



# FRASER RIVER MIDDLE SCHOOL

## 604-517-1800

### PRINCIPALS MESSAGE

After one week of school I can confidently say that we are going to have another great year. I couldn't believe the positive energy that the staff and students brought to the school last week. The staff have reported to me that the students are eager and ready to embark on the new school year.

I want to thank you the parents and guardians for your patience as we welcome students into their new classrooms. Organizing classes and placing students is not an easy task. It takes many caring staff members with the intent of giving students the opportunity to have a successful school year.

Being the beginning of the year, it is important to mention that it can get quite hectic before and after school on Queens Avenue. I ask that you take care in dropping off or picking up your child. I have already noticed people asking their child to run across the street, cars making a U-Turn while traffic is trying to flow and cars blocking the exit/entrance to the building across the street. Please keep our children safe coming and going to school.

Once again we are off to a great start and please feel free to contact me if you have any questions.

*Ms. Debbie Jones, Principal*



### Important Dates

- Sept. 21 - Non-Instructional Day (no school for students)**
- Sept. 24 - PAC—AGM**
- Sept. 27 - Individual photo day**
- Oct. 3 - Collaboration Day (11:45 dismissal for students)**
- Oct. 8 - Thanksgiving Day (no school for students)**
- Oct. 17/ - Early Dismissal (11:55 am)**
- Oct. 18 (3 way interviews)**
- Oct. 19 - Provincial Pro-D Day (no school for students)**

### School Timetable

- The first bell rings at 8:31 am. Students can enter the school when doors open at 8:00 am and are allowed on the first floor or in the Learning Commons. At 8:20 am students will be allowed to go to their lockers.
- Nutrition break is from 10:10 am to 10:25 am. (Students should bring a healthy snack such as fruit, veggies, cheese sticks).
- Lunch is from 11:55 pm to 12:45 pm. Students play outside first and come in to eat at 12:25 pm.
- Keeping hydrated is important for learning brains. Students should bring a water bottle to school.

Principal	Ms. D. Jones	Resource	Ms. N. Oke
Vice-Principal	Ms. J. Bourne	Resource	Ms. A. Roik
Division 1	Mr. C. Oatway	Resource/ELL	Mr. B. Chau
Division 2	Mr. M. Ruus	Youth & Child Care Worker	Ms. T. Worth
Division 3	Ms. D. Marsh	Aboriginal Support Worker	Mr. L. Laufer
Division 4	Mrs. P. Johnson	Education Assistant	Ms. K Andrews
Division 5	Mr. J. Smith	Education Assistant	Ms. I. Anoshina
Division 6	Mrs. H. Cranstoun	Education Assistant	Ms. S. Cooper
Division 7	Ms. J. Bourne/Mr. S. Wang	Education Assistant	Mr. D. Damianus
Division 8	Mr. K. Leung	Education Assistant	Ms. K. Draney
Division 9	Ms. T. Kaselj/Mrs. M. Johnson	Education Assistant	Mr. R. Hemmingsen
Division 10	Mr. B. Aquino	Education Assistant	Ms. A. Juett
Division 11	Mr. B. Foster	Education Assistant	Ms. T. Nimetz
Division 12	Mr. C. Gibson	Education Assistant	Ms. K. Turton
Division 13	Ms. M. Leong	Education Assistant	Ms. N. Yamanaka
Division 14	Mr. A. Kozak	Education Assistant	Mr. D. Bollen
Division 15	Ms. M. Loutsik	Education Assistant	Ms. N. Cole
Division 16	Mrs. K. Walker/Ms. J. Weisner	Education Assistant	Ms. L. De Sousa
Division 17	Ms. J. Connolly	Education Assistant	Ms. H. Grewal
Division 18	Ms. M. Lioce	Education Assistant	Ms. R. Rana
Division 19	Mr. C. Newcomb	Custodian	Mr. J. Jones
Exploratory	Mr. C. Mathews	Custodian	Mr. M. Dela Cruz
Exploratory	Ms. S. Chan	Crossing Guard	Ms. C. Kaila
Music/Band	Mr. J. Colish	Secretary	Ms. L. Harris
Counsellor	Mrs. S. Mackay	Secretary	Ms. A. Morris
Library	Ms. J. Weisner	Secretary	Ms. K. Jull



★ **IMPORTANT REMINDER** ★

The school district has moved to an online system called School Cash that will allow parents & guardians to pay for items such as field trips, sports teams, fundraising, etc. Permission forms for Walking Field Trips, Google Suite, and the Fruit & Veggie program will now also be filled out and signed through this system. Please see the attached flyer for info on how to register!

**Office Sign-in**

Please be reminded that all visitors to the school must sign in at the front office and wear a visitor's badge.

Thank you for helping us keep our students safe!

**PHOTO DAY!**

Lifetouch Photographers will be at FRMS on **Thur., Sept. 27th** to take individual and class photos.



**Leaving School at Lunchtime**

We ask that students stay at school for lunch and not leave school property. Students may only go home for lunch if they have permission from their parent/guardian by note or by phoning the school. Please note that this does not include going to the store.



**FRMS Breakfast Program**

...is every morning at 8:15 am in the servery on the first floor of the school.

Possible donation 50¢ per person



**Fruit and Veggie Program**

FRMS will be participating in the BC Fruit and Veggie Program. A variety of fruits and vegetables will be delivered to the school on a monthly basis and every student will get a taste! Our first delivery is blueberries and is scheduled for September 19th. Please fill in the form through school cash.

**NUTRITION NOTE**

Staff have noticed that many students go to the corner store before school on a regular basis. They purchase unhealthy items, such as energy drinks, tubs of ice cream, large cans of pop. We are concerned that some students are not starting the day with the nutrition needed for healthy brain function. Please talk to your child.

**After School Programs**

New Westminster Youth Services Drop-In begins Monday, September 24, 2018 at 3:00 pm in the FRMS multi-purpose room.

Mon: Drop-in (sports, video & board games, activities) from 3-5, \$0.50

Wed: Leadership Committee (LIT—Leaders in Training), 3-5 pm, \$0.50, Eat & Play (located at Youth Centre, 620 Eighth St.), 5-7 pm, \$1.00

Fri: Drop-In (gym sports & activities, video and board games, dinner and more!), 3-9 pm, \$0.50

For more information, call Angelene at 604-834-0320, or email her at [aprakash@newwestcity.ca](mailto:aprakash@newwestcity.ca)

**Traffic Safety to and from School**

We want to stress the importance of using sidewalks & crosswalks and following safe traffic and road rules. Please talk to your child about taking extra caution near busy intersections and corners.

Students should be cautious and fully aware of their surroundings and avoid using their cell phones and listening to loud music. We would also like to stress how important it is to ALWAYS wear a helmet if riding a bike, scooter or skateboard.



**Student Absences**

Please notify the school if you know that your child will be absent or late for school. You may leave a phone message at the school anytime.

We want to ensure that you and the school are aware of your child's whereabouts.

**Emergency Contact & Verification Forms**

...were sent home with students on Friday September 8th. We thank you for your promptness in returning the completed forms. It is very important that we have the information on these forms on file at all times!



**LUNCH PROGRAM**



...is continuing at FRMS! Students will, again, be able to order lunch from Me-n-Eds Pizza or Subway every Friday and Wednesday

Orders will be taken the morning of and will cost between \$4.00 and \$5.00 each. Students can place their orders between 8:00 and 8:45 am outside the office.

**SPORTS**



Please be on the lookout in the next few weeks for information regarding fall athletics activities, including Cross Country, Gr. 8 Girls Volleyball, Gr. 7 Girls Volleyball, Gr. 7 Boys Volleyball, and Intramural Volleyball for Grades 6, 7, and 8, which will take place during lunch hour on Tuesdays, Wednesdays, and Thursdays.