



FROST ROAD ELEMENTARY

October 2024 Newsletter



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Principal's Message

Ey' Swayel Frost Road families,

The month of September has certainly flown by and October has crept up just as quickly.

We wanted to express our gratitude and thanks for being partners with us in your child's education and keeping us all healthy and safe. We wish you the happiness of the beautiful colours of fall and look forward to a joyful October.

[illegible]



Frost Road Indigenous Art by Ryan Hughes











Bell Schedule and Calendar for 2024/2025

Bell Schedule 2024/2025

Supervision

8:15 am

Welcome Bell

8:30 am

Instruction

8:35-10:05 am

Recess

10:05-10:20 am

Instruction

10:20–11:43 am

Lunch

11:43–12:28 pm

(Students eat from 11:43-11:58 am)

Instruction

12:28–2:28 pm

Supervision

2:28-2:43 pm

Date

September 3, 2024
September 27, 2024
September 30, 2024
October 14, 2024
October 25, 2024
November 1, 2024
November 8, 2024
November 11, 2024
December 17, 2024
December 23, 2024 – January 3, 2025
January 6, 2025
February 17, 2025
February 21, 2025
March 17, 2025 – March 21, 2025
March 24, 2025 – March 28, 2025
March 31, 2025
April 18, 2025
April 21, 2025
May 2, 2025
May 7, 2025
May 19, 2025
May 26, 2025
June 26, 2025
June 27, 2025

Event

Schools Open (10 – 11 am)
Non-Instructional Day – No School
Truth and Reconciliation Day – No School
Thanksgiving – No School
Non-Instructional Day – No School
Early Dismissal – 1:28 pm
Non-Instructional Day – No School
Remembrance Day – No School
Early Dismissal – 1:28 pm
Winter Break
School reopens after winter break
Family Day – No School
Non-Instructional Day – No School
Spring Break
School Closure Days
Schools reopen after spring break
Good Friday – No School
Easter Monday – No School
Non-Instructional Day-No School
Early Dismissal – 1:28 pm
Victoria Day – No School
Non-Instructional Day -No School
Early Dismissal – 1:28 pm
Administrative Day – Schools Close

Library Update

LIBRARY NEWS



A note from the Mrs.Hoyano:

Welcome to Mr. Smith! He is our Thursday Teacher Librarian. We are so happy to have him back at Frost Road.

Just a reminder, if your child needs a Library bag, they can be purchased for \$1.00 from the Library. Please help keep our books clean and safe by using a bag for safe storage. Any kind of bag will work!

Upcoming events:

November 25-29 Scholastic Book Fair! Hours and information to come

December 9- All Primary students need to have their Library books returned for Winter Break

Library Update

In the last year, we have added

911 New Books to the Library!!

Thank you for coming to the book fairs to support our growing Library! Also, thank you again to our PAC for helping us improve our space!

If you didn't get a chance to see, the Library has been painted! Please enjoy the attached photos!

Contact



hoyano_k@surreyschools.ca



604-572-4050



Mrs. Hoyano & Mr. Smith



Back to School Health

Your healthy back-to-school guide

As summer winds down, it's time to gear up for a healthy back-to-school season. Set the stage for a smooth transition back to school. Here are some practical tips to get you started.

Prioritize sleep

Ensuring your child gets enough sleep is an important part of a healthy back-to-school routine. Quality sleep helps with concentration, mood and overall well-being. In the weeks leading up to the start of school, gradually adjust your child's sleep schedule so they can adapt to the new routine. Aim for nine to 11 hours of quality sleep per night.

Eat well

Support your child's learning and development with scheduled meals and snacks. Breakfast kick starts their morning, while snacks and lunches nourish them throughout the day. Pack a water bottle to help them stay hydrated.

Boost immunity

As with any public environment, school exposes children to various germs. Ensuring they are up-to-date on their vaccinations helps protect them and others. Specific immunizations are recommended for children prior to entering kindergarten as well as in grades six and nine. Help your child avoid the spread of illness by encouraging them to wash their hands regularly, teaching them to cover their coughs and sneezes and keeping them home when sick.

Keep active

Adding physical activity to your child's routine sets them up for success. Activities like walking or biking to school, playing sports, dancing, swimming or helping around the house are great ways for your child to stay active. Set limits on screen time and promote outdoor play as much as possible for overall well-being.

Make time for talking and connection

Going back to school can be a cause of anxiety or stress for children. Make it a point to encourage open communication and support your child to talk about their feelings and help them feel heard and understood. Integrate downtime into their routine where they can relax or focus on a special interest or hobby.

Find more school health tips and resources on Fraser Health's website: School health - Fraser Health Authority¹

¹<https://www.fraserhealth.ca/schoolhealth>



Respiratory season and fall immunizations

Protect your children from respiratory illnesses this winter

Respiratory illnesses tend to increase as we spend more time indoors. Common colds, the flu and COVID-19 spread through tiny droplets as people who are sick breathe, talk, cough or sneeze. When other people breathe in or touch these droplets and then their eyes, mouth or nose before washing their hands they may become sick.

There are a handful of steps both children and adults can take to protect themselves and limit the spread of respiratory illnesses:

- Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water is not available.
- Avoid touching your face, especially your eyes, mouth and nose.
- Cough and sneeze into your elbow.
- If you have symptoms, stay home and stay away from people at higher risk of serious illness. If you are sick and cannot stay away from others, wear a mask. Learn more about masks here: Masks (bccdc.ca)²

Flu and COVID-19 vaccinations

The best way to protect others and reduce the risk of getting sick with the flu and COVID-19 is to get immunized³. The flu and COVID-19 vaccines are safe, effective and available for free to anyone aged six months and older.

²<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks>

It is much safer to get the vaccines than to get the illnesses. Register your children with the Get Vaccinated system so that you can be invited to book their vaccinations when they are due.

Learn more here: Immunizations - Fraser Health Authority⁴

School-aged immunizations

As children get older, the protection from some infant immunizations⁵ can wear off. Children can be at risk of new diseases as they enter kindergarten and, in their pre-teen and teen years. Getting your child vaccinated on schedule is the best way to protect them from many dangerous diseases.

All routine school-aged immunizations are free in British Columbia. If your child has not yet had all their vaccines, please make an appointment with a public health unit, family doctor, nurse practitioner or pharmacy. If your child's record shows their vaccines are not up to date but they did get vaccines from a health care provider outside of public health:

- Contact the health care provider who immunized your child and ask for a copy of the immunization record.
- Report these immunizations to Public Health online at <http://www.fraserhealth.ca/immunizationform>

Learn more about school-aged immunizations, including how to access your child's records, here: Children and youth immunizations – Fraser Health Authority⁶



³<https://www.fraserhealth.ca/immunizations>

⁴<https://www.fraserhealth.ca/immunizations>

⁵<https://www.fraserhealth.ca/health-topics-a-to-z/immunizations/infants-and-toddlers-immunizations>

⁶<https://www.fraserhealth.ca/health-topics-a-to-z/immunizations/children-and-youth-immunization>

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. 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.
- 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!!



School Safety at Frost Road Elementary



As we start another school year together, please remind your children of the following points:

- Be aware of your surroundings. If you notice anything or anyone suspicious, notify a parent or another trusted adult (like a teacher or grandparent).
- If a stranger ever approaches and offers a ride or treats (like candy or toys) or asks for help with a task (like helping find a lost dog), they should step away, yell "No!" and leave the area immediately. Always notify a parent or another trusted adult of what happened.
- Trust your instincts and your feelings. If someone makes you feel uncomfortable or if you feel like something's just not right — even if you can't explain why — walk away immediately and notify a trusted adult.

[illegible]

While we do have minimal snacks available for students in need, we are seeing increasingly more students who come to the office daily for more food. Please reach out to staff if any financial support is needed for your family.



Frost Road offers School Cash Online, which provides you with the convenience, easy, and quick way of paying online for school items such as trips, club/athletic fees, and spirit wear, which is the preferred method of paying for items.



School Cash Online is a great way to pay without the need for cash or cheques!

Which payment methods are accepted? Credit Card, Debit Card or eCheck (an electronic version of a paper check used to make payments online). Anyone with a chequing or savings account can pay by eCheck on SchoolCashOnline.

**** If you require assistance please contact parent Helpdesk at parenthelpdesk@schoolcashionline.com or 1-866-961-1803 or call Frost Road at 604-572-4050**

Spirit Wear

Watch your e-mails for information about Frost Road Elementary t-shirts and sweatshirts. Every Friday is Frost Road Spirit Day - wear your Spirit Wear and get points for your team! The winning team gets an EXTRA RECESS!



To register online (for new users of School Cash Online):

Step 1: Visit our school website at: (www.surreyschools.ca/frostroad)⁸

Step 2: Click on the “Parent” tab and select “Pay Fees Online”.

Step 3: Register by selecting the “Get Started Now” and follow the steps.

Step 4: After you receive the confirmation email, select the “click here” option, login in and add each of your children to your household account.

Once you have registered your child, you will be able to see when they have a new item posted online for purchase. You also have the option to be notified whenever your child has a new school expense due, so you don’t have to worry about missing the deadline.

** If you are a returning user, there is no set up required

Student Information Packages

Please make sure that you review and complete the student information packages that were sent home with your children, including parent phone numbers and e-mails.

Accurate and up-to-date information ensures that we can communicate important information to your family, such as school notices and newsletters. It also helps us to contact you in cases of sickness or emergencies.

⁸<https://www.surreyschools.ca/frostroad>



PAC Fun Lunch

The first PAC Fun Lunch will be on October 31st, 2024 from Pizza Hut. More information is coming in the next few weeks, so watch your e-mails for more information.



Frost Road YMCA Kids Club

Are you looking for before and after school care?

The YMCA Kids Club has space available at our school for the upcoming school year!

Part time and full time spaces available.

For more information or to register please email ymcakidsclubs@bc.ymca.ca⁹



Surrey Schools is Hiring Noon Hour Supervisors

Surrey Schools, recipient of BC's Top Employer and Canada's Greenest Employer awards, is seeking lunch hour Supervision Aides at your local elementary and secondary schools. This is an ideal part-time opportunity for retirees, post-secondary students studying from home and adults who relate well to children and youth.

The Surrey School District respectfully acknowledges that our schools reside on the traditional, unceded, and shared territories of Coast Salish peoples: The ḡ ícá ḡ - Katzie, the q'wa:ṇḡ'ən - Kwantlen and the SEMYOME - Semiahmoo First Nations, who have been stewards of this land since time immemorial.

Surrey Schools values an inclusive school district, where equity is deeply embedded and diversity welcomed. We are committed to creating and cultivating diverse, inclusive and barrier-free environments for all applicants, employees, students, and their families. We work to continuously grow and improve our practices, celebrate our differences, and empower people to promote positive change in our communities. Our identity, as Surrey Schools, is expressed in the shared values of openness, fairness and tolerance and recognize the importance of diversity of identity and thought. We are an equal opportunity employer and welcome applicants from all backgrounds.

Surrey Schools, recipient of the BC Top Employers and Canada's Greenest Employer awards, is the largest school district in BC and the second largest employer in Surrey. Spread across one of the fastest-growing cities in British Columbia, Surrey Schools provides quality education to over 77,000 students with 124 schools sites and a variety of other learning facilities, offering a broad range of innovative programs and services to support the learning of our students. The Surrey School District team of approximately 13,000 employees works tirelessly every day to ensure that children are getting the best start they can, providing the preparation to be our leaders of tomorrow.

⁹<mailto:ymcakidsclubs@bc.ymca.ca>

Supervision Aides work 1 hour per day (up to 5 days per week), to provide supervision to elementary and secondary school students during the lunch break. The rate of pay is \$25.24 per hour.

Casual On-Call and Continuing assignments available.

This job is an ideal part-time opportunity for retirees, post-secondary students studying from home and adults who relate well to children and youth and are free during lunch hour to work at our district schools. As communication is critical to this role, strong English language written and spoken communication skills are required.

For more information and to apply online visit: [Surrey Schools Careers Page](#)¹⁰



Frost Road Elementary student artist wins international recognition

A Frost Road Elementary student is coming off an incredible hat trick of artistic achievements after being recognized in three international art events and having her work displayed in Paris and China.

Grade 5 student Lavinia Guo has been celebrated for her eye-catching paintings, which have expressed themes of peace, friendship and environmental protection.

The first event was the 11th Youth World Cup Live Painting Competition, a UNICEF-sponsored event that saw more than 1,000 youth take part in a live-painting challenge at the Richmond Oval in September¹¹. With her work depicting the themes of “friendship, dreams and environmental protection,” Lavinia was one of just 10 gold medalists, placing first in her age category.

The second competition was the International Children’s Art Exhibition, held in fall 2023. A partnership between UNESCO and France, participants submitted paintings with the theme of “One World, One Dream – World Peace,” with Lavinia winning the Outstanding Award for her piece *We Are the World*. As a result of her win, Lavinia’s work was displayed at the Carrousel du Louvre¹² in Paris, France, this past December.

¹⁰https://sd36-makeafuture.simplication.com/Applicant/jobposting/jobdetails.aspx?JOB_POSTING_ID=73360f6c-24c4-4cf0-9de7-b4f25e1a8c45&PAGE=1&locale=en&maf=0

¹¹<https://www.richmond-news.com/local-arts/photos-around-thousand-youth-attend-charity-live-painting-competition-in-richmond-7511165>

¹²https://en.wikipedia.org/wiki/Carrousel_du_Louvre

Most recently, one of Lavinia's pieces was selected for inclusion to the Dunhuang Art Children's Art Exhibit, which opened at the Dunhuang Museum in Jiuquan, China¹³, in early May.

"She's a wonderful student who excels at everything she takes on," said Jessica Dempster, Lavinia's teacher. "Lavinia's creativity and passion shines through in more than just her artwork, and each of her assignments are completed with such imagination and individuality."

Lavinia's mother, Rita Chen, said her daughter began showing an interest in art at an early age and after drawing inspiration from anime and fictional characters, has thrown herself into painting, drawing and pastel work.

With plans to attend Emily Carr University of Art + Design, Lavinia's future is sure to be a full of colour!

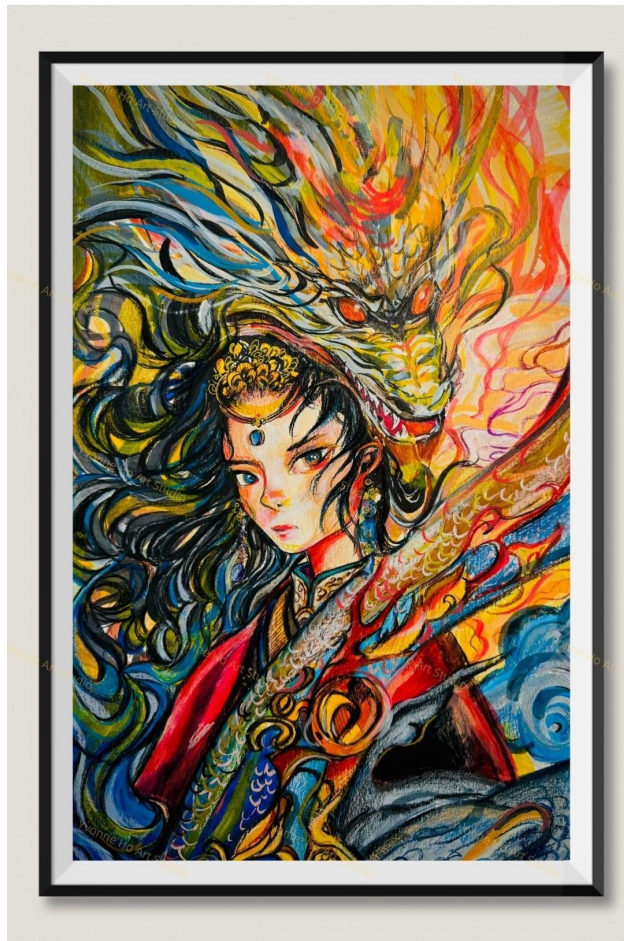
Congratulations, Lavinia!

May 22, 2024: <https://www.surreyschools.ca/ci/p/170284>



¹³<https://www.chinadiscovery.com/gansu/dunhuang/dunhuang-museum.html>





Upcoming Dates

Date

October 14, 2024

October 25, 2024

November 1, 2024

November 8, 2024

November 11, 2024

December 17, 2024

December 23, 2024 – January 3, 2025

January 6, 2025

February 17, 2025

February 21, 2025

Event

Thanksgiving – No School

Non-Instructional Day – No School

Early Dismissal – 1:28 pm

Non-Instructional Day – No School

Remembrance Day – No School

Early Dismissal – 1:28 pm

Winter Break

School reopens after winter break

Family Day – No School

Non-Instructional Day – No School

March 17, 2025 – March 21, 2025	Spring Break
March 24, 2025 – March 28, 2025	School Closure Days
March 31, 2025	Schools reopen after spring break
April 18, 2025	Good Friday – No School
April 21, 2025	Easter Monday – No School
May 2, 2025	Non-Instructional Day-No School
May 7, 2025	Early Dismissal – 1:28 pm
May 19, 2025	Victoria Day – No School
May 26, 2025	Non-Instructional Day -No School
June 26, 2025	Early Dismissal – 1:28 pm
June 27, 2025	Administrative Day – Schools Close

Frost Road Elementary

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School Website: <https://www.surreyschools.ca/frostroad>



¹⁴<mailto:frostroad@surreyschools.ca>