

FROST ROAD ELEMENTARY NEWSLETTER

APRIL 2025



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Note from our Admin

Ey' Swayel Frost Road families,

As we enter into the last few months of the school year, we would like to remind families of district information and policy regarding weapons, including replica weapons, on school property. Attached below are parent information sheets with additional information, including the use of our PSST (Protecting Surrey Schools Together) website and reporting tool.

[Keeping Schools Safe](#)

[Replica/Toy Guns \(Punjabi\)](#)

[PSST Website \(Punjabi version\)](#)

Additional information regarding district safety and policy can be found in student agendas.

Andrew Shook – Principal

Frost Road Elementary

604-572-4050

Calling all families with children born in 2020 -

Kindergarten Registration is now open!

Kindergarten registration is done online - [Click here to Register for September 2025](#)

For information on kindergarten registration for the 2025-26 school year please see our fact sheets available in [English](#), [Punjabi](#), [Chinese](#), [Arabic](#) and [Spanish](#). To register, children must turn five years of age by December 31 in the same calendar year that they begin school. Students born in 2020 are eligible for kindergarten for the 2025-2026 school year.

If you need help with the registration process, please contact the school office at 604/572-4050 - we are happy to help!



Welcome To Kindergarten Event for our new Kindergarten families is set for May 29, 2025 - Details Coming Soon!

READY, SET, LEARN

Frost Road Elementary
(8606 162 St, Surrey)

Wednesday, April 9th

1:00 – 2:00 pm

~ Music Room ~

Monday, May 5th

1:00 – 2:00 pm

~ Library ~

Tuesday, June 3rd

1:00 – 2:00 pm

~ Outdoor - School grounds ~

**For Families With
Children Newborn to
5 years old.**

Early Years Invitations programs are designed to provide children and their families with an opportunity to participate in a series of play-based learning activities within the school setting.

This early learning program is part of an initiative sponsored by the Ministry of Education.

Parents/caregivers will receive helpful tips to support their child's learning and development, as well as information about the early learning programs offered by the school district and the community resources available to families.

It is a great way for you to get to know your future school and meet the principal, staff and students.

RSVP by March 31

frostroad@surreyschools.ca

Please include the following information:

- Child's First & Last Name
- Child's Birthdate
- Age
- Session(s) you will be attending



Fraser Health: Outside play and physical activity for children and youth

Get outside and play

Physical activity is a necessary requirement for optimal health – and the benefits are even greater if you can do it outdoors.

Regular physical activity in childhood and adolescence helps to develop cardiovascular fitness, muscle strength and bone density, and being outdoors is known to improve mental health.

There are many benefits to unstructured, outside play. When children and youth spend time outside, they:

1. **Sit less, move more and play longer** – key to cardiovascular health and fitness.
2. **Have healthier eyes** – spending more time outside reduces nearsightedness risks.
3. **Sleep better** – sunlight helps regulate sleep hormones and sleep patterns.
4. **Enjoy improved mood** – exercise reduces symptoms of anxiety and depression.
5. **Feel more connected to nature** – experience calm and develop mindfulness.

Planning active outings doesn't have to be challenging or costly. Here are some ideas that you can try this week:

- **Try a new activity** – check out [geocaching](#) or [seaweed searching](#).
- **Unplug and connect** – here are some ideas to decrease recreational [screen time](#).
- **Go for a scavenger hunt** – try this [nature scavenger hunt](#), [plant scavenger hunt](#) or [backyard activity](#).
- **Go for a walk or hike** – try these [10 hikes to take your kids on this summer](#).
- **Play in a forest or park** – try a new [regional park](#) every day for a week or go to this [adventure playground](#).
- **Explore a local stream** – check these [beautiful watershed walks](#) in the region.
- **Swim at the pool, waterpark or beach** – check [beach safety conditions](#) first or stay cool at a [local spray park](#).
- **Ride a bike or scooter** – explore the [Hope Bike Park](#) or check out the pumptrack at [Vedder Rotary Trail](#)
- **Visit farms, fish hatcheries and bird sanctuaries** – this [local family fun guide](#) has unique ideas.

Find more ideas to keep your kids active through the year on Fraser Health's website: [Keeping children active - Fraser Health Authority](#)



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

Your cooperation is required in reporting to the office, 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. For extended absences of more than 25 days, a form may be needed. 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 unpredictable Spring 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!***



Walk to School Wednesdays

Surrey Schools encourages its students and families to walk to school whenever possible. Not only does it help to maintain a healthy and active lifestyle, but it also provides opportunities for school communities to develop bonds and grow closer together. Using the tips below,

discover how you can make your morning walk to school a part of an active and healthy lifestyle.

Benefits of walking to school:

- Promotes an active lifestyle: Walking to school helps to maintain a [healthy level of daily activity](#) for everyone and contributes towards fitness goals for all ages.
- Improves mental health & well being: Daily physical activity and fresh air have been shown to improve mental health and well being, which helps students remain focused and ready for learning.
- Deepens community ties: Community connections are also an integral part of the school experience and are further strengthened when traveling to school with others.
- Develops confidence & independence: Traveling to school can also help children develop confidence and independence as they get older and more comfortable being outside and doing things on their own.
- Reduces environmental footprint: Walking to school also means less vehicle traffic and pollution in the community.

To learn more about the health benefits of walking to school from Fraser Health, [click here](#)



Safety tips for walking to school:

- Only cross at marked crosswalks: For the safety of yourself and those around you, do not cross the street unless at a marked or controlled crosswalk. Drivers are less likely to stop if you begin crossing in an unmarked section of the road.
- Look both ways before crossing: Confirm that you are aware of any traffic in the area and are crossing at a safe time in a designated crossing.

- Make sure any crossing lights are working: If you're at a crossing with buttons and a light, make sure the lights are flashing and alerting drivers before crossing.
- Make eye contact with any drivers approaching the crosswalk: Ensure that drivers see you and are slowing down to a complete stop before you enter the crosswalk.
- Walk in groups or pairs: Walk to school with a friend, a trusted adult or in a group to increase safety and reduce the risk of accidents or encounters with strangers. Having company can also make the journey more enjoyable and encourage better awareness of your surroundings.
- Walking school bus: Check if your school has a walking school bus to join. These are organized groups that walk to school together, picking up students along the way.

Alternate travel methods:



- Cycling: Going to school can also be a great way to get some time on your bicycle. As always, wear a helmet and protective gear and practice safe travel.
- Carpool: If you will be driving to school, you can reduce vehicle congestion by offering to carpool with other families in your area.
- Take public transit: Families and students who are old enough may also want to consider public transit as a means to get to school. Try using [TransLink's trip planner](#) to find the nearest bus route in your area.

Reminders for parents & caregivers:

Dropping your child off in a safe area:

If dropping off a child from a vehicle, have them exit and enter the vehicle from the side closest to the sidewalk or roadside. Warn them not to cross the street mid-block.

Be aware of your surroundings before moving your car:

Make sure you scan thoroughly to ensure there are no children or pedestrians around your vehicle before starting it and moving or backing up.



Link Source: [Getting to School: Staying Active & Safe](#)

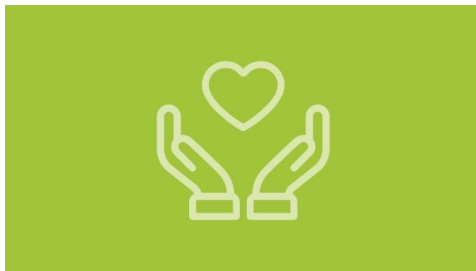
www.surreyschools.ca

What is the Affordable Child Care Benefit?

The Affordable Child Care Benefit (ACCB) is a monthly payment from the Ministry of Education and Child Care to help eligible families with the cost of child care. Factors like income, family size, and type of care determine how much support families may receive.

Would I qualify for the subsidy?

Click [here](#) to access the ACCB Estimator and see if you would qualify for the child care subsidy.



Where can I get help and more information?

BC Child Care Service Centre 8:30 am to 4:30 pm, Monday to Friday

Toll-free: 1 888 338-6622

Translation services are available in more than 140 languages, including:

- 國粵語
- ਪੰਜਾਬੀ
- ىسراف
- Français
- Español

Surrey's Child Care Resource and Referral (CCRR)

#101-13583 81 Avenue

604.572.8032

[Click here](#) to access Surrey's CCRR for help with your Affordable Child Care Benefit application. Support is offered in multiple languages.



Student Learning Survey 2024/2025

The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers, and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Early in 2025 the Student Learning Survey will be administered to students in grades 4 & 7, their parents/guardians/caregivers, and all school staff. We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

The survey can be completed electronically and can be accessed on the Internet at:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/student-learning-survey>.

Any computer or mobile device with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link and by clicking on Take the Survey. On the login page, click on the Parents icon, and then select the school district and school name where your child attends school. Provincial, District and School Reports for previous years can be viewed at the same site under the *Results* section.

The e-survey site will be open until May 2, 2025.

If you have any questions, please contact the school at 604/572-4050.



Student Spotlight

The District Concours d'art Oratoire took place on April 3, 2025 at Kwantlen Park Secondary School.

Frost Road winners:

First place finishers – Roman F. (Grade 6), Arabella (Grade 6), Jaanya (Grade 7)

Second place finishers – Lucas (Grade 6), Aurora (Grade 6), Bhargava (Grade 7)

Félicitations!!



PAC News

Frost Road PAC is happy to announce the upcoming fun lunches: Mary Brown's Chicken on Friday, April 25, 2025

Ordering will be open via MunchaLunch.com until April 21st, 2025 at 11 pm. 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.

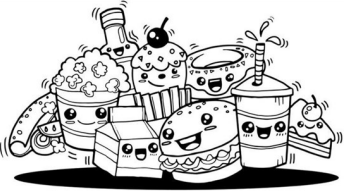
For any assistance please email frostroadfunlunch@gmail.com

Ordering for our PAC Hot Lunches are done via Munch-A-Lunch.

How to Order:

If you are a new parent to Munch-A-Lunch please use this link: <https://munchalunch.com/schools/FrostRoad>


If you are a returning parent to Munch-A-Lunch please use this link: <https://munchalunch.com/login>



NEXT FUN LUNCH

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


APRIL 25, 2025



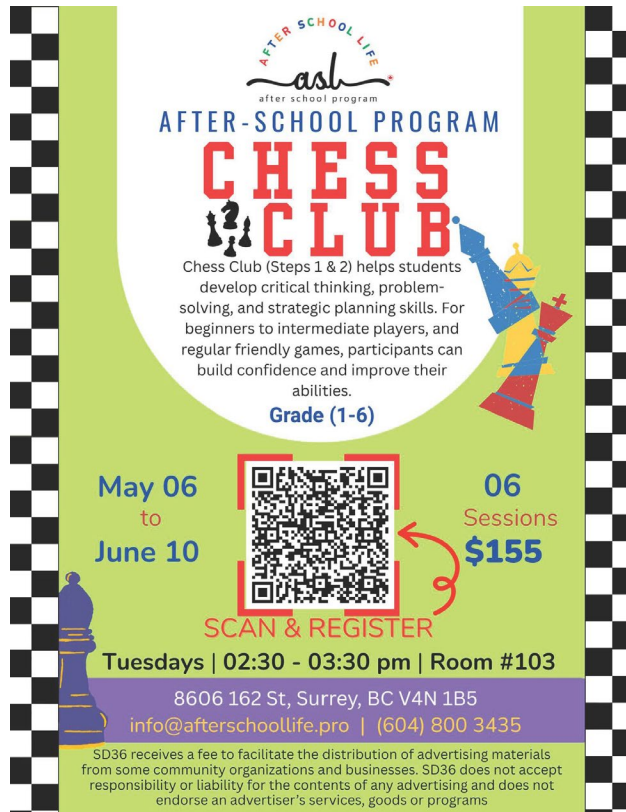
Ordering will be open via MunchaLunch.com from April 11 to April 21 at 11pm. No late orders will be accepted!

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.



After-School Program: Chess Club

A poster for the After-School Program Chess Club. The poster has a green background with a black and white checkered border. At the top, it says "AFTER SCHOOL LIFE" in a semi-circle, with "ash" in the center. Below that, it says "AFTER-SCHOOL PROGRAM" and "CHESS CLUB" in large red letters. A small chess knight is next to "CHESS". Below the title, it says "Chess Club (Steps 1 & 2) helps students develop critical thinking, problem-solving, and strategic planning skills. For beginners to intermediate players, and regular friendly games, participants can build confidence and improve their abilities." and "Grade (1-6)". In the center, there is a QR code with a red arrow pointing to it from the text "SCAN & REGISTER". To the left of the QR code, it says "May 06 to June 10". To the right, it says "06 Sessions \$155". At the bottom, it says "Tuesdays | 02:30 - 03:30 pm | Room #103", "8606 162 St, Surrey, BC V4N 1B5", "info@afterschoollife.pro | (604) 800 3435", and a small disclaimer: "SD36 receives a fee to facilitate the distribution of advertising materials from some community organizations and businesses. SD36 does not accept responsibility or liability for the contents of any advertising and does not endorse an advertiser's services, goods or programs".

AFTER SCHOOL LIFE
ash
after school program
AFTER-SCHOOL PROGRAM
CHESS CLUB
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YMCA Child Care at Frost Road Elementary



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.

They offer part time and full-time spaces.

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

Important Dates

April 18, 2025	Good Friday – No School
April 21, 2025	Easter Monday – No School
April 22, 2025	Earth Day
April 25, 2025	PAC Fun Lunch - Mary Brown's Chicken
April 28, 2025	Federal Election Day
May 2, 2025	Non-Instructional Day-No School
May 5, 2025	Ready, Set, Learn Event #2
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 29, 2025	Welcome to Kindergarten
May 30, 2025	PAC Fun Lunch
June 3, 2025	Ready, Set, Learn Event #3
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 - No School

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](#)
