



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 official Pink Shirt Day message this year is “Life each other up. Tune In”. At FRMS, every member of our community has worked very hard to build a culture where we care about each other, but also one where we reflect on how we can strengthen this community and grow by listening and learning from each other. We can always improve, and February 28th provides an opportunity to pause and consider how we can work to SOAR together. Safety, Open-Mindedness, Accountability, and Respect are the foundation pieces of our school. On February 28th, we enjoyed pancakes courtesy of the Lions Club and wore pink shirts and ribbons to symbolize our commitment to building a safe, welcoming, and inclusive school. Thank you to Mr. Silverman for the incredible music during the morning that communicated the themes of Pink Shirt Day.

We have now wrapped up basketball and all our grade 6 classes will have completed their visit to the New Westminster Museum and Archives by the time we depart for Spring Break. We are so excited to share our learning at the school-wide exhibition in May. Thank you to Ms. Dowdell and Mr. Silverman for organizing the FRMS Talent Show and our team of committed grade 8 boys, girls, and non-binary basketball coaches. We look forward to our spirit assembly when we return in April.

When we return from our Spring Break, we will have lots of opportunities to come together. We look forward to sharing our new FRMS logo and revised Code of Conduct in addition to having our incoming grade 6 families join us for the virtual Welcome to Middle School night with the in-person event happening at the end of May. A reminder to check out FRMS (FRMiddleSchool) on “X” (Formally Twitter). Vice Principal Patton and I love sharing FRMS moments and learning on #FraserFriday!

Wishing everyone a fantastic Spring Break!

Yours in learning,
Ms. J. Davis

Important Dates

- Mar. 14 .. Last Day of School before Spring Break
- Mar. 15-28 **SPRING BREAK**
- Mar. 29 .. Good Friday—school closed
- Apr. 1 Easter Monday—school closed
- Apr. 2 First Day of School after Spring Break
- Apr. 18... Collaboration Day—Dismissal at 12:10
- Apr. 25... Grade 6 Immunization
- Apr. 26... Non-Instructional Day
- May 3 Grade 6 Immunization
- May 6 PAC Meeting

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.fraseriverschool.ca

You can also report a student absent through the school [website](#)

Connaught Sports Day—June 14th

Connaught Heights Elementary is looking for Grade 6 alumni to volunteer with their Sports Day event on Friday, June 14th. Students will need to be at Connaught at 9:00AM and the event will be finished by 12:05. We will also have a Talent Show in the afternoon where they are welcome to attend. Snacks and Lunch will be provided for student volunteers. For more information, please contact the principal, Ms. Trieu ttrieu@sd40.bc.ca or the teacher Mr. Eckert aeckert@sd40.bc.ca

Athletics Pizza Fundraiser

Thank you for your support
We raise \$500 towards our
Athletics.

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](#).



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

<https://www.newwestyouth.ca/>

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

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 (Apr 2nd to May 16th)
-  Practices twice a week, 3:30pm-5:00pm at FRMS
-  Cost is only \$35 to play—pay online through school cash
-  Please scan the QR code to register

Information for Parents

- Parent's Guide to Peer Pressure: This guide discusses how social media platforms play a significant role in modern-day peer pressure among teenagers and offers valuable tips for parents on how to help their teens navigate this issue.
- <https://www.addicted.org/supe/parents/parents-guide-to-peer-pressure/>
- Protecting Children From Online Drug Dealers: In the digital age, online drug dealing poses a significant threat. Our resource provides essential tools to safeguard children, including the "Emoji code" to identify online drug dealing, insights into the Dark web, and online safety measures.
- <https://www.addicted.org/supe/parents/protecting-children-from-online-drug-dealers/>
- Education & Prevention for Teens on Vaping: Explores what vaping is and goes through the risks associated with it. <https://www.addicted.org/supe/teens/teens-and-vaping/>



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

