



Newsletter October 2021



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A Message From The Principal





Happy October Frost Road Elementary students and families,

Wow the school year is flying by! It is so great to see all of our students back face to face in classes. The world is still dealing with the COVID pandemic so there are still many Health and Safety procedures and protocols in place in our schools. We are proud of how our students have adapted to the Health and Safety protocols intended to keep everyone healthy and safe.

Recently our students and staff in each class have been placed on a Spirit team. We have the Green Bears, Black Ravens, Blue Orcas, Yellow Wolves and Red Salmon. We will have spirit days where students are invited to have some fun and participate.

Upcoming Frost Road Spirit Days are listed at the end of the newsletter under the calendar items.

EVERY FRIDAY is Frost Road Spirit Day -FR t shirt or FR colors

Thank you for encouraging your child(ren) to walk to and from school. Thank you to those of you who drive your child(ren) to and from school for following the parking signs, slowing down in front of the school, pulling through the drop off zone at the front of the school and not parking there, parking on the street where allowed, crossing at the crosswalk, walking on the sidewalks and not through parking lots and most of all for being such friendly students and families.

Every day we share with students many things such as safety tips and expectations, safe, kind, friendly play expectations, congratulations for successes, reminders about handwashing, reminders of upcoming events, appropriate quotes about science facts, special days and so many more.

Thank you so much for such a successful Terry Fox run. It was a beautiful day for our students to run in grade groups at separate times throughout the day around our big school yard. Our school community raised over \$1000 to donate to the Terry Fox Foundation in support of Cancer Research and Support.

Halloween is coming up and we are looking forward to seeing students and staff in costumes on Friday October 29th if they would like to. Please see the Halloween information in this newsletter.

Thank you to our PAC for their generous donations to purchase a pumpkin from a local farm for each child in our school. We will set up our own pumpkin patch on October 27th for students to "pick" a pumpkin.

Thank you also to our PAC for arranging for the Purdy's fundraiser which will go towards purchasing some special musical instruments for our students to use during music classes.

Halloween Information

Pumpkin Patch



Thank you to the PAC for purchasing the pumpkins for all our students for this event.

However, due to COVID restrictions, parents/guardians will not be able to attend. '

Halloween Celebrations

We just wanted to provide you with some details regarding Halloween celebrations this year, given the pandemic situation we are still coping with. While we still want students to have fun in some way, we still need to ensure that we are following all Health and Safety protocols and the recommendations of our Public Health Office and School Board.

*If students want, they **MAY** still wear either Halloween costumes or black and orange clothing on Friday, October 29th. Please ensure that your child(ren) have good visibility. **Replica or toy weapons are not allowed at school even if they are a part of Halloween costumes.** As per Safe and Caring Schools Policy 9410 and Regulation 9410.1 – 'It is expected that students will not use, possess or display any weapon, replica weapon or toy weapon, on any school property or at any event that is organized or sponsored by a school'.*

Some classrooms have planned some fun learning activities in the classroom as well.

One thing that is very different this year is that WE CAN HAVE STUDENTS BRING FOOD OR TREATS FOR THE CLASS OR FOR OTHER STUDENTS IF IT IS PURCHASED, PRE-PACKAGED AND INDIVIDUALLY WRAPPED (no home-made treats permitted).

Also, we are NOT ABLE TO HAVE ANY PARENTS ATTEND THE FESTIVITIES as we need to limit all outside contact.





Autism and Halloween

Halloween is a time of excitement for most children in North America. For children and youth who have special needs such as Autism, children who have experienced trauma, or children who are new to Canada, Halloween can be difficult to comprehend and fear evoking. With this noted, in anticipation of the up and coming Halloween activities, please consider the following and feel free to share these resources with parents:

1. **TRY TO STICK WITH NORMAL ROUTINES AS MUCH AS POSSIBLE.** If there are schedule changes, put those into a visual schedule and give the child time to adjust to something new. Parents, to keep things running smoothly at home, always try to maintain bedtime and meal time routines.
2. **USE VISUAL AIDS.** Pictures and videos of what to expect may help alleviate anxiety. It is a good idea to introduce the subject of Halloween a few weeks in advance. If the child has been through Halloween before, it is always good to remind them that it is coming up so that they may prepare.
3. **REHEARSE.** If there will be a school costume parade, pre-walk the route for a few days so students know what to expect. If they are going trick or treating, encourage parents to pre-walk the route for a few days so that children know what to expect. Practice social cues by rehearsing questions and answers children may hear on Halloween night, and going through trick-or-treating routines.
4. **TRY OUT THE COSTUME BEFORE THE BIG DAY/NIGHT.** Practice putting on the costume, and wearing it multiple times prior to the day/night itself.
5. **LET THE CHILD KNOW THE TIME FRAME FOR EVENTS.** If there will be a costume parade, show when that will happen on the schedule, when it will end, and what they may look forward to when it is

over. Similarly, if the child is going out trick or treating, show when that will happen on the schedule, when it will end, and what they may have to look forward to once it's over. If the child is staying home to help parents with handing out candy rather than trick or treating, prepare them in advance for how long that will be and what they might expect.

6. **WORK AT THE CHILD'S LEVEL.** If you anticipate that the child will be extremely anxious about seeing others in costumes, have them watch from a distance until they decide if they want to engage.

Parents, in preparation for the evening, prepare your child for unannounced visitors. Children also may be very excited and want to greet everyone and hand out candy themselves. They may run up to each house excitedly, or not want to go up at all, but may enjoy the walk around the neighbourhood. Each child with Autism is unique and will enjoy and participate in Halloween in their own way.

7. **PARENTS, ALLOW FOR SOME DOWN TIME BEFORE TRICK OR TREATING.** Work some quiet time into the day to prepare, prior to the evening festivities.

8. **KEEP AN OPEN MIND ABOUT WHAT HALLOWEEN LOOKS LIKE FOR YOUR CHILD.** Some children with Autism love costumes, yet may make unconventional choices; others find wearing a costume uncomfortable or even stressful. Some children will want to walk up to each house; however, they do not want to, or may not be able to say, "trick or treat"; if that is the case, please see below for a *Trick or Treat Card* that they may use.

9. **DON'T FEEL BAD IF IT IS EASIER FOR A CHILD TO SIMPLY NOT PARTICIPATE IN ANY GIVEN YEAR.** Remember, there is no "fail". Perhaps you had planned a parade around the entire school, however, the child only makes it outside the classroom, or perhaps they cannot make it out the classroom at all. Perhaps parents have planned an entire neighbourhood walk, however, the child only made it to three houses, or perhaps they could not make it out the door at all. There is no such thing as "failing a holiday". Please reinforce to parents that it is okay to close their door and draw the blinds, or to put up signs asking people not to ring the bell if that is what needs to happen this year.

THE MOST IMPORTANT THING ABOUT THE HOLIDAYS IS BEING TOGETHER AND GIVING A CHILD A SENSE OF CARE, SAFETY AND SECURITY. School and family holiday experiences are unique, so feel free to create your own.

Vandalism

While we do our best to educate young people of the senselessness of vandalism, we are also looking for other ways to deter vandalism in our schools and in our community. One approach is to enlist our neighbour's help to watch for anyone 'hanging around' our school, particularly after dark on October

31st. Please help us out by keeping your eyes and ears open to any activity at our school.

If there is obvious, active vandalism taking place, please immediately notify police by calling 9-1-1

We also welcome your call to a special Surrey School District phone number set-up for Halloween at **778-328-7751** to report any suspicious activity so a security patrol can be dispatched.



Parking/Traffic Concerns



Parking/Traffic Concerns

During drop off and pick up times, please do not park or pull into the staff parking lots, as these are for staff only. If a vehicle is parked behind a vehicle already parked in a stall, that vehicle doesn't have the ability to pull out of a stall whenever necessary. Please obey all the posted speed limits and staff directing traffic and take extra care when approaching crosswalks. Thank you.

Student Absences or Lates



Remember **doing**
reminders
remember
don't forget **to do**

Please call or email (frostroad@surreyschools.ca) the school office if your child(ren) is absent 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. Our telephone has an answering machine that is on from 3:30 pm to 8:00 am, so we ask that you please give us a call before 9:00 am to advise us if your child will be absent or late. The office staff calls all those students who are away and whose parents we have not heard from. We appreciate your co-operation. Thank you!

Rainy Weather

The rainy weather is here. Please send your child(ren) prepared with rain coats, boots, umbrellas and/or a change of clothes. We do send students out in the rain (depending on how heavy it is raining)



Student's Art Work







Every Child Matters





Terry Fox Run

Through online donations our Frost Road community raised almost \$1,000.00 for the Terry Fox Foundation in support of Cancer Research and Support.



COVID Information



[Understanding B.C.'s new K-12 Health & Safety Guidelines](#)

Check Up: Every day, check to see how you are feeling, and stay home if you aren't feeling well. If you have symptoms, get tested. **Back Up:** Be mindful and considerate of others' personal space. Try to keep your hands to yourself and only play with your friends. **Wash Up:** Wash or sanitize your hands regularly, including after playing outside, going to the bathroom, when putting on or removing your mask, and before and after eating. Be sure to wash your hands for at least 20 seconds.

Mask Up: All K-12 staff and students must wear a mask indoors. Ensure your mask is clean and dry, is a good fit, and covers your nose and mouth fully. And remember, don't touch your face or play with your mask.

Vax Up: If you haven't already, [register to receive your first and second dose of the COVID-19 vaccine](#). Getting vaccinated is the most effective way to reduce infections and transmission of coronavirus.

The B.C. government has announced the [updated Provincial COVID-19 Health & Safety Guidelines for K-12 Settings](#), outlining the protocols that inform the safe operation of our schools. The [updated guidelines](#) were developed by the provincial government in collaboration with the B.C. Centre for Disease Control, the Office of the Provincial Health Officer and the provincial K-12 education steering committee. They are followed by all school districts in B.C., including Surrey Schools. Wearing masks indoors also remains mandatory for K-12 staff, visitors and students. Frequent hand washing and sanitization is also recommended and students and staff are asked to be considerate of others' personal space. Surrey Schools will continue to work with Fraser Health on the Fraser Health region Rapid Response Team to review school communicable disease plans and support other districts in the Fraser Health region. Fraser Health will also have the authority to introduce additional regional measures specific to individual schools or the district in instances where community transmission rates are higher. We ask that you continue to follow [B.C.'s health and safety guidelines in school settings](#), adhere to the [B.C. Restart Plan](#) outside of school settings, and if eligible, [get your first and/or second dose of the vaccine](#) as we work together toward a return to normal. For more information, read the [B.C. government's news release](#), or see the updated [K-12 Education Recovery Plan](#).

****BC K-12 Daily Health Check app can be downloaded for your families Daily Health Check, and you can also find a copy of the Daily Health Check on Frost Road's website.**

School Cash Online



Frost Road offers *SchoolCash 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. *SchoolCash 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

checking or savings account can pay by **eCheck** on SchoolCashOnline.

myWallet – An online wallet that can be loaded to hold funds and then used to pay for your child’s fees on SchoolCashOnline. myWallet allows you to allocate funds to pay for school fees at a later date. To use myWallet:

To register online:

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

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

PAC Information

Please join us for **Frost Road Elementary Purdy's Fundraiser** to raise funds for **Music equipment**.

Order Deadline: **Monday, November 29th**

To order go to: <https://fundraising.purdys.com/join.aspx/1372880-86711>

Pick-Up Date: **Friday, December 10th** between 2 pm and 3:15 pm

Pick-Up Location: **Frost Road Elementary at the front of the school, by the bike racks.**

Any questions please contact the Frost Road PAC at frostroadpac@gmail.com

THANK YOU FOR YOUR SUPPORT



Frost Road Calendar



October

- 22 School Not in Session
- 27 Pumpkin Patch Day - Wear Halloween colors/dress like a farmer, scarecrow, fall clothes
- 28 Photo Retakes
- 29 Halloween Costume Day

November

- 4 Interim Reports - go home**
- 10 Red, White, Black Day - dress nice for Remembrance Day**
- 11 Remembrance Day - School Not in Session**
- 12 School Not in Session**
- 15 Grades 6 and 7 Immunizations**
- 15 Type 1 Diabetes Day - Wear PJ's or Blue**
- 24 Hat Day**

December

- 10 1st Term Report Cards - go home**
- 13 Christmas Hats/Headbands**
- 14 Winter Wonderland/Scarves/Hats/Winter Christmas Clothes**
- 15 Ugly or Beautiful Christmas Sweater/T-Shirt**
- 15 Early Dismissal - 1:30 pm**
- 16 Christmas Character/Hats/Clothes/Colors**
- 17 PJ Day**
- 17 Last Day of School before Winter Break**