

Frost Road Newsletter December 2022



-
- *A Message from the Principal and Vice Principal*
 - *Library News*
 - *Staying Healthy*
 - *Volleyball Season Wrap Up*
 - *Surrey Food Bank Donation*
 - *Weather-Related Closures*
 - *PAC News*
 - *Upcoming Dates of Importance*
-

A Message From The Principal and Vice Principal

Dear Frost Road Families,

As we head into the holiday season and bring term one to a close, we would like to thank you all for your continued support with being partners in learning.

Our staff continue to put their hearts into creating engaging learning opportunities and providing caring classrooms for our learners. Outside the classroom, thank you to our dedicated team of office and custodial staff who ensure the smooth operation of the school and help our learners on a daily basis. Thank you to our coaches who provide opportunities for our students to thrive. Thank you, as well, to the many parents who go the extra mile: organizing and contributing to PAC meetings; creating fundraising opportunities; providing special school activities... and the list goes on.

We wish you the very best, and we hope that you have many opportunities to enjoy time with your families and, despite the bustle of the season, savour those precious moments together.

Best wishes for a beautiful holiday season, and we look forward to seeing all of you back in the New Year.

Andrew Shook and Christie Switch









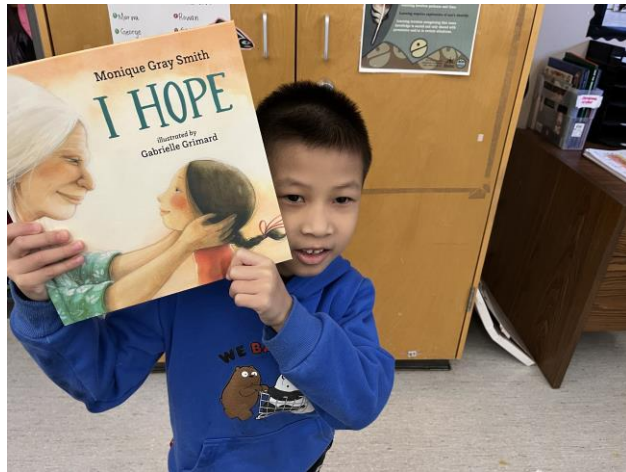




Library News

AUTHOR VISIT

Our grade 1 students were the lucky winners of a contest sponsored by Orca Publishers which included a virtual visit with BC author, Monique Gray Smith. The students were treated to a read aloud of Ms. Smith's beautiful new picture book, *I Hope*, and then had the opportunity to ask her questions. The prize package also included signed hardcover copies of *I Hope*, and the lucky winners of the books were: Nadalia, Bakiran, Louis and Archie from Mrs. Gill's class; Justin, Frances, Scarlett and Kevin from Mrs. Mann's class; and Ashenya, Alexandra, Liam, Aarav from Mrs. Mochrie and Mrs. Berichon's class.



BOOK FAIR

We will be hosting a Scholastic Book Fair from January 25 to February 7. More information to come in the new year.

eBOOKS

Students can read and check out eBooks from our school's library collection.

1. Click here¹ to go to the Surrey Schools library website.
2. Click on Frost Road.
3. Click on the 'Catalog' tab.
4. In the box that says "Narrow your search to", change the material type to eBook.
5. Enter search terms into the search box.
6. To check out an eBook, students need to login with their Surrey Schools username and password. Click here² for more information on how to check out a book.

WINTER ACTIVITIES

Stories, learning, crafts, puzzles, dancing and more! A variety of activities to do during the Winter Break.

For Kindergarten and Grade 1³

For Grades 2 and Up⁴

Surrey Food Bank Donation



For our annual Holiday Food Drive our school community collected 42 boxes of food and \$93.25 for the Surrey Food Bank. The Surrey Food Bank provides food to families living in Surrey and North Delta. Although donations are accepted year round, they are especially needed around the holidays. Thank you, Frost Road Families for your generous support of the Food Bank.

¹<https://library.sd36.bc.ca/>

²<https://drive.google.com/file/d/1kv6relw1uZZ15P9gVdyTcXyNjuDn0C8k/view?usp=sharing>

³<https://docs.google.com/presentation/d/e/2PACX-1vROp9-4YEC884Qo9CfA11x2wkFZefya3HKEhNXbELaT-7slqBWJtIAfrL5--2o12IRi9I2MdwMLdjNv/pub?start=true&loop=false&delayms=3000>

⁴https://docs.google.com/presentation/d/e/2PACX-1vRB_TSw0_n63nyznIEgtH2tpJ8Ik73FZClxzNyUQUt4v9hLyoJJ-Uukxvrl4oyYlsJRAAnaSmCQPwG/pub?start=true&loop=false&delayms=3000



Volleyball Season Wrap Up



BOYS' VOLLEYBALL

The grade 7 boys' volleyball team had a fantastic season! Their individual skill levels and the ability to set up effective team plays improved significantly from when practices started in October. Their continued dedication and hard work during practices led to an increase in wins as the season progressed. The boys' ended their season on December 9 at their final playday where they were

undefeated, winning all 7 games, and finishing first out of five teams! Coaches, Mrs. Hoyano and Ms. Babuin, were extremely proud of not only their accomplishments on the court, but also their amazing teamwork and sportsmanship, and how well they represented Frost Road throughout the season.

Congratulations to this year's team members:

Aariz H.	Andy K.	Kaiden R.
Adit K.	Finnley N.	Kelvin X.
Aidan L.	Jacob B.	Kevin Z.
Alex Y.	Jastinder M.	Yianni S.

Well done!

Ms. Babuin & Ms. Hoyano

GIRLS' VOLLEYBALL

The volleyball season has come to an end and we would like to congratulate the Grade 7 girls team on an outstanding season! Over the past seven weeks, the team dedicated their time to skill development and team building. They were quick to learn and even quicker to come together as a team and showed amazing sportsmanship each week.

As coaches, we want to thank the team for their outstanding effort and dedication, and a successful second place finish at our Play Day!

Congratulations to this year's team members:

Nyah	Peyton	Leah
Manvi	Maria	Sumi
Rachel	Abeda	Jessica
Kopal	Miranda	Anaiya

Well done!

Mrs. Webster & Mrs. Jaheny













Protect Yourself And Others This Cold And Flu Season!



Nobody likes being sick, and with cold and flu season upon us, it's up to all of us to help prevent the spread of communicable disease in our school communities.

B.C.'s Communicable Disease Guidelines for K-12 Settings⁵ remain important to the ongoing protection from and prevention of respiratory illness, including colds and flus. The health and safety of our classrooms is a team effort – students, staff and visitors are urged to stay home if they are not feeling well or are experiencing symptoms, including fever and/or chills, recent onset of coughing or diarrhea:

- For uncontrolled fever: stay home until you do not have a fever and feel well enough to return to your regular activities.
- For undiagnosed vomiting and diarrhea: stay home until there has been 24 hours since your last episode.

In addition to staying home when you're sick, there are a few other ways you can keep yourself from getting sick and from spreading illness to others:

- Wash your hands regularly: Practise frequent hand hygiene to prevent the spread of germs and respiratory illness.
- Cover your mouth when you cough or sneeze. Cough and sneeze into your elbow instead of your hands.
- Get your recommended vaccinations. Flu shots⁶ are free to everyone in B.C. six months and older, and are available as a shot or a nasal spray. BC residents 6 months and older are also encouraged to get their COVID vaccinations⁷.

Staff, students or visitors may attend school if their symptoms are consistent with a previously diagnosed health condition such as seasonal allergies, or if their symptoms have improved to where they feel well enough to return to regular activities, and any fever has resolved without the use of fever-reducing medication (i.e. acetaminophen, ibuprofen).

⁵http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf

⁶<https://www2.gov.bc.ca/gov/content/health/managing-your-health/immunizations/flu>

⁷<https://www.getvaccinated.gov.bc.ca/s/>

If a staff member, student or visitor develops symptoms of illness while at school and is unable to participate in regular activities, they should go home until their symptoms have improved.

If you are unsure or concerned about your symptoms, please connect with your health care provider or call 8-1-1. For more information, check the Provincial Communicable Disease Guidelines for K-12 Settings⁸.

Thank you for continuing to keep our schools and workplaces healthy!

Source: Protect yourself and others this cold and flu season! (surreyschools.ca)⁹ November 24, 2022



Reminder:

If your child is ill or not attending school for any reason, it is important for parents/guardians to notify the school as soon as possible. Please call 604-572-4050 or e-mail frostroad@surreyschools.ca¹⁰

*****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' and be sure to include your child's division number or teacher's name and reason for absence. Thank you for your cooperation!

⁸http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf

⁹<https://www.surreyschools.ca/ci/p/140548>

¹⁰<mailto:frostroad@surreyschools.ca>

Weather Related Closures



As temperatures drop and we start to see snow in the forecast, it's important for parents, guardians, students and staff to know the district's severe weather procedures for announcing school closures, delayed openings or cancellations.

All schools in the Surrey School District will remain OPEN, except under extreme circumstances. Only cancellations, closures or delayed school openings will be announced. Except under extreme circumstances, no announcement will be made that schools are open.

Any districtwide closure or delayed school opening will be announced on the Surrey Schools website and individual school websites, as well as communicated on the district's Twitter, Facebook and Instagram accounts.

An announcement will be made by 7 a.m. at the latest, based on the best information available at that time.

Make sure you follow Surrey Schools on social media and book mark the district website!

Facebook: @surreyschools Twitter: @Surrey_Schools Instagram: @Surrey_Schools** Student safety is our first priority and a shared responsibility. As always, parents and guardians may choose to make other arrangements if they don't feel it is safe to travel to school. Students will not be penalized for such absences. **

For more information, please check our information brochure, available in English, Punjabi, Chinese and Arabic.

Source: https://www.surreyschools.ca/frostroad/_ci/p/140799 November 28, 2022



Frost Road PAC Request for Volunteers



Frost Road PAC needs you!

We are currently looking for dedicated parents / caregivers to oversee our Fun Lunch Program.

With only a few hours of commitment per month, you will make a huge impact on our school community and help keep the Fun Lunch Program running for our students.

You will need access to a computer, laptop, or smartphone, and your time.

Lunch dates are determined at monthly PAC meetings.

Lunches are typically held once per month, except for December and March.

Ideally, we would like at least two dedicated volunteers to oversee the program, organizing vendors, lunch dates, over seeing the Munch-a-Lunch Program and responding to parent emails.

On the day of the fun lunch, you would be organizing volunteers, communicating with the vendors to organize delivery and oversee the distribution of the lunches to the classrooms.

Please reach out to Lyndsey via email if you are interested or have any questions. lockelyndsey@gmail.com¹¹

Thank you.



PAC Fun Lunch Dates for 2023:

January 27

February 23

April 28

¹¹<mailto:lockelyndsey@gmail.com>

Grade 7 Bottle Drive and Fundraiser



Our Grade 7's are organizing a bottle drive to help raise funds for the Grade 7 Camp trip coming up in May.

The bottle drive will be held at the school in the parking lot on **Saturday, January 21st from 10 am-2 pm.**

If you have any bottles or cans from holiday gatherings, please save them!

We are also looking for volunteers to help with the event.

If you are interested, please contact Lyndsey at lockelyndsey@gmail.com or Elisa at elisajoe@hotmail.com¹²

¹²<mailto:elisajoe@hotmail.com>

Upcoming Dates to Remember



December 19, 2022 to January 2, 2023 Winter Break

January 3, 2023 First Day After Winter Break

January 12 Movie Night

January 13 Black Excellence Day

January 18 Tropical Spirit Day

January 19 PAC Meeting

January 21 Grade 7 Bottle Drive

January 25 VSO School Performance

January 25, 2023 to February 7, 2023 Scholastic Book Fair

January 27 PAC Fun Lunch

February 20 Family Day

February 22 Pink Shirt Day

