

Delburne Centralized School

Weekly Update

January 29, 2025

ADMIN MESSAGE

It's hard to believe the first semester is behind us! As we transition into the second half of the school year, we're excited to continue working with our amazing students at DCS.

The school is buzzing with activity! With the new semester, we have new High School courses starting up, basketball games taking place, middle school intramurals at lunch, and Valentine's Day activities around the corner. It's wonderful to see students contributing to school culture while engaging in their academics and athletics.

As always, if you have any questions or concerns, please don't hesitate to reach out—we are happy to connect by phone or in person. Thank you for your continued support and for sharing your incredible children with us each day!

~Mrs. Pennock and Mrs. Simpson

COUNSELLOR'S CORNER

Here are some online Information sessions parents and students can attend to learn about SAIT and its programs!

- Careers in Business Information Session - Thursday, February 6
- Careers in Advanced Digital Technology and Media - Tuesday, February 11
- Careers in Transportation - Wednesday, February 12
- Careers in Hospitality and Culinary - Thursday, February 13
- Careers in Manufacturing and Automation - Thursday, February 13
- Careers in Construction - Tuesday, February 18
- Careers in Energy and Environment - Thursday, February 20
- Careers in Railway, Ironworking, Crane and RV Session Thursday, February 20
- How to Apply to Sait - Ask Us Anything - Wednesday, February 26
- Money Matters: Student Awards and Financing - Wednesday, February 26

You will find the links for these at:

<https://www.sait.ca/programs-and-courses/information-sessions>

HOT LUNCH

<https://www.studentquickpay.com/chinook/>

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JUNIOR HIGH VALENTINE'S DANCE

Our Junior High Leadership option class is hosting a Valentine's Dance on Wednesday, February 12th. Please note this is for students in grades 7, 8 and 9. **ALL** Delburne students need to complete the paper form to attend. Each student is welcome to bring a guest who must also be in grade 7, 8 and 9 and have the Guest portion of the form completed. The form is below and also available at the office.

VALENTINE'S DAY: CRUSH AND CARNATIONS

Remember to get your orders in for the Crush and Carnations which are due on **Monday, February 3rd**. Forms are attached below or available at the office.

ON THE CALENDAR

MONDAY February 3	TUESDAY February 4	WEDNESDAY February 5	THURSDAY February 6	FRIDAY February 7
First Day of Semester 2	BGC Kids Club 3:10 -5:00	Hot Dog Day	Sr Boys Basketball Practice 3:30-5:30	Kindergarten
Jr. Boys Basketball Practice 3:30 - 5:00	Youth Keystone 5:30-7:30	Welding at Olds College	Jr Boys Basketball Game @ St. Marguerite 4:00-6:00	Dairy Queen Hot Lunch
Jr. Girls Basketball Practice 5:00 - 7:00	Sr. Girls Basketball Game VS Caroline 6:00-8:00	Jr. Girls Basketball Practice 3:30 - 5:30	Jr Girls basketball Game @ IHS 4:00-6:00	Sr Girls Basketball Practice 7:00-8:30 AM
	Sr Boys Basketball Game VS Caroline 8:00-10:00	Jr. Boys Basketball Practice 3:30-5:00		Jr Girls Tournament @ Caroline
		Sr. Girls Basketball Game @ PPA 6:00-8:00		*Saturday, Feb 8 Jr Girls Tournament @ Caroline
		Sr Boys Basketball Game @ PPA 8:00-10:00		

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25 Meaningful Ways to Show Your Child You Love Them

1. **Listen attentively:** Put down your phone and give them your full attention when they talk.
2. **Write them a note:** Slip a sweet message into their lunchbox or leave it on their pillow.
3. **Spend one-on-one time:** Dedicate time to do something they enjoy, like a walk or playing a game.
4. **Celebrate their interests:** Learn about their favorite hobby or show, and join in.
5. **Cook their favorite meal:** Surprise them with something they love to eat.
6. **Praise their effort:** Acknowledge when they try hard, even if the result isn't perfect.
7. **Give a genuine compliment:** Tell them what you admire about their personality or skills.
8. **Share stories:** Tell them about a time you were their age and what you learned.
9. **Hug them:** Physical affection speaks volumes.
10. **Say "I'm proud of you":** Recognize their accomplishments, big or small.
11. **Apologize when you're wrong:** Show respect by admitting mistakes.
12. **Create a secret handshake:** Make it your special connection.
13. **Include them in decisions:** Let them choose an activity or help plan a family outing.
14. **Laugh together:** Share a funny joke or watch something silly.
15. **Put away distractions:** Focus on them during meals or bedtime routines.
16. **Be patient when they're upset:** Validate their feelings and offer comfort.
17. **Surprise them with a small treat:** An unexpected treat can brighten their day.
18. **Read together:** Share a favorite book or story.
19. **Ask their opinion:** Show them that you value their thoughts and perspective.
20. **Encourage their creativity:** Display their art or celebrate their imaginative ideas.
21. **Teach them something new:** Share a skill or hobby you enjoy.
22. **Show up for them:** Be present at their games, recitals, or other important events.
23. **Protect their boundaries:** Respect their privacy and teach them to set their own boundaries.
24. **Say "Thank you":** Acknowledge when they help or contribute to the family.
25. **Let them overhear you saying something nice about them:** It boosts their confidence to know you're proud of them.

Some children need to see or experience "I love you," not simply hear it. For them, 'actions speak louder than words.'



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Valentine's Day: Crush and Carnations

The High School Leadership group will be selling Crush pops (\$2) and Carnation flowers (\$2) leading up to Valentine's Day. Students will have an opportunity to buy one or both of the options for a friend of their choice (they are also welcome to purchase more than one). Crush and carnation orders must be in by **February 3rd** and they will be delivered on February 14th. Students have been given forms from their homeroom teacher and there will be additional copies available at the office.

Name and grade of person placing order: _____

	Total	Recipient(s) Name	Grade (Please specify the class 1P, 1G, 4B, 4/5Z, 5C etc.)
Crush			
Carnation			

Total amount paid: \$ _____

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Grade 7-9 Valentine's Day School Dance Permission Form

Our Junior High Leadership team is excited to plan a Valentine's Day dance for students in grades 7, 8, and 9. Please complete and return the form below if you are interested in attending.

Event Details:

- **Date:** Wednesday, February 12th
- **Time:** 6:30 p.m. to 9:00 p.m.
- **Location:** Small Gym at Delburne School
- **Concession:** Concession items will be available for **cash-only** purchases.
- Students must be dropped off and picked up at the **East Doors** (Bus loop). There will be no access to the dance through the main front doors.
- Students must arrive between **6:30 p.m. and 6:45 p.m.** to the east doors (bus loop doors). Doors will be locked after that time.
- Students must be picked up by 9:00 p.m. at the same doors
- If parents need to pick up their child prior to 9:00 please connect with the supervisors that are working the doors.

Eligibility:

- The dance is open to students in **grades 7, 8, and 9.**
- Students may invite one guest.
 - Guest must be in **grade 7, 8, or 9**
 - Guest must have a permission form signed and returned by **Monday, February 10th.**
 - The Guest's school will be called prior to acceptance to ensure they are a student in good standing and all information provided is true.

School and Dance Rules:

- No outside food or drink
- No outside water bottles
- Students **cannot leave** the school during the event. Students will **not be allowed to return** if they leave, as the doors will be locked.
- There is **zero tolerance** for any illegal substances or disrespectful behavior towards others.
- If there is an issue with either student or their guest please note that both parties will be asked to go home and school consequences will follow. Both parties will have their parent/ caregiver called and will not be permitted to remain at the dance. In addition, the administration will notify the guest's school

*****Permission forms must be signed by a parent/guardian and returned by Monday, February 10th.**

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DCS Student Information/ Permission Form

DCS Student Name (First and Last): _____ Grade: _____

Parent/Guardian Consent:

I give permission for my child to attend the Junior High School Dance on Wednesday, February 12th. I understand and agree to the event rules and expectations.

Parent/Guardian Name: _____ Date: _____

Signature: _____

Emergency Contact Name and Phone Number: _____

Guest Information/ Permission Form

Guest Name (First and Last): _____ Grade: _____

School Name and Phone Number: _____

Principal Name: _____

Parent/Guardian Consent:

I give permission for my child to attend the Junior High School Dance on Wednesday, February 12th. I understand and agree to the event rules and expectations.

Parent/Guardian Name: _____ Date: _____

Signature: _____

Emergency Contact Name and Number: _____