

January

&

February

FRASER RIVER MIDDLE SCHOOL 604-517-1800

PRINCIPAL'S MESSAGE

The month of January has flown by as we continue to welcome in 2021. As you know we had a spirit week from December 14th to December 18th that went really well. On January 15th, we had our first Black Shirt Day along with many schools around the province. This day is to bring awareness and support to standing up to racism. There was a lot of engagement that day at Fraser River.

Our next spirit event is on February 24, 2021, which is a celebration of Pink Shirt day. Pink T-Shirts were sold on school cash from January 8th to the 20th as a fundraiser for Directions Youth Services. This was a GSA initiative and they raised \$1.00 a shirt for a total of \$105.00 for the youth shelter. Thank you for participating in this fundraiser. On Pink Shirt day in February we will be doing activities around kindness and anti-bullying. We also have an indigenous storyteller who will be sharing stories and engaging with students in an interactive question and answer session virtually.

PAC funds are helping to support the day with cookies for the students (see ingredients below). As well, as funds for another school wide activity. It should be a full day of community building.

As always, I speak for the staff when I say thank you for all of your continued support.

Take care and be safe,

Debbie Jones

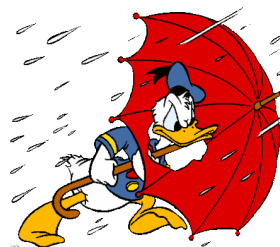
Cookie Ingredients: Icing sugar, butter, all purpose flour, margarine (palm and palm kernel oil, water, salt, whey powder, vegetable mono-glycerides, soybean lecithin, potassium sorbate, citric acid, natural flavour), baking powder, icing- glucose, and liquid sucrose.

DATES TO REMEMBER

- Feb 1 Pac Meeting (7 pm)
- Feb 15..... Family Day - No School
- Feb 16..... Non Instructional Day - School Closed
- March 11.. Second Term Report Card available online
- March 12.. Last Day of school before Spring Break
- March 29.. School reopens after Spring Break
- April 2..... Good Friday - No School
- April 5..... Easter Monday - No School
- April 21.... Non Instructional Day - School Closed
- May 21 Non Instructional Day - School Closed

PINK SHIRT DAY

Pink-shirt day will take place on February 24th and we encourage all students to wear pink to school to show support for anti-bullying.



IMPORTANT MESSAGE

We kindly ask parents that if your student is not returning to FRMS in September to please let the school know. This will help us project our next year's enrollment.

Thank you!



The FRMS Yearbook is on sale!

Early bird price - \$25
December 1 to January 31, 2021

Regular price - \$30 by February 12, 2021

You can place your order online through <https://www.schoolcashionline.com/>

PARENTS' NIGHT OUT

Nurturing Resilience and Well-Being for Ourselves and Our Children

At a time where our social connections are limited, COVID fatigue is high and emotional resources are low, many parents and caregivers are left wondering how we might support our children through such unsettling times.

This session explores ways to nourish our own emotional health and considers ways to embed simple, practical strategies in our homes, so we might build emotional resilience and well-being for ourselves and our children.

FREE and open to all parents

February 4, 2021
6:30 PM - 8:00 PM
Via Zoom

Register at: <https://pnosupportingfamilies.eventbrite.ca>
or call Tanis Anderson at 604-517-6111.



PAC MEETING

The next PAC Meeting is February 1st at 7:00 pm on zoom:

Meeting ID: 663 1822 6906
Passcode: \$s6DwHF&



Reminder - Student Learning Survey for Grades 4, 7, 10 and 12

Help us plan for the future - tell us about your education experience. Students in Grades 4, 7, 10 and 12, their parents and all staff in B.C. public schools are invited to participate in an annual online satisfaction survey about their school experience.

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/student-learning-survey>

Help Rename

McBride Elementary School!

The Re-naming Committee wants your input! Would you like to suggest a name? What values or local inspiration do you hope will be represented in the new name? Please share your ideas and thoughts:

newwestschools.ca/consultation-and-suggestions-mcbrides-re-naming/

Zoom Squad

(11 - 18 years)

Looking for some fun where you don't need to leave the house? Youth Services staff will be running an online zoom game night. Participants will be given a password before the session starts to ensure safety for all. Youth can expect games like Kahoot, Among us and House Party.

New West Youth Centre
604-515-3801

Tuesday, 4:00 - 5:00 pm
Tuesday, 6:30 - 7:30 pm

Leaders in Training (LIT) (11 - 18 years)

Learn to lead in the community! Groups meet once a week and are an opportunity for youth to come together, plan activities and meet new people.

New West Youth Centre 604-515-3801
Reserved Drop-in Fee: \$1.00

11 - 13 years: Wednesday, 6:30 - 9:00 pm

13 - 18 years: Monday, 6:30 - 8:30 pm

Century House or Zoom



Middle School Drop-in (11 - 13 years)



We have created a new space for you! Every week we will set up the big banquet room at Century House with all your favorites. Come alone or with your cohort to hang out with Youth Services. Safety protocols are in place. Spaces are limited so register for a time block in advance.

Friday, 6:30 - 9:00 pm
Reserved Drop-in Fee: \$1.00