



Community School Programs at FRMS!

SUPERCOOKS (Grades 6-7)

Have you ever wished you could make delicious meals at home? Join SUPERCOOKS and learn some kitchen skills, recipes, and nutrition.

Fraser River Middle School - Room 319

Thursdays, 3:10 - 5:10pm

Date: Apr 22 - May 27 (6 sessions)

Registration Fee: Free



FAMILY SERVICES
of Greater Vancouver



Babysitter Training (Grades 6-7)

Learning to care for kids of all ages is a big task and takes practice. Students will develop skills that will help them with the following:

- Finding and preparing for a babysitting job
- Caring for children
- Preparing safe and fun activities
- Providing basic first aid

Fraser River Middle School - Room 316

Thursdays, 3:10 - 5:10pm

Date: Apr 22 - May 13 (4 sessions)

Registration Fee: \$25

Yoga (Grades 6-8)

Stories are built into yoga sequences of movement and relaxation. The objective is to inspire a sense of wonder, well being, our interconnection with nature, and to have FUN!

Fraser River Middle School - Multi Purpose Room

Tuesdays, 3:10 - 4:10pm

Date: Apr 27 - Jun 1 (6 sessions)

Registration Fee: \$25

To Register, please visit: <https://bit.ly/3cdTOHF>

Forms must be submitted by Wednesday, April 7th. If your child is selected for the program, you will be contacted for confirmation and payment. Only parents whose children have been selected will be contacted.

If you have any challenges with the online form, please contact Rick or the office for a paper form.

Have questions?

Contact Rick Bloudell

Phone: 778-874-5457

E-mail: rabloudell@sd40.bc.ca

Check out our friends for more program opportunities at :

