, support our team, and have a blast. We can't wait to see you there!**

# BELLEROSE OPEN HOUSE!

- Including IB Information Sessions -



## Be Part of the Legacy



**March 5, 2025 • 6-8PM**



Scan the QR Code or visit our website: [bchs.spschools.org](http://bchs.spschools.org)

**WELCOMING ALL FUTURE  
BULLDOGS FROM**



**JOSEPH M. DEMKO**



Click the image for more information! Parent Information Sessions will take place later on during the month of March.

Open House

March 6, 2025  
5:30-8:00pm



Explore all that Paul Kane has to offer!

- French Immersion
- Advanced Placement
- Athletic Academies
- Career Pathways
- Fine & Performing Arts



École Paul Kane High School

780-459-4405

[pkhs.spschools.org](http://pkhs.spschools.org)

PARENT SESSION

## Transition to High School

February 26, 2025

6:30 pm - 8:00 pm

at Paul Kane High School

This is an information evening for St. Albert Public Schools Grade 9 parents only. This is an opportunity for you, as a parent, to understand the high school registration process and course offerings.

Pre-register here:



Still have questions?  
We are here to help you!

Book an appointment for March 19 or March 20 to meet with a counsellor or administrator. For more information call Student Services at 780.459.4405 ext. 41015

[pkhs.spschools.org](http://pkhs.spschools.org)





## Supporting a Cause Never Tasted So Good!

Buy your favourite chocolates to support

Friends of Joseph M. Demko School Society



Go to [purdys.com/fundraising](https://purdys.com/fundraising) or Scan QR



Enter customer #  to shop & support.

Place your order by

Contact  at

for more details.

 CANADA'S CHOCOLATIER SINCE 1907

## What Can I Do?



### Get Involved!

Whether they're on social media, playing games or watching videos. It will allow you to see what they are doing and is a starting point for open communication, because they know that you're a part of their online life. It might also make them more likely to come to you with problems if they know you are familiar with their online activities.

### Don't be Afraid to Intervene

Tell youth about red flags, such as someone asking for or sending intimate images, bribes and unusual gifts, threats and intimidation, or any behaviour that makes them feel uncomfortable. Let them know to speak to you if they hear or see anything suspicious. Tell them and show them that they can trust you.

## Contact Us!

Have any questions or comments?

Feel free to reach out!

**Email:**

[publiced@saffroncentre.com](mailto:publiced@saffroncentre.com)

**Phone:**

780-449-0900

### Communicate with Youth



Be sure to set clear expectations for device usage early on. These expectations can be set well before they receive an electronic device. You and your youth can agree on time limits, when they can use it, where they can use it, what sites or apps they can use and what is considered inappropriate. You can also mention how you will regulate their behaviour. You may agree on spot checks and/or filtration and monitoring devices. It is important to involve them in the conversation! It is also essential to talk to youth about healthy relationships, boundaries, online bullying, pornography, and the consequences of sexting. Talk about the permanency of their posts online. Inform them that all of their posts, pictures, likes, and shares can be viewed and used to determine their candidacy for a job, school, or volunteer roles.

### Listen to Youth

Get involved in youth's discussions about the internet. Use it as an opportunity to gain knowledge about the apps they use and the games they are playing. Pay close attention to the details! They can help you in future discussions. Be sure to also listen for any issues they may be having and how they are feeling online. Do they have anxiety online? Are they facing peer pressure? Do they vent anger or frustration online? Do they know when they need parental help? These are all great conversations to have!

### Set Aside Tech Free Time

Consider implementing this rule for kids **and** parents: no devices 1 hour before bedtime. Setting aside even more tech-free time can also allow your family to spend more time together and build a stronger bond. Try some offline family activities!

### Think about the age they get their first device.

Many parents want their young children to have devices so they can contact each other in case of emergency. Be mindful about other apps and games the device can be used for, and if they are age appropriate.