



# FRASER RIVER MIDDLE SCHOOL

604-517-1800

## PRINCIPAL'S MESSAGE

The month of March is Nutrition Month and March 22, 2018 is World Water Day. We thought this would be a good month to launch our efforts to promote healthy beverage choices for our students at school. Energy drinks, sports drinks and soda pop contain high levels of sugar, not to mention the high concentration of caffeine in energy drinks. We would like to help the students learn the health risks of consuming these beverages. Did you know, for example, that the sugar in a 32 oz. sports drink is equivalent to 5 glazed donuts? We feel that once our students have a better understanding of the health risks of energy drinks and sports drinks, specifically, they will make better choices for their diet.

In connection with Fraser Health our goal, by the end of this year, is to not see any more energy or sports drinks at Fraser River. We are asking for parent and guardian support with this initiative as we feel very strongly that drinking unhealthy beverages is detrimental to a child's development.

Thank you in advance,  
Debbie Jones  
Principal

## Important Dates

- Mar. 16 - Last day of school before Spring Break
- Mar. 30 - Good Friday (school is closed)
- Apr. 2 - Easter Monday (school is closed)
- Apr. 3 - School reopens after Spring Break
- Apr. 9 - PAC Meeting (7:00 pm - Learning Commons)
- Apr. 10 - Team Photos
- Apr. 12 - Early Dismissal (11:55 am) - student led conferences or Parent/Teacher interviews
- Apr. 23 - Non-Instructional Day (school is closed)
- May 4 - Entrepreneurial Fair (2:00 - 5:30 pm - Gym)
- May 18 - Non-Instructional Day (school is closed)
- May 21 - Victoria Day (school is closed)


**HOW MUCH SUGAR IS IN YOUR DRINK?**

16 oz energy drink      15 cookies

**Students Returning to FRMS in September**

Please notify the school as soon as possible if your child will not be attending FRMS for the 2017/18 school year. It helps us project our next year's enrollment.



Thank you in advance!

 **LUNCH PROGRAM—TWICE A WEEK!**

Beginning April 11th, the FRMS Lunch Program will take place on Wednesdays as well as Fridays!!

Students will be able to order lunch from Me-n-Eds Pizza, Subway or Chopped Leaf

Orders will be taken the morning of and will cost between \$4.00 and \$7.50 each. Students can place their orders between 8:00 and 8:45 am outside the office.

**REPORT CARDS**

Term 2 Report Cards went home on Thursday, March 15th. Please help us save paper by returning the report card envelope sent home with the Term 2 Report Card to your child's teacher so that it can be reused. Thank you!

**FRMS SCHOOL WEBSITE!**

Please remember to check out the Fraser River Middle School website to see what's happening at school and the activities we are looking forward to!

To check it out, go to:  
[www.fraserriverschool.ca](http://www.fraserriverschool.ca)

**BC SUMMER GAMES**

**Basketball Selection Camps**

Basketball BC will be having selection camps for U13 (born 2005 or later) and U14 (born 2004 or later) athletes to try out to represent their zone at the BC Summer Games in July. Athletes interested in playing MUST attend a selection camp in the zone where they have their permanent residence. Camps take place in April. Registration is now open.

For more information, go to: [www.basketball.bc.ca](http://www.basketball.bc.ca)

**PAC MEETING**

The next PAC Meeting is on April 9th at 7:00 pm in the Learning Commons

# FRMS 2018 Talent Show



FRMS' Got Talent 2.0! We are very excited to announce that our second annual show is well under way! We will be showcasing some of our amazing students and celebrating all of the talent they bring to our community! All grades included, the show hosts are our very own grade 8 students and the show will be comprised of singers, pianists, duets, a 'yo-yo off', and more! During intermission we will have a bake sale to enjoy while you peruse some student art.

Proceeds from the bake sale and donations will go back into supporting the fine arts exploratory programs.



So come show your support and mark your calendars for Tuesday, April 24<sup>th</sup> at 6pm (show begins promptly at 6:30pm) in the FRMS gym and enjoy an entertaining evening out!

## GRADE 8 BOYS VOLLEYBALL

The team is hard at work practicing for their upcoming games!

Practices are Mondays and Fridays afterschool and Wednesday mornings at 7:30 Games will start after Spring Break and will be played on Mondays and Thursdays. The first game is on Thursday, April 5th in the FRMS Gym.



## FALCONS FOOTBALL

The middle school football league is starting after Spring Break! Students in Grade 7 and 8 are welcome to join.



For more info. please contact Mr. Ruus at [mruus@sd40.bc.ca](mailto:mruus@sd40.bc.ca).

## SPRING BREAK OUT-TRIPS (Gr. 6 - 10)

Get active during Spring Break with Youth Services. Pack a lunch, snacks and swimsuit and towel for each out-trip. Registration covers admission, transportation, and staff supervision. Waivers must be completed for all out-trips. Pick-ups and drop-offs are at Queensborough Community Centre and the New West Youth Centre.

Tuesday & Thursday - 9:30 am - 3:30 pm

- March 20 Apex Adventure Park \$43.50
- March 22 Go-Karting + Swimming \$41.75
- March 27 Science World \$32.75
- March 29 Swimming + Movie \$28.50

To register call:  
New West Youth Centre at 604.515.3801

## Team Photo Day!

Mountain West Photographers will be at FRMS on Wed., April 10th to take team photos



## FRMS ENTREPRENEURIAL FAIR 2017

The 2nd annual FRMS Entrepreneurial fair will be taking place on Friday, May 4th, from 2-5:30 p.m. in the FRMS Gym. Students of FRMS and some community members will be selling items such as baked goods, art, jewelry and much more. FRMS students received application forms today to fill out regarding what items they will be selling, the cost and so on.

All proceeds made from the rental of the tables at the fair will help raise funds for the grade 8 camping trip to Camp Summit as well as to help fund our WE initiatives. We will provide more details regarding the fair as we approach closer to the date.

