



FRASER RIVER MIDDLE SCHOOL

604-517-1800

Fraser River Middle School recognizes and acknowledges the Qayqayt First Nation, as well as all Coast Salish peoples, on whose traditional and unceded territories we live, we learn, we play and we do our work

PRINCIPAL'S MESSAGE

Since the writing of my last newsletter, our weather has turned from a never-ending summer heatwave to the more normal crispness of Autumn. FRMS has been bustling with fall activities. We learned about mental health literacy, digital wellness, and internet safety alongside the students at EGMS and QMS. We all engaged in gratitude practices for Thanksgiving, had rich conversations around student learning at the October Student-Led Conferences, and ended the month with a food drive, Spirit Week, and a fundraiser for our end of the year Grade 8 activities courtesy of Sheryl Laine and Candy Alley. Our grade 8 girls and non-binary volleyball teams have just wrapped up an amazing season. Go Falcons!

In addition to the hustle and bustle shared above, October marks the finalization of FRMS's School Learning Plan and School Goal. Our Staff has been working hard with this process since May of 2022. In 2016, we started with a community goal, in 2018, we moved towards a cross-curricular learning goal, and in 2022, we have created a goal that is grounded in resilience and self-regulation. We have just posted our plan on the FRMS website. We would like to invite you to take a look at <https://fraserriverschool.ca/about-us/learner-success/school-learning-plan/>.

In my newsletters this year, I will share insight related to our plan and goal from our students. This month I will feature Mr. Smith's grade 8 Division 8 and Ms. Tyers grade 6 Division 22. When asked the definition of identity, Division 22 shared that this could include where someone is born, who they are, what makes them unique, the journey to find self, beliefs, and interests. When asked who they are as a class, Division 8 shared words like family, team, and competitive. They said that FRMS as a school is a supportive and inclusive community that is welcoming.

We welcome input and feedback from all rights holders. I look forward to speaking more at upcoming PAC meetings and events throughout the year. I do want to share one definition of resilience from Dr. Robyn Hanley-Dafoe "Being resilient means, we are okay during a set back, challenge or a crisis and we are okay on the other side of it. How we get to and stay okay varies but the practice of continuing to push forward, even when it is hard, is a choice. Resiliency lives within us all". The challenges of the past few years have pushed all of us to be resilient. We welcome the discomfort in new learning and experiences and enjoy participating in this alongside our students.

Yours in learning,
Ms. J. Harrison

Important Dates

Nov. 2	- Photo Retake Day
Nov. 7	- PAC Meeting 7pm—in person and on zoom
Nov. 10	- Remembrance Day Assembly
Nov. 11	- Remembrance Day Holiday School Closed
Nov. 14	- Non-Instructional Day—School is closed to students
Nov. 18	- Grade 6 Immunizations
Dec. 5	- PAC Meeting (7pm) In person and zoom
Dec. 9	- First Term Report Card available on MyEd
Dec. 16	- Last Day of School before Winter Break

PAC Meeting

When: Monday, November 7
Time: 7:00 pm
Where: FRMS Learning Commons or on Zoom.



Halloween Costume Guidelines

- ◆ Students in costume at school should be easily recognizable. No full-face masks permitted.
- ◆ No replica weapons (guns, knives, etc) are allowed on school property
- ◆ We celebrate diversity and inclusion, costumes that are offensive or in poor taste are not permitted.

For further information on these guidelines, please visit:
<https://newwestschools.ca/halloween-considerations/>





Spirit Days

- ♦ Monday Oct 31st—Halloween Costumes and Parade at 9:30am
- ♦ Tuesday Nov 1—PJ Day
- ♦ Friday Nov 4—Anything but a backpack day

Parent Volunteer—Coaching

We are looking for some parent volunteers to help coach some of our grade 6 teams.

If you are able to help please reach out to

Mr. Ruus—Athletic Director

mruus@sd40.bc.ca



2023 Grade 8 Hoodies!

Order your Grade 8 grad hoodies by Nov 14th at 2pm.

Go to schoolcashionline.com

Grade 8 Girls Non-Binary

Basketball

Join the team, come check out a practice

Mondays — 7:15 to 8:20 am

And

Thursdays — 3:10 to 4:45pm

Youth Skate

Saturday, Nov 19th
8:15pm—9:45pm
Moody Park Arena

Drop In for \$1.00, fee includes your skate rental.



Ski and Snowboard Club

Whether it is, your first time or you are an experienced skier or snowboarder you will have the opportunity to learn at Mt. Seymour in North Vancouver.

For more information please check out fraserriverschool.ca on Nov 3rd.

SAY CHEESE!



PHOTO RETAKES

Mt. West Photographers will be at FRMS on November 2nd to take individual photo retakes

New West Youth Services

After School Drop In

Fraser River Middle School
Monday and Wednesday 3:15-5:00
Friday 3:15 -9:00
Cost: \$1.00 or your membership

FRMS Spirit Wear

The PAC will be selling FRMS Spirit Wear Oct 24—Nov 4

Items can be purchased through schoolcashionline.com

There are t-shirts, crew neck sweat-shirts and hoodies.

You have a choice of Grey or Burgundy.

Moody Park Mysteries (Scavenger Hunt) (11-18 years) (Youth Centre / Moody Park)

New West Youth Centre
Friday, October 28
6:30pm—9:00pm
Registration Fee: \$2.00

Help us get to the bottom of what is going on by scanning the QR code clues and other spooky activities! We will have s'mores and some glow in the dark fun!