

FROST ROAD ELEMENTARY NEWSLETTER

MARCH 2025



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Message from the Admin

Ey Swayel, Frost Road Families!

It has been an action-packed month and Spring break is here. It is so nice to have the longer days and a bit more sunshine! There is so much happening at Frost Road and we are so proud of our students. Our Grade 7 basketball teams represented our school well during the season and during the celebration playdays. It was wonderful to see all the teams win **second and third** place at their respective playdays. All groups improved so much, but more importantly, showed competitive spirit and sportsmanship. We are lucky to have such a wonderful team of coaches: Mr. Clark and Mr. Thornton. Term two reports will be sent home next Friday, March 14th. Please take a moment to discuss the assessments with your child. It is important to highlight successes and have students pick an area or goal for improvement.

Have a wonderful Spring Break!

Andrew Shook and Christie Switch

Ready, Set, Learn Events at Frost Road

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: Healthy childhood and youth development includes sexual health

Learning about your body and its changes, health conditions, personal hygiene, healthy relationships, consent and sexuality are all part of growing up.

How do I teach my child about sex and sexuality?

It's best to start openly discussing the basics of sex, sexuality and reproduction with your child from an early age, using age-appropriate language and levels of detail. You want to establish an open and trusting relationship with your child, so they know they can come to you for advice and accurate answers to their questions about sex and sexuality.

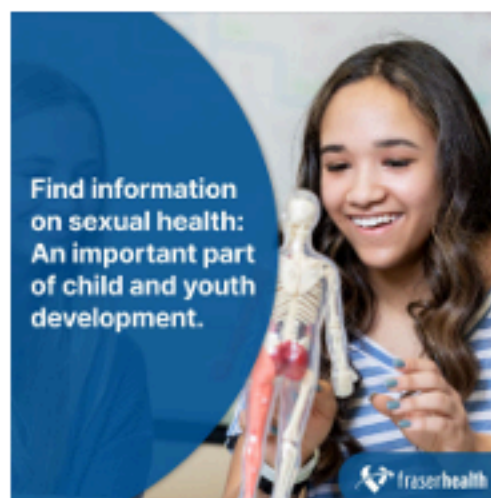
Check out these books that can help you open up a dialogue with your child and further their sexual education at any age: [Sexual education for children – Fraser Health Authority](#)

Sexual orientation and gender identity (SOGI) are some of the aspects of a person's sexuality. The **Parents' Guide to SOGI in Schools** was created in collaboration with educators and parents to address some of the most common questions being asked about SOGI-inclusive education.

Download the parent guide here: [Parents' Guide to SOGI in Schools / SOGI 1 2 3 \(sogieducation.org\)](#)

Youth clinics

Let your teen know about our youth clinics. These clinics are located across the Fraser Health region and provide free, confidential information and education regarding sexuality and health to youth under 21 to 24 (age varies by site). Learn more about the services available at youth clinics: [Youth clinics - Fraser Health Authority](#)



Fraser Health: Spring Health for Kids

The spring season is approaching which means warmer weather and more outdoor activities. It's also an opportunity to foster new healthy habits for our children. Here are five practical tips for school-aged kids to make the most of this season.

Get active

Warmer weather makes spring the perfect time to get outside and play. Take a walk around your neighbourhood or head to a local park or hiking trail. You can also stay active close to home with some backyard jump rope or hopscotch.

Think fresh

Springtime often brings up images of fresh fruits and produce. Now is a great time to teach children about where food comes by helping them to start their own home garden. You don't need a large space to get started. Strawberries, tomatoes and lettuce can all be grown from pots on a sundeck.

Be sun safe

Sun burns are possible even in spring. Use a sunscreen that has Sun Protection Factor (SPF) 30 or more. When possible, schedule outdoor activities in the morning or late afternoon and early evening. If you and your children are out in the sun during mid-day hours, wear long sleeves, loose-fitting long pants and a hat with a wide brim.

Spring is also a good time to make sure your family has plans in place to be healthy in the coming heat. Investigate if your family is eligible for retrofitting rebates to keep the family cool, as indoor temperatures can be dangerous for everyone.

Support positive mental health

The best way to support positive mental health in your children is by forming strong and caring relationships with them. Make time for connection each day. Talk to them about their feelings and experiences.

Practice road safety

Biking is a great way to exercise and spend quality time with your family. Remember to keep safety top of mind. Protect their heads with a well-fitted helmet and teach them the rules of the road, such as the hand signals for stop, right and left-hand turns.

Find more tips for a healthy spring in Fraser Health's Spring Health Guide: [Your spring health guide - Fraser Health Authority](#)



Young Rembrandts After School Art Program Starting Soon!



ART CLASSES AT YOUR SCHOOL

LOCATED AT: 8606 - 162 STREET SURREY, B.C. V4N 1B5

Spring has sprung, and it's time for **SPRINGTIME FUN WITH YOUNG REMBRANDTS!** Kids captivated by movies will love our movie theater still life. Drawing Aladdin's Lamp will be a wish come true! We'll also ride the waves with a cool Surfer & Wave illustration. Fantasy lovers can spark their imagination with our baby dragons lesson, focusing on color and composition. Finally, we'll create a stunning portrait of Frida Kahlo to inspire creativity. Don't miss out—sign up today and let the creativity bloom!

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REGISTER TODAY AT:

www.youngrembrandts.com/lowermainland

CLASS DATES: APRIL 3 - JUNE 12/25

WHEN: THURSDAYS at 2:35 - 3:35 PM

WHERE: Common Area (400 Wing)

COST: \$236.50 for 11 weeks

***PAYMENT OPTIONS AVAILABLE AT CHECKOUT**

DID YOU KNOW WE HAVE SPRING BREAK LEAPS IN LANGLEY!!
See our website for all the details!
HELLO KIDDS HOME, ART KIDDS, & PASTELS



artsbc@youngrembrandts.com 604-724-7919

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. 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 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

Calling ALL Chocolate-Lovers!

Our Frost Road PAC is once again hosting a Purdy's Chocolatier Fundraiser.

Stock up on all your favourite Purdy's Spring / Easter treats for someone special or even yourself.

Each student will bring home a Purdy's [Spring] Catalog tomorrow.

Ordering is just as easy as eating chocolate. **Just click on the following link, enter your email address, click 'Join Campaign', and let the ordering begin.**

<https://fundraising.purdys.com/1005923-126417>

The top 2 Primary students & the top 2 Intermediate students who fundraise the most will win a Chocolate treat for themselves.

- The order deadline is Friday, March 14th, 2025.
- Pickup will be on Friday, April 11th, 2025, from 2:15 – 3:00pm.

Thank you for your support.

Frost Road PAC



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.



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.



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
March 14, 2025	Spirit Day - PJ Day
March 17, 2025 - March 28, 2025	Spring Break
March 31, 2025	Schools reopen after spring break
April 9, 2025	Ready, Set, Learn Event #1
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 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 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](#)

