

FROST ROAD ELEMENTARY NEWSLETTER

JANUARY 2025

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Support your child's mental health

Mental health is a key component of healthy child and youth development, and also has an impact on their relationships and their performance in school.

How can parents support positive mental health?

Parents can help support positive mental health by forming strong and caring relationships with their children.

- Connect – talk and listen to their feelings and experiences.
- Be active together – take a walk and build physical activity into family time.
- Take notice – encourage and praise the positive behaviours and choices your children make.
- Keep learning – encourage your child to learn from both positive and negative experiences.
- Give – your time, your words and your presence.

Sometimes, parents feel like they don't know what to say or how to interact with their youth. Learn more about [tips for how to talk to your child or teen about mental health](#).

Get more information about positive mental health for children and youth: [Positive mental health for children - Fraser Health Authority](#)

Find out what services, programs and resources are available for your child and/or youth: [Child and youth mental health - Fraser Health Authority](#)



Pink Shirt Day is Wednesday, February 26, 2025

On February 26, 2025, we encourage everyone to practice kindness and wear pink to symbolize that you do not tolerate bullying.

As the Pink Shirt Day movement grows each year, we not only see more and more people practicing kindness – both online and off – we are pleased to use the funds raised through official merchandise sales and donations to help hundreds of kids affected by bullying. Since 2008, net proceeds of over \$3.1 million have been distributed to support youth anti-bullying programs in British Columbia and throughout Western Canada. In 2024, we supported important programs including: Boys and Girls Clubs South Coast BC, Crisis Intervention & Suicide Prevention, Leave Out Violence Society BC (LOVE), PLEA (Children of the Street), Autism Society of BC, Big Brothers Big Sisters Cowichan Valley, Big Brothers of Greater Vancouver, Big Sisters of BC Lower Mainland, and the Stigma-Free Society.

Learn more about how we put our funding to work by visiting our [Where Your Donations Go](#) page.

You may purchase official pink shirts online at their website: www.pinkshirtday.ca

You can also purchase them directly at any London Drugs store.



Surrey School District News

Upcoming Presentation "Cultivating Mental Wellness: Through the Lens of Youth" a presentation for Parents and Guardians

We are pleased to invite parents and guardians to an important presentation on how mental health affects youth in schools. This event is designed to provide valuable insights and resources for families to better support their children's well-being.

The presentation will feature a panel of neurodivergent adults who are Peer Support Workers with the district's new Integrated Child and Youth Teams. These individuals will share their personal experiences and reflections on mental health in schools, offering a unique perspective on the challenges students face. The session will also include information on available mental health support resources within the district.

This event is specifically catered to parents and caregivers, and will include a question-and-answer period following the presentation, allowing them to engage directly with the panelists and ask any questions they may have.

We encourage all interested parents and guardians to attend, as this is a valuable opportunity to gain insights and learn more about supporting mental health in our school communities. Please pass along to school staff members involved in parent outreach.

Date: February.6th

Time: 6 PM

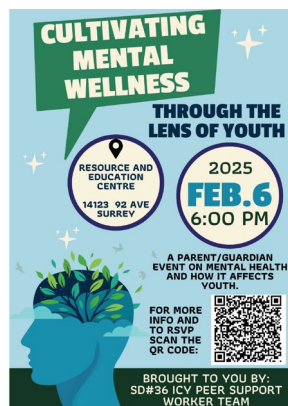
Location: Resource and Education Centre: 14123 92 Ave. Surrey BC

We look forward to seeing you there!

For any questions or additional information, please contact: lcYTEAM@surreyschools.ca

Sincerely,

Integrated Child and Youth Peer Support Workers



Please let us know if your child will be away from school for any reason.

Your cooperation is required in reporting to the school, not just the teacher, when your child is going to be late or absent from school. The office staff calls all those students who are away and whose parents we have not heard from. Please send an e-mail to frostroad@surreyschools.ca or leave a message on our voicemail if you prefer.

We appreciate your co-operation.



e-mail: frostroad@surreyschools.ca

phone: 604/572-4050

****When you call the school you will hear a message, to bypass this message simply press '0'. If you are wanting to report a student absence press '1'.**

- Please be sure to include the teacher's name, division number, and reason for the absence (Sick, Vacation, Parent Excused)
- If your child has had an episode of vomiting or diarrhea, please stay home for at least 1 day before returning to school.


Thank you!!



Reminder: Dress for the Weather

The cold and wet weather has arrived, so please ensure your child has warm outdoor gear for going outside at recess, lunch and throughout the day. Having a warm jacket, an outside pair of boots or shoes and dry socks is important. Even if it is not raining, the grounds are wet and slippery. Please ensure your child has an extra set of pants, a clean shirt, socks and shoes at school. Thank you for your assistance!

PAC News



NEXT FUN LUNCHES

Frost Road PAC is happy to announce the upcoming fun lunches:

JAN 31, 2025
UMAMI SUSHI

Ordering will be open via MunchaLunch.com for January 10 to January 24, at 11pm.

FEB 14, 2025 – VALENTINE'S DAY ♥
SUBWAY

Ordering will be open via MunchaLunch.com for January 10 to February 7, at 11pm.
No late orders will be accepted!

All orders must be processed online, no cash or cheques will be accepted. Please note that any unpaid orders will be deleted from your cart after 24hrs. No changes, refunds or cancellations can be made after ordering closes. For any assistance please email frostroadfunlunch@gmail.com

If you are interested in volunteering, please join our WhatsApp group by scanning the QR code below.



Subway Fun Lunch on Valentines Day

We need volunteers to help sort and distribute lunches during Fun Lunch days.

The time commitment is roughly one hour from 10:45am – 11:45am.

If you can help, please scan the QR code to join the WhatsApp Fun Lunch Volunteers group:



PAC Executive Roles

Amen is in her 5th year volunteering as our PAC Treasurer and will not be returning next year (2025-2026 school year). We need your help to fill this important executive position.

Responsibilities of the PAC Treasurer Role:

- Make approved cash disbursements and deposits. Keep supporting documents and receipts.
- Provide up-to-date cash balance of both accounts (Gaming account and General account).
- Keep general ledger.
- Prepare monthly bank reconciliations.
- Provide monthly reports of funds used/received.
- Complete and submit our school's application for the Gaming Grant each year.
- Prepare an Annual Budget.
- Follow the provincial Gaming grant rules when determining how we spend our money in the Gaming Account. (All of us in the PAC Executive team can review the documents together to ensure we make the right decisions): [Community Gaming Grants 2020 PAC & DPAC Guidelines & Conditions Conditions for a PAC Grant](#)

If you can join the Executive team now, Amen can mentor you in the role before she steps down. Should be comfortable with using Microsoft excel to succeed in this role.

Please contact the PAC executives at frostroadpac@gmail.com if you would like to be involved in a PAC Leadership role.

Sports Day Concession – Fundraiser by Gr. 6 parent group

The current Gr. 6 parents are coming together to organize a Concession Stand during Sports Day. The purpose is to raise money for the Gr. 7 year-end celebration that will take place in 2026.

Any parent is welcome to volunteer for this fundraiser.



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Fun Lunch News

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Thank you for your support,

Frost Road PAC

frostroadpac@gmail.com

YMCA

Are you looking for before and after school care?

The YMCA Kids Club has opened a before and after school care program at this school site.

Part time and full-time spaces.

For more information or to register please email ymcakidsclubs@bc.ymca.ca

Upcoming Dates

Date	Event
January 31, 2025	PAC Fun Lunch - Umami Sushi
February 14, 2025	PAC Fun Lunch - Subway & Spirit Day - Red & Pink
February 17, 2025	Family Day – No School
February 20, 2025	Popcorn Sale
February 21, 2025	Non-Instructional Day – No School
February 25, 2025	Spirit Day - Wacky Day
February 26, 2025	Pink Shirt Day
March 7, 2025	PAC Fun Lunch
March 14, 2025	Spirit Day - PJ Day
March 17, 2025 - March 28, 2025	Spring Break
March 31, 2025	Schools reopen after spring break
April 15, 2025	Spirit Day - Crazy Day
April 18, 2025	Good Friday – No School
April 21, 2025	Easter Monday – No School
April 25, 2025	PAC Fun Lunch
May 2, 2025	Non-Instructional Day-No School
May 6, 2025	Spirit Day - Disney/Marvel/Star Wars
May 7, 2025	Early Dismissal – 1:28 pm
May 19, 2025	Victoria Day – No School
May 26, 2025	Non-Instructional Day -No School
May 28, 2025	Spirit Day - Twin/Multiples Day
May 30, 2025	PAC Fun Lunch
June 11, 2025	Spirit Day - Tropical Day
June 24, 2025	Spirit Day - Canada Day
June 26, 2025	Early Dismissal – 1:28 pm
June 27, 2025	Administrative Day – Schools Close

Frost Road Elementary

8606 162 Street Surrey BC V4N 1B5

Tel: 604-572-4050 Fax: (604) 572-7569

E-mail: frostroad@surreyschools.ca

School Website: [Frost Road Elementary](#)
