



# FRASER RIVER MIDDLE SCHOOL

604-517-1800

## PRINCIPAL'S MESSAGE

I would like to welcome all of our new families as well as our existing families to a new year at Fraser River middle school. We are off to a great start and I wanted to give you some information about the configuration of this school year. At the beginning of last year our student population was 462 divided up into 16 divisions. This year we have 482 students with 18 divisions. We were allocated 17 divisions at the end of last year but with the increase in registration over the summer we were increased by one division the week before the start of school. At that time we reconfigured and the breakdown of classes are as follows: six grade 8, five grade 7, two grade 6/7 and six grade 6 classrooms.

Everyone at the school is very excited about our second year. The positive energy of the students and staff these first two weeks have been so inspiring. I look forward to a lot of fun and a lot of learning again this year. Together we will continue to make Fraser River a great place to be.

Ms. Debbie Jones  
Principal



## Important Dates

- Sept. 22 - Non-Instructional Day (no school for students)
- Sept. 29 - Individual & class photos
- Oct. 2 - PAC Meeting (7:00 pm - Learning Commons)
- Oct. 6 - Curriculum Implementation Day (no school for students)
- Oct. 9 - Thanksgiving Day (no school for students)
- Oct. 18/ - Early Dismissal (11:55 am)
- Oct. 19 (student led conferences or parent/teacher interviews)
- Oct. 20 - 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.

## FRMS STAFF

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|----------------|-------------------------------|
| Principal      | Ms. D. Jones                  |
| Vice-Principal | Ms. J. Bourne                 |
| Division 1     | Mr. M. Kanagae                |
| Division 2     | Mr. M. Ruus                   |
| Division 3     | Mrs. P. Johnson               |
| Division 4     | Mr. J. Smith                  |
| Division 5     | Ms. H. Cranstoun              |
| Division 6     | Ms. J. Bourne/Ms. M. Loutsik  |
| Division 7     | Mrs. M. Johnson/Ms. C. Nguyen |
| Division 8     | Mr. K. Leung                  |
| Division 9     | Ms. T. Kaselj                 |
| Division 10    | Mr. B. Aquino                 |
| Division 11    | Mr. C. Gibson                 |
| Division 12    | Mrs. M. Leong/TBA             |
| Division 13    | Mr. B. Foster                 |
| Division 14    | Mr. A. Kozak                  |
| Division 15    | Ms. J. Connolly               |
| Division 16    | Mrs. K. Walker/Ms. J. Weisner |
| Division 17    | Mr. C. Newcomb                |
| Division 18    | Ms. M. Lioce                  |
| Exploratory    | Mrs. S. Chan                  |
| Exploratory    | Mr. C. Mathews                |
| Music/Band     | Mr. J. Colish                 |
| Counsellor     | Ms. Z. Manji                  |



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|---------------------------|-------------------|
| Counsellor                | Ms. D. Phelan     |
| Library                   | Ms. J. Weisner    |
| Resource                  | Ms. N. Oke        |
| Resource                  | Ms. A. Roik       |
| Resource/ELL              | Mr. B. Chau       |
| Youth & Child Care Worker | Ms. T. Worth      |
| Aboriginal Support Worker | Mr. L. Laufer     |
| Education Assistant       | Ms. K. Andrews    |
| Education Assistant       | Ms. I. Anoshina   |
| Education Assistant       | Ms. S. Cooper     |
| Education Assistant       | Mr. D. Damianus   |
| Education Assistant       | Ms. K. Draney     |
| Education Assistant       | Mr. R. Hemmingsen |
| Education Assistant       | Ms. A. Juet       |
| Education Assistant       | Ms. T. Nimetz     |
| Education Assistant       | Ms. K. Turton     |
| Custodian                 | Ms. N. Yamanaka   |
| Custodian                 | Mr. J. Jones      |
| Crossing Guard            | Mr. M. Dela Cruz  |
| Secretary                 | Ms. C. Kaila      |
| Secretary                 | Ms. L. Nichol     |
| Secretary                 | Ms. H. Bath       |
|                           | Ms. S. Milne      |

## SPORTS



Grade 8 boys basketball has started. Practices are Wednesdays from 3:30 - 5:30 pm in the gym.

Grade 8 girls volleyball has also started. The practices are Tuesday and Thursday mornings from 7:20-8:20 am in the gym



## After School Programs

Drop in begins Monday, September 18, 2017 at 3:00 pm in the multi-purpose room. Drop in runs Monday, Wednesday and Friday this year. Mondays and Wednesdays are from 3:00 to 5:00 pm. Fridays are from 3:00 to 9:00 pm.

See the attached flyer for information about upcoming programs on Tuesdays and Thursdays.

## 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!

## 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.



## PHOTO DAY!

Mountain West Photographers will be at FRMS on Fri., Sept. 29th to take individual and class photos.



## 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.

## 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.

## Consent Forms & Notices Packages

...were sent home with students on September 8th. Thank you to those who have already returned their completed forms. For those who haven't, please do so and return them to the school as soon as possible.

It is important that we have the information on these forms on file at all times.

## FRMS Breakfast Program

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



## LUNCH PROGRAM



...is continuing at FRMS! Students will, again, be able to order lunch from Me-n-Eds Pizza, Subway or Chopped Leaf

Every Friday beginning September 29th. 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.



Information regarding menu options will be sent home closer to Sept. 29th.

## 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 20th.



## NUTRITION

## DATE CHANGE!

Please note that the date of the PAC Annual General Meeting has been changed to Oct. 23rd at 6:00 pm in the Learning Commons.

Staff have noticed that many students are going to the corner store before school on a regular basis. They are purchasing many 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.