



FALCON FLYER

YOUR MONTHLY SCHOOL NEWSLETTER

WE ARE A LEARNING COMMUNITY THAT VALUES RESPECT, COMPASSION, INTEGRITY AND PERSISTENCE.

DECEMBER/JANUARY 2022 • ISSUE 2 • VOLUME 4

PRINCIPAL: DEAN JOHNSTON

VICE PRINCIPAL: TYLER HORNER



WA FRASER MIDDLE

34695 Blatchford Way
Abbotsford, BC V2S 6M6

frasermiddle.abbyschools.ca

P: (604) 859-6794

F: (604) 850-7849

IMPORTANT DATES

Feb 7-13 GoByBike Week

Feb 16 - PAC Meeting Online

Feb 18 - Non Instructional Day

Feb 21 - Family Day No School

Mar 8&9 - Early Dismissal (2 hr)

Mar 10/11 - Report Cards Go Home

Mar 14 - Spring Break Begins

Mar 28 - First Day Back



W.A. Fraser Middle Principal's Message



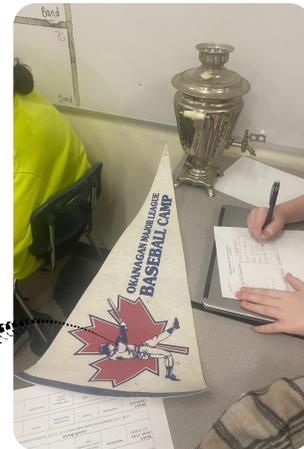
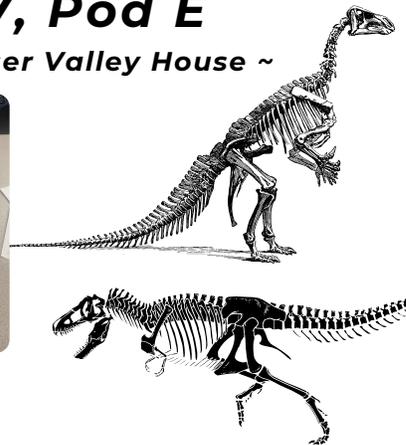
We have reached the halfway point in the school year! While it would be easy to focus on things that have made it a challenge and stretched our emotional well-being, it is important to glance back at the power of the small wins as well. Fraser Middle staff and students continually impress me on their commitment to our community. This school year our school community has done some wonderful things. In the first 5 months of the school year, we have raised \$1001 for The Terry Fox Foundation, \$1001 for Cops for Cancer, \$1028 & 1500 lbs of food for the Abbotsford Foodbank, the Entrepreneur Fair donated \$292 to the Abbotsford Flood Relief, and we hosted staff and students from Upper Sumas Elementary for three weeks. In each of these cases, our learning community were united in the support of others. As a school, we recognize the importance of giving back even in a small way and we can make a difference in our community.

Moving into 2022 and the second half of the school year we are excited to continue to explore new ways to support one another. We take pride in the impact we can make at Fraser Middle and continue to strive to make a difference. Our staff and students recognize there is still academic learning and personal growth that needs to take place as we approach the second half of our time together but recognize that it is in approaching this work together that we find our strength. The kindness and commitment we extend to one another makes all the difference to what learning looks like here. It is by engaging in your learning, being bold and embracing change, and being kind to one another, that we will ensure another successful year moving forward no matter the road ahead.

Fraser staff have a strong sense of agency to help all our students discover their potential. I can't mask my gratitude for the staff at Fraser and commit to our students. With that I want to wish everyone all the best for 2022 and to celebrate success. There is power in the small wins.

Grade 7, Pod E

~ Fraser Valley House ~



The grade 7's of Pod E are learning about archeology. They learned that everyone has a story and archeologists just uncover the stories of the people from the past. The students brought some of their family's artifacts to share what they are, where they came from and why they were important to their family's culture. It was so great to appreciate our differences and learn about other people's family stories.

In December of 2021, the grade 7 students of pod E held a Young Entrepreneur Fair. They started planning in October, deciding what products they would make and buying supplies with a limited budget to make the most profit. Although it was challenging, the students were able to persevere through these steps: carefully planning, making products, creating a business pitch to present to customers, and calculating how much to donate to flood relief. The students donated 10% of their profits from the fair. They were able to donate close to \$300 to help our community. Thank you to all the Fraser Staff and students for your support!



BAND NEWS

There is no Grade 8 band @ 7:15am Tuesday, February 1st

STUDENTS OF THE MONTH - November



Student of the Month: November

Kate Chabot, Grade 6

Kate is a model student. She is attentive in class, pursues deeper learning, and advocates for herself and others. Through her hard work and consistent effort, Kate regularly extends beyond the expectations of her learning tasks and produces neat, careful and insightful finished products. Kate pursues interests beyond academics. She excelled in Industrial Arts and was a valued member of the Grade 6 Girls Volleyball Team. Kate demonstrates integrity and respect with everyone. We are so lucky and grateful to have Kate as part of Fraser Middle.



Student of the Month: November

Amelia Cal, Grade 7

Amelia is a diligent student, loyal friend and creative musician in pod 7E. She frequently offers to do odd jobs around the classroom and will help others in any subject area. Amelia demonstrated **perseverance** by working hard to improve her Math skills and has shown extending abilities in reading. Supporting others in following the rules and respecting her teachers and classmates is of great importance to Mia. Amelia shows **integrity** in doing the right thing by staying focused and on task in class and during non-structured times. We are proud of Amelia and congratulate her on being W.A. Fraser's Grade 7 December Student of the Month.



Student of the Month: November

Matthew Mikszan, Grade 8

Matthew has jumped right in to life in grade 8 at Fraser. He has demonstrated a commitment to his studies, being recognized for his outstanding overall achievement in term 1! Beyond just the academic achievement is his **integrity** and **perseverance** in school that should be commended. He has also volunteered his time as part of the Commons Crew. He is kind and welcoming to students in his class and is willing to take the lead when necessary, displaying both **respect** and **compassion**. It is great to see Matthew as a part of our learning community!



STUDENTS OF THE MONTH -December



Student of the Month:

December

Elise Weiss, Grade 6

Elise Weiss is a kind, respectful grade 6 student. She is a welcome addition to the Fraser family as she has had a strong start to her middle school experience. Elise gets along well with her peers and is able to collaborate and work respectfully with anyone. She displays courage in the classroom by participating in class discussions and asking clarifying questions which contribute to the learning of everyone. Elise displays perseverance in all areas as she welcomes being challenged and always puts forth her best effort. Her poppy art was chosen to be part of our Remembrance Day assembly. She leads with integrity and sets a good example for those around her. Elise volunteered to be part of a random act of kindness video. She spent time in class and at home practicing the choreography and was prepared for the day of filming. Her participation and willingness to try new things have made her first few months in middle school a success!



Student of the Month:

December

Berend Woofinden, Grade 7

Berend exemplifies what it means to be a Fraser Falcon. Berend is a hard-working student and always perseveres no matter how challenging the task. Berend has a strong character and always leads with integrity. Berend consistently shows respect and compassion to those around him, notably by being a friend to those who may need it. He is polite, helpful, inclusive and works well with all the students in our class. Berend also gives up his free time at lunch to tutor students in math who need extra help. Berend is a multi-sport athlete and played on the school volleyball team in term one, while playing hockey and baseball in the community. Berend is a well deserving recipient of the accolade Grade 7 Student of the Month!



GRADE 8

Students of the Month:

December

Alyssa Falk and Francesca Parisotto, Grade 8

Alyssa and Francesca have both been selected as December's students of the month. These two amazing individuals tirelessly provide service to the school. They both belong to the Commons Crew and if a task needs to be completed, they are first to volunteer their time. Alyssa and Francesca also participate in school sports and put a tremendous amount of effort into their schoolwork. They are always smiling, have a lovely sense of humor and kind to all they meet. No matter the task or assignment these amazing Falcon Ambassadors rise to the challenge with integrity and perseverance. They are reliable, respectful, and compassionate and can always be relied upon to help teachers and peers. Alyssa and Francesca are both deserving recipients of the accolade "Student of the Month".



The Commons Corner

The Commons Crew

December was a busy month for The Commons Crew! They organized and led a fundraiser in response to the devastation of recent flood. Our students and their families donated food, necessities and money to help Archway foodbank provide much needed support for those affected by the flooding. Our goal was to collect 1000 lbs of food and we surpassed that by 500 lbs! In addition, our generous Fraser families donated a total of \$1028. While all classes made generous contributions, POD G- Mr. Smith and Mr. Beisiegel's classes won the challenge and a class pizza party! Thank you to our PAC for funding this delicious prize!

The Crew also kept students busy with theme dress-up days and contests during our last week before the Holidays. They managed to creatively adapt activities to meet our COVID safety guidelines so that all our students could enjoy some holiday cheer!

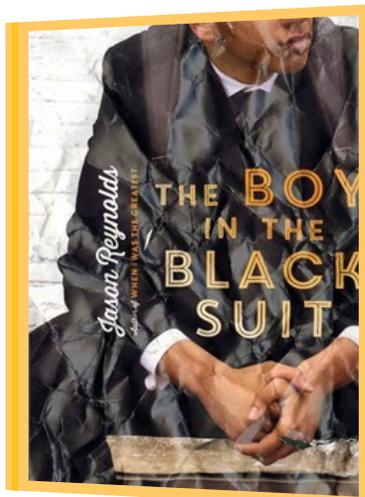
What We're Reading!

Keep Sharp: Building a Better Brain at Any Age by Dr. Sanjay Gupta

Neurosurgeon Sanjay Gupta summarizes findings and research from around the world on the brain and what we have learned about dementia. He debunks some of the many myths around brain growth and decline, especially as we age. Dr. Gupta goes on to provide a strategic and simple plan for strengthening our brains through the "five pillars of brain health" These pillars include movement, relaxation, nourishment, connection to others and discovery learning.

The Boy in the Black Suit by Jason Reynolds

The Boy in the Black Suit is the story of a young man and only child who loses his beloved mother to cancer. It chronicles his, and his father's, struggle to deal with her passing. Ironically, he finds that working at a funeral home and assisting with funerals is the one thing that helps him deal with his grief. The story follows his journey to his acceptance of his mother's death and the responsibilities of adulthood.



Reynolds is a New York Times bestselling author, a Kirkus Prize winner, a two-time Walter Dean Myers Award winner, an NAACP Image Award winner, a National Book Award finalist, and the recipient of a Newbery Honor, a Printz Honor and multiple Coretta Scott King Award honors. He has written over a dozen books as well as poetry and is on a mission to speak to the issues and struggles of middle years kids - especially those from underprivileged backgrounds and children of colour. He chronicles the stories of youth and often writes about boys who are dealing with fear and sadness and how they overcome it.

Grade 8

~ Fraser Valley House ~

Team up with Sumas Save-On Foods



Due to the flooding that recently took place in Abbotsford; W.A. Fraser Middle School was temporarily hosting about 75 displaced students from Upper Sumas Elementary. The student's range in age from kindergarten to grade 5. With the arrival of December, the grade 8 students of Fraser Valley House wanted to promote a sense of belonging and bring a little Christmas cheer to our young visitors. The grade 8's thought it would be a wonderful idea to build gingerbread houses.



We decided a visit to Sumas Save-On Foods, at 2140 Sumas Way, would be a good place to start getting ideas for the necessary supplies needed to build gingerbread houses. When we discovered that Save-On Foods sold gingerbread house kits, the grade 8's thought our young visitors would just love to build these kits. The store manager, Greg Holmstrom, came to the rescue. Greg arranged for Save-On Foods to deliver 75 gingerbread house kits and to cover the cost for half the order.

With the arrival of the gingerbread house kits the grade 8 students, or Christmas Elves, got to work handing out the kits to our eager folk from Upper Sumas Elementary. Our Elves were then in the classrooms advising and supporting wherever needed. There was much delight and fun had by all.

We are so proud of our Valley House Grade 8 students for once again using their leadership skills, and demonstrating compassion, while providing caring support for our new little friends.

The bringing of Christmas cheer and a truly bonding experience could not have taken place without the generous donations from Greg Holmstrom and Sumas Save-On Foods. We must also thank our school PAC for their support in this endeavor. An entire community came together for a very deserving cause.



How do I report an absence?

Mobile Device - Option 1

Using your mobile device, download and install the [SchoolMessenger](#) app from the [Apple App Store](#) or the [Google Play Store](#). The first time you use the app, select sign up to create your account. Once your account is created select Attendance an Absence.



SchoolMessenger
Free App



Computer - Option 2

Using the SafeArrival website, go to: go.schoolmessenger.ca The first time you use the website, select sign up to create your account. Once your account is created select Attendance an Absence.

Call Toll-Free Number - Option 3

Call 1-844-487-3701 to report an absence using the automated phone system.



DID YOU KNOW?

INTERESTING FACT

NEWS - The word news was coined from the fact that early daily papers carried images of the globes on their mastheads and boasted that their reports cam from all directions -- **n**ORTH, **e**AST, **w**EST & **s**OUTH. (Source: Unknown)

Call for Donations

If you have any used birthday or holiday cards - the front side only - feel free to send them to the school. Have your child drop them off in the Commons to be used for future crafts and activities.

Volunteers Needed Coming Soon!

As we open our building more, we will be looking for volunteers to help out with lessons, activities, events, and clubs! We will send a link in the newsletter as soon as possible for volunteers to apply. For now, if you have a way that you would like to contribute to our school and its community, feel free to send it in an email to Mrs. Kraljevic at sonia.kraljevic@abbyschools.ca

HOMESTAY Families Needed



Expand Your World Host an International Student



"Our family loves hosting because it keeps us active!"

Are you a family that lives near a secondary school within a 3km walk? Would you like to experience the benefits that other families have enjoyed by being international student hosts? Contact us today!

- An enriching and cultural experience for host families
- Provide a teen a home away from home.
- Make lifelong friendships.
- Receive financial compensation.
- Follow provincial Covid guidelines.

Contact our International Program Homestay Coordinator:
rose.mann@abbyschools.ca





Gr 7 & 8 Basketball Schedule - February



Grade 8

Tuesday 01 Feb 2022

SJBrebeuf @ WAFraser

Boys - Tuesdays @ 3:15pm

Thursdays @ 4:30pm

Girls - Tuesdays @ 4:30 pm

Thursdays @ 3:15 pm

Playoff Games TBA

PRACTICES

Boys - Mondays @ 4pm

Fridays @ 7am

Girls - Mondays @ 2:35pm

Wednesdays @ 7am

MAKEUP GAMES (if necessary):

04 Jan + 03 Feb, 2022

LEAGUE PLAYOFFS:

08-12 Feb, 2022

EVAA CHAMPIONSHIPS:

15-19 Feb, 2022



Grade 7 Girls - Tier II Black & Gold Teams

Friday 04 Feb 2022

WAF Falcons **GOLD** @ CDG Wolves

WAF Falcons **BLACK** @ Bye

Friday 11 Feb 2022

WAF Falcons **BLACK** @ WAF Falcons **GOLD**

Friday 25 Feb 2022

WAF Falcons **GOLD** @ CG Howe Bulldogs

WAF Falcons **BLACK** @ Abby Huskies

Friday 04 Mar 2022

Abby Huskies @ WAF Falcons **GOLD**

WAF Falcons **BLACK** @ CDG Wolves

Games Times

Wednesdays @ 3pm

PRACTICES

Please check the website for dates and times.

www.frasermiddle.abbyschools.ca/athletics/schedule

Grade 7 Boys - Tier I Red Team

Wednesday 02 Feb 2022

WAF Falcons @ Reimer Ravens

Wednesday 09 Feb 2022

WAF Falcons @ Abby Huskies

Wednesday 16 Feb 2022

ATMS Sabres @ WAF Falcons

Wednesday 23 Feb 2022

WAF Falcons @ Bye

Wednesday 02 Mar 2022

CMS Cougars @ WAF Falcons

Games Times

Wednesdays @ 3pm

Playoffs

Round 1 - Monday March 7

Round 2 - Tuesday March 8

Final - Wednesday March 9

PRACTICES

Mondays @ 7am

Grade 7 Girls - Tier I Red Team

Wednesday 02 Feb 2022

Reimer Ravens @ WAF Falcons

Wednesday 09 Feb 2022

Abby Huskies @ WAF Falcons

Wednesday 16 Feb 2022

WAF Falcons @ ATMS Sabres

Wednesday 23 Feb 2022

WAF Falcons @ Bye

Wednesday 02 Mar 2022

WAF Falcons @ CMS Cougars

Games Times

Wednesdays @ 3pm

Playoffs

Round 1 - Monday March 7

Round 2 - Tuesday March 8

Final - Wednesday March 9

PRACTICES

Mondays @ 7am

Grade 7 Boys - Tier II Black & Gold Teams

Friday 04 Feb 2022

WAF Falcons **GOLD** @ CMS Cougars

Friday 11 Feb 2022

WAF Falcons **BLACK** @ Abby Huskies

WAF Falcons **GOLD** @ CDG Wolves

Friday 25 Feb 2022

WAF Falcons **BLACK** @ WAF Falcons **GOLD**

Friday 04 Mar 2022

WAF Falcons **GOLD** @ Abby Huskies

WAF Falcons **BLACK** @ Reimer Ravens

Games Times

Wednesdays @ 3pm

Playoffs

Round 1 - Monday March 7

Round 2 - Tuesday March 8

Final - Wednesday March 9

PRACTICES

Please check the website for dates and times.

www.frasermiddle.abbyschools.ca/athletics/schedule

