



# FRASER RIVER MIDDLE SCHOOL

## 604-517-1800

Fraser River Middle School recognizes and acknowledges the Qayqayt First Nations, 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

And just like that Term 2 is complete! The 2022-2023 school year is flying by. I have referenced throughout this year the areas of focus for our School Learning Plan which include resilience, self-regulation, and the exploration of identity. During all the amazing work, I am finding for my own self-regulation, using strategies to stay in the present moment is critical. It is easy to get carried away in the energy and hustle and bustle. In my conversations with students, I emphasize 3 things - being yourself, being kind, and being in the moment.

I would like to thank Sheryl Laine and the Lions Club. Sheryl's business Candy Alley made Student Leadership's Candy Gram fundraiser where the proceeds went to support the grade 8 year end activities and the Royal Columbian Hospital. The Lions Club donated the pancakes and volunteers for the Pancake Breakfast that we enjoyed on Pink Shirt Day on February 22<sup>nd</sup>. Thank you to Karon Trenaman and the PAC for the extra hands. On Pink Shirt Day, we welcomed Superintendent Karim Hachlaf who enjoyed breakfast and the virtual assembly with our Vice Principal Gary Pattern and Grade 7 Division 15 and had our Term 2 students versus Staff basketball game.

In the virtual assembly that was planned and facilitated by Student Leadership, we shared the origins of Pink Shirt Day and in addition to addressing universal themes of kindness, belonging, and acknowledging the truth of groups and individuals who have been marginalized and targets of hate and bullying. We put the call out to our students to act and break down a system that has impacted so many.

March 3<sup>rd</sup> brought our Get REAL presentation that provided additional information on many of the things we discussed on Pink Shirt Day and the last events before Spring Break are the FRMS Talent Show and Term 2 Report Cards. I feel so lucky to be part of this community and amid our brilliant young minds. Have a great Spring Break and see you all in Term 3!

Yours in learning,  
Ms. J. Harrison

### Important Dates

Mar. 6.... PAC Meeting at 7:00pm In person and Zoom

..... Meeting ID: 873 6007 3077, Passcode: 170479

Mar. 8.... Twin Day

Mar. 9.... Sport and Clubs Photo Day

Mar. 9.... Second Term Report Cards

..... available on MyEd Parent Portal, after 3:30

Mar. 9.... Grade 9 Course Selection forms due

Mar. 10 .. Last Day of School before Spring Break

Mar. 27 .. First Day of School after Spring Break

Mar. 31 .. Harry Potter Day

Apr. 3.... PAC Meeting at 7:00 pm In person and Zoom

..... Meeting ID: 873 6007 3077, Passcode: 170479

Apr. 7 .... Good Friday - School Closed

Apr. 10... Easter Monday - School Closed

### FRMS SCHOOL WEBSITE!

Please remember to check out the Fraser River Middle School website to see what's happening at school and the activities we are looking forward to!

To check it out, go to:

[www.fraserriverschool.ca](http://www.fraserriverschool.ca)

You can also report a student absent through the school

website

<https://fraserriverschool.ca/report-a-student-absence/>



### Grade 9 NWSS Course Selection Forms

Completed NWSS course selections forms and MyEd input are due March 09, 2023.

## Leaving School at Lunchtime

Just a reminder that FRMS is a closed campus.

We ask that students stay at school for lunch and not leave school property. Students may only go to their **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.**

We do have an in school lunch program. Fuel Up is delivered to school daily. Hot and Cold items are available for orders.

<https://simplyfoods.ahotlunch.ca/login>



Come visit the New West Youth Center at Moody Park during spring break!

Mon to Fri 1:00pm to 9:00pm

Along with drop-in, there will be e-sports, cooking/baking, sports tournaments and much more!

Drop-in fee: \$1.00 per visit or \$21.00 for a yearly membership.

This membership can be used at FRMS drop-in as well

<https://www.newwestyouth.ca/post/spring-break-drop-in-march-13-24>

## PAC NEWS

### PAC MEETING

The next PAC Meeting is on March 6 @ 7pm in person and on Zoom  
Meeting ID: 873 6007 3077 passcode: 170479

### PAC FUNDRAISING

#### Global Coffee

4 types of whole bean or ground coffee and hot chocolate. This sale will end on March 9th, purchase through School Cash

<https://newwestschools.schoolcashionline.com/Home/SignIn>

#### Tru Earth

The FRMS PAC has partnered with TRU Earth for an ongoing fundraiser.

Any time you shop through this link <https://tru-earth.sjv.io/frms> a portion of the sales come back to the FRMS PAC.

## **FALCONS FOOTBALL**

The Middle School Football league is starting after Spring Break! Students in Grade 7 and 8 are welcome to join.



Quality Coaching



All equipment and transportation provided



Short Season (Mar. 27 to May 12th)



Practices twice a week, 3:30pm-5:00pm at FRMS



Cost is only \$45 to play—pay online through school cash



Please scan the QR code to register

2023 New West Schools Spring Middle School Football League



**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.

[www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm)



# Lost and Found

These items can be collected from the office



These items can be collected beside the Gym

