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## Joseph M. Demko School

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# Demko Dispatch

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	Issue No. 1   October 2025	
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September has flown by with a blur of fun activities and lots of opportunity to get to know our new students. Thankfully, the fall weather has held off and we have been able to enjoy additional summer temperatures during phys ed classes and breaks.

We are looking forward to the Turkey Trot in October after a very successful Terry Fox Event where the students raised **\$2704.00** for the Terry Fox Foundation. It was great to see the families out running in the mornings during the Pizza Prance weeks!

Our next event is the Turkey Trot at Thanksgiving! We are asking for Food Bank donations for our community.

**Wishing you all a wonderful Thanksgiving!**

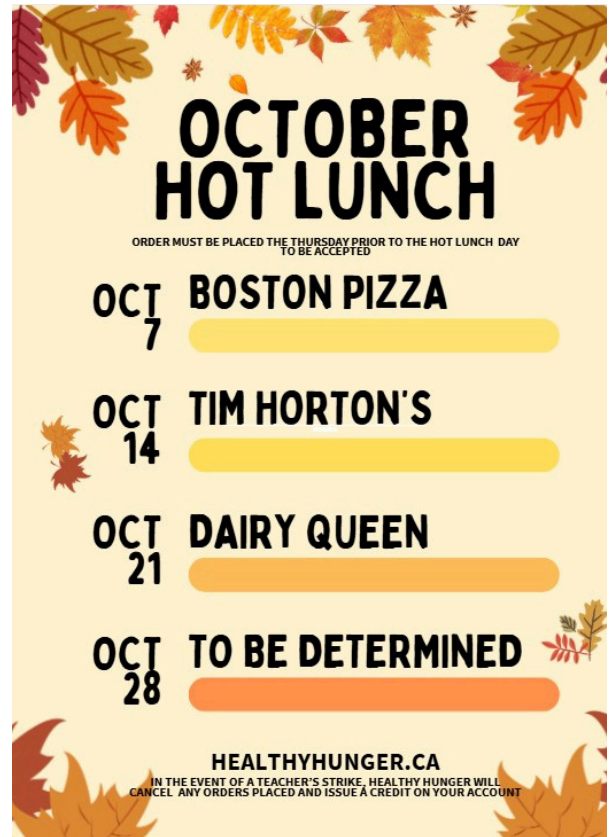
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# October Hot Lunch

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## 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!



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

# What's Going On This Month?

## October 2025

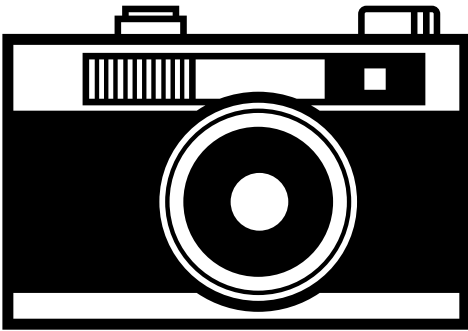


October 1 Sr Girls Volleyball Practice 7:30 am  
October 2 Jr Volleyball Games - ESSMY @ JMD 3:45pm  
October 2 Pie and Praise 6:00 - 7:30 pm  
October 3 Sr Girls Volleyball Practice 7:30 am  
October 6 Mathathon until November 8, 2025  
October 6 Sr Girls Volleyball Practice 7:30 am  
October 6 Sr Boys Volleyball Practice 3:30 pm  
October 6 PARENT-TEACHER CONFERENCES Bookings OPEN  
October 7 Sr Volleyball Games 4:00 pm Girls at JMD, Boys at MCHS  
October 8 Sr Girls Volleyball Practice 7:30 am  
October 8 Sr. Boys Volleyball Practice 3:30 pm  
October 9 Sr Volleyball Games 4:00 pm Boys at ESSMY, Girls at JMD  
October 10 Sr Girls Volleyball Practice 7:30 am  
October 10 Turkey Trot! - Please bring a food bank donation  
October 13 **Thanksgiving Day - NO SCHOOL**  
October 14 Sr Boys Volleyball Practice 3:30 pm  
October 14 Sr Girls Volleyball Game 4:00 pm at Sister Alphonse Academy  
October 15 Sr Girls Volleyball Practice 7:30 am  
October 15 Jr Volleyball Games JMD at ES GISH  
October 15 Sr Volleyball Games 4:00 pm Girls At WD Cuts, Boys at JMD  
October 16 Grade 6 Immunization  
October 16 Sr Volleyball Games 4:00 pm Boys at VJM, Girls at JMD  
October 17 Sr Girls Volleyball Practice 7:30 am  
October 17 Jr Volleyball Games at Hillgrove 3:30 pm  
October 20 **Staff PD Day - NO SCHOOL**  
October 21 Jr High Band at Camp Nakamun Returning October 22  
October 21 Sr Volleyball Games 4:00 pm Girls at Hillgrove, Boys at JMD  
October 21 JMD Parent Fundraising Meeting 6:45 pm  
JMD School Council Meeting 7:45 pm  
JMD Fundraising 6:45/School Council 7:45  
[meet.google.com/vjp-dtcb-sfd](https://meet.google.com/vjp-dtcb-sfd)  
October 22 Sr Girls Volleyball Practice 7:30 am  
October 22 Sr Boys Volleyball Practice 3:30 pm  
October 22 PARENT-TEACHER CONFERENCES 4:00 - 7:00 pm  
October 23 Jr Volleyball Tournament (Spruce Grove) & October 24  
October 23 Sr Volleyball Games 4:00 pm Girls at Lorne Akins, Boys at JMD  
October 23 PARENT-TEACHER CONFERENCES 4:00 - 7:00 pm  
October 27 Sr Girls Volleyball Practice 7:30 am  
October 27 Sr Boys Volleyball Practice 3:30 pm  
October 29 Sr Girls Volleyball Practice 7:30 am  
October 29 PHOTO RETAKE DAY  
October 29 Public Board Meeting at District Office 60 Sir Winston Churchill Ave  
October 29 Sr Boys Volleyball 3:30 pm  
October 30 Logos Jr High Retreat at Camp Nakamun returning October 31  
October 30 Logos K-9 Praise Service 11:30 am  
October 31 Sr Girls Volleyball Practice 7:30 am  
October 31 Fall Carnival Grades K-6  
October 31 Reverse Trick or Treat 9:00 am  
October 31 English Program Halloween Dress Up 1:30 - 3:25 pm



## LOST AND FOUND REMINDER:

Each month , clothing accumulated in the lost and found **will be donated the end of the last school day of EACH month.** Parents are always welcome to drop in to look for an item. The Lost and Found is located in the Front Foyer under the counter in labelled bins. There is ALWAYS an overwhelming amount of clothing and water bottles in these bins - please be sure to check and remind your children to check as well! It is unfortunate, but even if it is lost day of, we donate it as we can't determine how long an item has been there. **Names on items helps alot!!**



Smart Photography was here September 23 to take our photos! Your child should have brought home a code for you to access their gallery and order from. If you did not receive a code, or your child lost it - Smart Phtography is providing us with the codes so please call and we can help you retrieve the info you are looking for!

Retakes Day is scheduled for **Wednesday, October 29!**





# Joseph M. Demko School

## MATH+A+THON

### Grades K-6 INFORMATION

#### Math-a-thon Information

- The Math-a-thon has been organized to help raise funds for related learning resources.
- You are asked to pledge on a per question basis in the amount correct per question or as a blanket donation in the amount due column.
- The student you have sponsored will return after the test time with their test indicating their results.
- At that time, the student will collect the pledges and fill in this amount in the amount collected.
- We will be having a **competition** in division one (K-3) and division two (Grades 4-6). The class that raises the highest average per pupil when their class total is divided by the number of students will win a class PRIZE. For example, 1A raised \$1200, they have 23 students. Their average amount raised per pupil is \$52.
- If we raise enough money we will be purchasing a Ga-Ga Ball Pit for the school.
- Thank you for your support!

#### Timeline

- Wednesday, September 24 - Math+a+thon pledge sheets and instructions sent home and in the parent planner Friday, October 3.
- Wednesday, September 24 to Friday, October 31 - Students will be collecting their sponsors and practicing their basic math facts at home and at school.
- The week of November 3 - 7 Students will be tested and teachers will return the marked tests by Monday, November 10.
- Monday, November 10 to Monday, November 17 - Students will return to sponsors to collect pledges and return the monies to school.
- Monday, November 17 - All money will be returned to school. Cash or cheques made payable to Friends of Joseph M. Demko School Society.

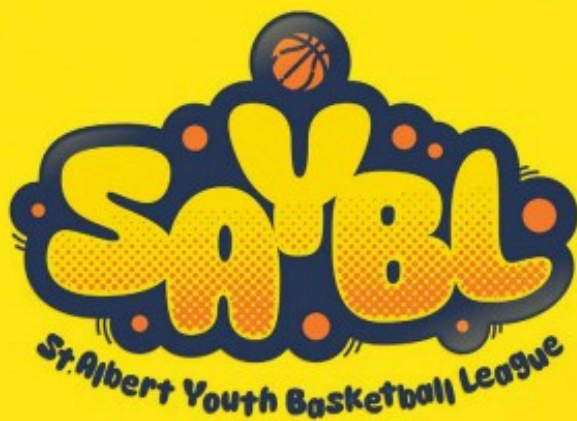
# Joseph M. Demko School Math-a-thon Pledge Card



Student Name: \_\_\_\_\_ Class: \_\_\_\_\_/

Teacher: \_\_\_\_\_ Number Correct:

Sponsor's Name	Address	Amount per question	# Correct	Amount Due	Amount Collected
Total					



REGISTER TODAY!



a fun, affordable community league right here in St. Albert

**BOYS & GIRLS AGES 8-16**

REGISTRATION CLOSING SEPTEMBER 30th

INVITE YOUR FRIENDS

TO LEARN MORE

**SAYBL.CA**

REFEREE OPPORTUNITIES ALSO AVAILABLE



**Hello!**

I'm writing to you today to ask for your assistance and continued support in promoting our local St. Albert Community Basketball League - SAYBL. Please find attached a flyer in colour and black and white - if you can print/post these up around the school and or add them to your newsletter, that would be amazing!

We are continued to be challenged by the lack of girls signing up, we barely made the numbers to create U11 and U14 girls divisions last year and could not reach the minimum registered players to create a U17 Girls division. I'm hoping with your help we can promote this great opportunity for girls of all ages and encourage them to participate.

Here's a breakdown of our league...

SAYBL presents an opportunity for boys and girls aged 8-16 years of age to play and enjoy basketball regardless of their skills or size. All the teams are balanced to keep the competition close. Don't expect intense competition, it's a community league focusing on building confidence, teamwork, skills... and fun.

I've enjoyed watching the kids progress over the years, some build enough skills and confidence to move over to clubs like SLAM or 1 Possession.... and some make their school teams. Many stay in the league just to have fun playing with and against friends.

I love the community we live in and we all love super affordable sporting options for our kids.

If you know anyone who's interested in basketball and maybe too afraid to sign up... they're not alone... that's half the league.

Registration is currently open - registration closes September 30th.

Registration Fee: \$125.90!

Season: End of October to mid March

Visit FAQs at [SAYBL.ca](http://SAYBL.ca) for more information or send me an email.

Thanks for listening.

Sincerely,

Antony Bernadou  
President

[antony@saybl.ca](mailto:antony@saybl.ca)







Roots of Empathy  
Racines de l'empathie

Are you a proud parent with a new baby?  
Will your baby be 2 – 4 months old in October?

You and your baby can make a lasting  
difference in children's lives in your community!



The charity **Roots of Empathy** provides an award-winning program for elementary school children that independent research shows increases empathy, reduces aggression and bullying, and increases caring, kindness and inclusiveness.

**"Change the world, child by child" by becoming a Volunteer Family**

The Program is centred around you and your baby's loving relationship, with a Roots of Empathy Instructor guiding a discussion with children, encouraging them to read your baby's emotional cues and take your baby's perspective. Your baby is the "Tiny Teacher". The children learn to identify and name your baby's feelings, reflect on and understand their own feelings, then bridge to understand the feelings of others. The development of emotional literacy helps children understand how their behaviour or words can hurt others, and enables children to make friends and build positive relationships.



*I would strongly recommend this program for your baby and for your community. What a way to make a difference for students by bringing the pure joy of a baby into their world.*

*Volunteer Roots of Empathy Parent*

**What's involved in being a Roots of Empathy Family:**

- Nine times over the school year, you and your baby will visit a classroom with the Roots of Empathy Instructor and join the children around the "Green Blanket".
- You will help the children learn all about your baby and in turn they will learn about themselves, their feelings, and their temperament traits.
- The children will celebrate your baby's milestones such as rolling over, clapping, sitting and more, which are captured in a photo book for you and your baby. The children show their love of the baby at the end of the program with wishes for the baby's future.
- For more information on what is involved and to apply, please see below

**\*Babies must be between 2 and 4 months old in October**



**CONTACT:**

Devonne Skuba

dskuba@rootsofempathy.org

**FOR MORE INFORMATION AND TO APPLY :**

**OR VISIT:**

<https://rootsofempathy.org/family/>