



FRASER RIVER MIDDLE SCHOOL

604-517-1800

PRINCIPALS MESSAGE

The first week of school has already flown by and we finished the week off with a visit from Premier Horgan and Minister Fleming. At the press conference, with Minister Fleming, Wren and Sahara represented the student body. They talked about what a strong, supportive community we have at Fraser River. They also read inspirational quotes from some of the art installations around the school. I was so proud at how they presented themselves with such confidence and poise. Thank you to Wren and Sahara for showing excellent leadership.

I want to thank the parents and guardians for your patience through the first week of school. Placing students into their classes is not an easy task. Class placement involves many staff members looking out for the well-being of all of the students.

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

Ms. Debbie Jones



Important Dates

- Sept. 23 - Non-Instructional Day (no school for students)
- Sept. 30 - PAC Meeting (7:00pm in Learning Commons)
- Oct. 2 - Collaboration Day (11:45 dismissal for students)
- Oct. 14 - Thanksgiving Day (School Closed)
- Oct. 16/17 - Early Dismissal - 12:10am (3 way interviews)
- Oct. 25 - 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 9:55 am to 10:10 am. (Students should bring a healthy snack such as fruit, veggies, cheese sticks).
- Lunch is from 12:10 pm to 1:00 pm. Students play outside first and come in to eat at 12:40 pm.
- Keeping hydrated is important for learning brains. Students should bring a water bottle to school.

Fraser River Middle School 2019/2020 Staff

Principal	Ms. D. Jones	Resource	Ms. K. Martinek
Vice-Principal	Ms. J. Harrison	Resource	Ms. A. Roik
Division 1	Mr. C. Oatway	Resource/ELL	Ms. C. Shivers
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/Mr. R. Chepkwony	Education Assistant	Ms. S. Cooper
Division 7	Ms. G. Cheung	Education Assistant	Mr. D. Damianus
Division 8	Mr. K. Leung	Education Assistant	Ms. K. Draney
Division 9	Ms. T. Kasej/Mrs. M. Johnson	Education Assistant	Mr. R. Hemmingsen
Division 10	Mr. B. Aquino	Education Assistant	Ms. A. Juett
Division 11	Ms. C. Boulding	Education Assistant	Ms. T. Nimetz
Division 12	Mr. C. Gibson	Education Assistant	Ms. A. Novix Ward
Division 13	Ms. M. Leong	Education Assistant	Ms. K. Turton
Division 14	Mr. S. Wang	Education Assistant	Ms. N. Yamanaka
Division 15	Ms. M. Loutsik	Education Assistant	Ms. M. Minierva
Division 16	Ms. J. Lamasan	Education Assistant	Ms. N. Cole
Division 17	Ms. J. Mountain	Education Assistant	Ms. L. De Sousa
Division 18	Ms. M. Lioce	Education Assistant	Ms. H. Grewal
Division 19	Mr. C. Newcomb	Education Assistant	Ms. R. Rana
Exploratory	Mr. C. Mathews	Education Assistant	Ms. J. Wei
Exploratory	Ms. A. McMann	Custodian	Mr. A. Madlambayan
Music/Band	Mr. J. Colish	Custodian	Mr. M. Dela Cruz
Counsellor	Mrs. M. Quinn	Crossing Guard	Ms. C. Kaila
Library	Ms. J. Harrison	Secretary	Ms. L. Harris
Resource	Ms. N. Oke	Secretary	Ms. A. Morris
		Secretary	Ms. S. Johnson



★ **IMPORTANT REMINDER** ★

The school district is now on 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.

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 **Monday Sept. 16th** 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 from 8:00am-8:25am in the serverly across from the gym.



Please feel free to go down for a snack before class!

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 strawberries and is scheduled for September 18th.



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 Wednesday, September 25, 2019 at 3:00 pm in the FRMS multi-purpose room.

Mon: Drop-in (sports, video & board games, activities) from

3:00pm-5:00pm, \$0.50

Wed: Leadership Committee (LIT—Leaders in Training), 3:15-5:15pm, \$0.50

Fri: Drop-In (gym sports & activities, video and board games, dinner and more!), 3:00pm-9:00pm, \$0.50

For more information, call Angelene at 604-834-0320, or email her at 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. 604-517-1800

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 today. 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! Please return these by Friday September 13th.

FRMS LUNCH PROGRAM

The school district is moving to an online ordering system.

There will be a parent information night and tasting event at FRMS on Wednesday October 2, 2019 from 6:00pm-9:00pm.



SPORTS

Please be on the lookout in the next few weeks for information regarding fall athletic 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.

