



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

The end of January brought a blast of winter and as we enter February, there is the promise of Spring. Our basketball teams have been hard at work representing our school and the Ski and Snowboard Club has been building their skills at Mt. Seymour. Thank you to Mr. Aquino, Mrs. Johnson, Ms. Tyers, Mark, Ms. Escandor, Mr. Oatway, Mr. Gibson, Mrs. Kaselj, Mr. Patton, and Mr. Ruus for giving your time to make these opportunities happen for our students. Student Leadership did a fundraiser selling Mama McCready cookies for grade 8 year end events. These are nut-free, gluten-free, locally produced and delicious cookies with built-in proceeds going to Variety the Children's Charity. They were a much-enjoyed Valentine's Day treat!

It was great to see so many families during our January Student-Led Conferences and the attendance at the Safer Spaces Parent Presentation having rich conversation and dialogue around student learning and digital wellness are joys for our whole staff. We look forward to the Term 2 report card and on-going conversations around everything technology.

In the month of February, we recognize Black History Month. The theme this year in Canada is Black Excellence: A Heritage to Celebrate, Future to Build. In January, we had many classrooms participate in the Black Excellence Day online celebration with other students from Burnaby and Coquitlam. This event was informative and showcased students performing and sharing their gifts and talents. At FRMS this month, we look to apply the message from the Get REAL presentation of being anti-racist and having conversations with one another.

Over our announcements we had read excerpts from Trailblazers: Black Pioneers Who Shaped Canada. These are inspiring individuals. Taking time to understand the past, reflect on the challenges endured, and apply the lessons learned to our own lives enables us to celebrate heritage and build an inclusive and welcoming community. Seeing the engagement and commitment to inclusion from our entire school community not just throughout February but every single day brings me immense gratitude.

Yours in learning,
Ms. J. Davis

DATES TO REMEMBER

- Feb 16..... Non Instructional Day- School Closed
- Feb 19..... Family Day - No School
- Feb 28 Pink Shirt Day
- March 4 ... PAC Meeting In person and on
..... ZOOM -7pm
- March 13.. Second Term Report Card available online
- March 14.. Last Day before Spring Break
- March 15 -
- March 28.. Spring Break
- March 29.. Good Friday (No School)
- April 1 Easter Monday
- April 2 School reopens after Spring Break

PAC MEETING

The next PAC Meeting is
March 4th at 7:00 pm
in person or on zoom:

Meeting ID: 869 0596 8594
Passcode: 137926

The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Register in advance due to limited capacity. Session dates are:

Feb 20 : [Register Here](#)

Feb 22 : [Register Here](#)

Feb 28 : [Register Here](#)

PINK SHIRT DAY



Pink-shirt day and a pancake breakfast will take place on February 28th and we encourage all students to wear pink to school to show support for anti-bullying.



Grade 9 Course Selection for NWSS



It is that time of year that our current grade 8 student start to pick courses for next year. There are 2 parts to course selections:

1. Complete the course selection form, must have a parent signature. Forms to be completed and return to FRMS by Tuesday Feb 20th.
2. Complete the course selections request on MyEducation. Student have their own login.

Grade 8 Students! The NWSS Musical Theatre Program that produced Shrek last year, is back for a brand-new season in the 2024/2025 school year. Do you love to act, sing, and dance? Are you interested in the backstage aspects of theatre tech? Are you a musician? Do you love learning about hair and make-up for the stage? If so, we want you to try out for a spot on our student team. Audition and Interview info will be posted on the [NWSS school website](#). Musical theatre rocks!

Free—Try Ball Hockey

Feb 18th 10-11am at the Queens Park Sportsplex



PAC Fundraiser—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.

Student Safety Reminders

Please remind your child(ren) to use the cross walks when crossing the street.

Not to push or shove when getting on or off the public transit. There is an extra bus at 305

If students are around the staff parking lots, to please use the sidewalks, and keep their head up.



Youth Skates—8:15—9:45pm

Moody Park—Cash Only \$2.00
March 2

Drop In at FRMS

Monday—Specialty Sampler 3:15 -5:15

Wednesday—Leaders in Training 3:15-5:15

Friday— 3:15—9:00

**Drop-In fee of \$1.00 or
use your Membership Pass**

RBC Training Ground is back on March 9 at the Richmond Oval and is looking for future Olympians! The event is FREE to register and a great way for student athletes to meet and interact with national sports organisations such as Rowing Canada, Cycling Canada, and more.

Student interested in showing their skills may visit the Training Ground website at <https://www.rbctrainingground.ca/> to learn more and find out how to register.

Student Leadership Mama McCready Cookie Fundraiser

Thank you for your support this we raised
\$ 178.75 towards our grade 8 year end
celebrations

Healthy Eyes and Teeth for Kid

Please check out the links below for resources on free eye and teeth checks.

Fraser Health:

<https://www.fraserhealth.ca/health-topics-a-to-z/school-health/kindergarten-readiness/child-healthscreenings#:~:text=In%20B.C.%2C%20basic%20eye%20exams,for%20their%20child's%20prescription%20glasses.>

B.C. Doctors of Optometry:

<https://bc.doctorsofoptometry.ca/patients/medical-services-plan/>

Healthy Kids Program

<https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/healthy-kids>