



October 2023



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## Administration Message

Welcome to October Raven Families! September flew by and our students have settled into their new routines and classes. As we walk through the halls and visit each class, it is clear that students are engaging in their learning.

As we say good-bye to September, we can reflect on the many activities that took place. Thank you to all of our students and families for their generous participation in our annual Terry Fox event. Classes learned about the impact Terry Fox has had on cancer awareness. Over \$2,000 was collected for cancer research, and our students demonstrated outstanding compassion and perseverance during the school-wide outdoor run. It was amazing to see the excitement and energy as all students took part.

Another important, school-wide event took place on September 29th. During Orange Shirt Day, students learned about the devastating, inter-generational impacts of residential schools. Throughout the week, students took part in activities where they learned about Truth and Reconciliation.

As we head into the long weekend, we have so much to be thankful for. We are thankful for our wonderful Raven students who lead with empathy and kindness, our fantastic families who support our students every day, our terrific staff who work hard each day to build student connection and success, and our fantastic and generous community. Our hearts are full of gratitude here at RTCS!

We continue to invite you to stay connected – by contacting your student's teachers, checking our Facebook page and school website, volunteering in a classroom, or attending a PAC meeting. Staying engaged in your child's learning is imperative to their success.

Wishing you all a wonderful weekend full of family, reflection, rest, and relaxation.



Mr. Fehlauer & Ms. Charlie,  
RTCS Administration.



### Parking Lot

We know that parking is at a premium in the morning and at the end of the day. Please make sure you are not parking in the through lanes, bus lanes, or in no parking areas. Our drop-off area is just outside the library. If that is full, please park in the parking lot to avoid unsafe situations and blocking off traffic. Please use the crosswalk and crossing guard when moving back and forth between the parking lot and the school.

### Drop Off

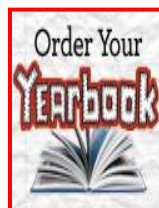
Supervision for students begins at 7:30 am. Please do not drop off your students or have them walk to school before supervision begins. We also ask that if you are using the drop-off lane, that you remain in your car. This will keep traffic flowing. If you need to get out of your car, please park in the parking lot.

### End of Day Pick Up

We are doing our best at the end of the day to ensure that students get to their busses on time, or for those that are picked up by a parent, that this happens safely. To reduce congestion, we ask that students and parents do not congregate at the front entrance so students can get to their bus or car without walking through a crowd. Students who are getting picked up by a car are asked to wait on the sidewalk in front of the Library. We also ask that students who are walking, biking, or scootering home, to leave the campus right away. Those waiting for late buses are asked to wait on the playground and to avoid the front entranceway.

### Yearbook Reminder

Just a reminder to order your school yearbook early. The cost of the Yearbook is currently **\$45.00** if you order from the school office and pay before December 31<sup>st</sup>. The price of the yearbook will increase to \$50.00 after December 31<sup>st</sup>. We ran out of yearbooks last year so be sure to order your son or daughter's soon!



### UPCOMING EVENTS



- October 4
  - ..... School Photo Day - Grades K-8  
(Wear Black Uniform Shirts)
- October 6
  - ..... Non-Instructional Day (School Closed)
- October 9
  - ..... Thanksgiving Holiday (School Closed)
- October 12
  - ..... Krispy Kreme Doughnut Order Deadline
- October 13
  - ..... Grade 6-8 Activity Day
- October 16
  - ..... Krispy Kreme Orders Delivered (pm)
- October 18
  - ..... RTCS PAC Pancake Breakfast
  - ..... Parent Teacher Conferences (pm)
- October 19
  - ..... Early Dismissal Day (11:00 am)
- October 20
  - ..... Non-Instructional Day (School Closed)
- October 24
  - ..... RTCSS Society Meeting (6:00 pm)
- October 27
  - ..... Casual Friday (Grades K-8)
  - ..... Div. 34 Trip / Chilliwack Curling Club
  - ..... Grade 7 Trip / Browne Creek Wetlands
  - ..... Last Day of Grade 6 ADST/Fine Arts Rot. 1
- October 30
  - ..... Start of Grade 6 ADST/Fine Arts Rot. 2
  - ..... Interim Report Week (Grades K-8)
  - ..... RTCS PAC Meeting (6:30 pm)
- October 31
  - ..... Black & Orange Day
  - ..... Halloween Activities (Tentative)



### Student Charges

All student charges can now be paid online at <https://www.studentquickpay.com/sd33/>

- Pay selected schools fees, view your payment history, and print receipts.
- Order Ravens Phys. Ed. clothing.
- Make fee payments for all School District middle/high school students in your family at one time.

Until October 12<sup>th</sup>, order your Krispy Kreme doughnuts online using your student quick pay account.

### Christmas Band Concert

Save the date! Our Christmas Band Concert (Grades 7 and 8) is scheduled for Thursday, December 14<sup>th</sup> at 7:00 pm. We will have guest performances by the Jazz Band and Choir from Chilliwack Senior Secondary.

### Notes from the Library

Our library has been VERY busy with class times, break and lunch action, and an amazing crew of volunteers. It is so great to see students enjoying reading; we have a great collection of picture books, novels, non-fiction, and graphic novels, as well as computers, puzzles, a few games, and bookmarks to colour and take.

**Grades K-5: Star Readers** -- The Star Reader Program, sponsored by Kiwanis, is once again happening at Rosedale. All elementary students are invited to participate in the 150 nights of reading sponsored by the Kiwanis Club. If your K-5 child reads for 15 minutes (or more) a night, or you to them, record it in their "Reading Log" that was sent home in early September. Once they have completed 25 nights, return the log to the Library and they will be eligible for some great prizes. There will be special presentations upon reaching 100 nights. It is never too late to join (you may have to back date for September), and if your child needs another "Reading Log", one can be picked up at the Library.

**Grades 6 – 8: Book Reviews** -- Students in Grades 6 – 8 can be entered to win prizes by completing book reviews. To get information about this, go to the library section of the school website (scroll down on the main page to the library link or go to <https://rtcs.sd33.bc.ca/library>, choose Book Review, then find the pdf at the bottom of the page.

**Wanted:** We have had requests for a few more games (Chess, in particular) and puzzles, and are willing to take donations of good condition games that can be played in less than 30 minutes and puzzles that are 48-200 pieces. If you have something that you are not using and would like to donate it, please send it in with your youth.

### School Photo Day



School photos will be taken in the morning on **Wednesday, October 4<sup>th</sup>**.

All students and staff are requested to wear their **black** uniform shirts for photo day.

### RTCS Leadership Fundraiser

This month, the RTCS Leadership class is raising funds for the Terry Fox Foundation. We are currently accepting orders for Krispy Kreme doughnuts!

Pre-order forms are available at the office, or you can order online using your student quick pay account. Each box is now \$20.00. Order forms will not be accepted after **Thursday, October 12<sup>th</sup>**.

Orders will be delivered to classrooms on **Monday, October 16<sup>th</sup>** at the end of the day. There will be individual doughnuts for sale on Monday, October 16<sup>th</sup> after school for \$2.00 each.

All proceeds from the Krispy Kreme fundraiser will go to the Terry Fox Foundation.



## Fraser Health : Healthy Schools Message

### Make dental, hearing and vision checks part of a healthy routine.

Health screenings help find issues early which can make treatment easier and more effective. It's important for your child to have regular eye exams and routine dental checkups. It is also important to recognize any hearing loss early as this is essential for speech and language development. Read on to learn when and how to access services for your child.

#### Dental:

Tooth decay is the most common, but preventable, childhood chronic disease. It is important to establish good oral hygiene at a young age and have children's teeth checked by a dentist regularly. To find a local dentist near you who is accepting new patients, visit the BC Dental Association's [Find a Dentist database](#). If you are a member of a low-income family and you do not have extended health coverage, there are several programs that can help you access [affordable dentistry for your children](#). You can also contact the dental program at your [local public health unit](#) and ask about resources available in your community.

#### Vision:

[BC Doctors of Optometry](#) recommends children receive their first eye exam when they are six to nine months old with a follow up exam at least once between the ages of two and five and then yearly once they enter school. You can find an optometrist accepting new patients near you at the College of Optometrists of British Columbia's [Find an Optometrist database](#). In B.C., basic eye exams, one per year, are free up to the age of 18. Some optometrists may charge a small user fee of about \$35 per visit so be sure to ask about any fees before you make an appointment.

#### Hearing:

Good hearing is essential for speech and language development and plays an important part in a child's social and emotional growth. It is important to recognize hearing loss early and seek out testing and treatment if needed. Fraser Health's Public Health community audiologists provide hearing services for children from birth to 19 years of age. If you have a concern about your child's hearing, referrals can be made by a parent or caregiver, a health care provider or education professional to your [local public health audiology \(hearing\) clinic](#).

Find more information on child health screenings and how to access free vision, hearing and dental exams on Fraser Health's website: <https://ow.ly/oK9z50PegZB>

#### **Social media posts:**

##### **Facebook**

*Regular dental, hearing and vision exams are important for your child's development. Learn when and how to access these services for your child on Fraser Health's website at: <https://ow.ly/xrqR50Peh1u>.*

##### **Twitter**

*Health screenings such as dental checkups and eye exams can help find issues early, making treatment easier and more effective. Learn how to access dental, hearing and vision exams for your child on Fraser Health's website: <https://ow.ly/itS050Peh4Z>.*

##### **Instagram**

*Ensure your child is getting the most out of their education with regular dental, hearing and vision checkups. Learn what to look for and when to book checkups on Fraser Health's website: <https://ow.ly/Elyz50Peh4a>.*



**Celebrate STEM**

Celebrate STEM with Dr. Carin Bondar. A fun exploration of natural sciences designed to inspire girls and marginalized genders aged 11-14 to fulfill their curiosity and consider a future in STEM. These workshops are designed for middle and high-school aged girls. It's an opportunity to celebrate our powers of critical thinking!

Information for Parents:

1. The Celebrate STEM workshops are offered by Dr. Carin Bondar and the University of the Fraser Valley. As such, these events are not part of the School District #33 curriculum and there is no requirement to attend.
2. The workshops will take place outside school hours on the Chilliwack campus of the University of the Fraser Valley. Transportation to and from the vent is not provided and is the responsibility of the parents. Carpooling is encouraged!
3. Vegetarian snacks and drinks will be provided. Please advise in advance if there are any allergies we should know about.

To register for this event, click on the link: <https://www.eventbrite.ca/e/celebrate-stem-with-dr-carin-bondar-tickets-699305530667?aff=ebdssbdestsearch>

**A fun exploration of natural sciences, designed to inspire girls and marginalized genders aged 11-14 to fulfill their curiosity & consider a future in STEM!**

# Celebrate STEM

with *Dr. Carin Bondar*

**Where:** Stó:lō Territory  
 UFV Chilliwack  
 45190 Caen Ave, Building A  
 Indigenous Meeting Space

**When:** 6-8:30pm

**October 13** - Mt. Slesse, Stitos  
**November 17** - AD Rundle, Chilliwack Middle  
**January 12** - Rosedale Traditional, Vedder Middle  
**February 9** - Chilliwack Secondary  
**March 15** - GWG, Distance Education students  
**April 05** - Imagine High and Kwiyeqel  
**May 10** - Sardis Secondary

**Food! Art! Prizes!**

UFV Science communication students Manjot Benning (left), Rhien Hare (ctr, Jusnoor Dheria (right) and Taylor Evans (not pictured) will be taking turns moderating alongside Dr. Bondar.

Background Image - Stó:lō logo



## RTCS Multicultural Awareness Calendar

**DID YOU KNOW** that over 23 languages are spoken by the families of our Rosedale students and staff? Come find our bulletin board display during Parent/Teacher conferences this month and make sure your family's language and country are represented.

We hope to strengthen our community by learning from each other about the important days we recognize throughout the year. Each month, we will share a list of days typically found on our Canadian calendar, but please let us know of any we miss.

***Together, let's nurture a culture of kindness and acceptance at RTCS!***

### OCTOBER 2023

Date	Celebrations and Recognitions
Oct. 1	International Day of Older Persons: An international day to recognize the contributions of older persons/seniors and examine the issues that affect their lives (international).
Oct. 4	National Day of Action for Missing and Murdered Indigenous Women and Girls: This is a day to stand in solidarity with Indigenous families and communities to honour the lives of missing and murdered Indigenous women and girls whose lives have been cut short by violence (Canada).
Oct. 4	St. Francis Day: Feast day for St. Francis of Assisi, the patron saint of animals and environment celebrated by many Catholic denominations (Christian).
Oct. 5	World Teachers' Day: A day that celebrates the role teachers play in providing quality education to all levels. This enables children and adults of all ages to learn to take part in and contribute to their local community and global society (international).
Oct. 6	Shmini Atzeret: Literally meaning "The assembly of the eighth day", this holiday is a celebration observed after Sukkot (Jewish).
Oct. 7	Simchat Torah: A Jewish holiday that marks the completion of the annual Torah readings and begins a new reading cycle; begins the evening of October 7 and ends the evening of October 8 (Jewish).
Oct. 9	Thanksgiving: A day of giving thanks to the harvest and blessings of the previous year (Canada).
Oct. 10	World Mental Health Day: A day with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health (international).
Oct. 11	International Day of the Girl Child: This is a day which promotes girls' rights and highlights gender inequalities that remain between girls and boys. This day gives governments and organizations the opportunity to raise public awareness about gender bias and discrimination directed at girls (international).
Oct. 11	National Coming Out Day: An annual LGBTQ awareness day (United States).
Oct. 15	Navaratri: A Hindu festival of nine nights in worship of the Hindu goddess Durga, celebrated with various traditions and rituals in honour of a different form of the goddess each night (Hindu).
Oct. 24	Dussehra: A Hindu celebration on the last day of Navaratri, celebrating the victory of good over evil; also known as Vijayadashami (Hindu).
Oct. 31	Halloween: A North American celebration on the last day of October. On Halloween, many dress in costumes and children go door to door asking for candy, called trick-or-treating.
Oct. 31	Karva Chauth: A one-day festival celebrated by Hindu women four days after Purnima (a full moon) in the month of Kartika (Hindu).

*The RTCS Multicultural Committee welcomes your feedback! Please contact our English Language Learners teacher, Karla Buxton ([karla\\_buxton@sd33.bc.ca](mailto:karla_buxton@sd33.bc.ca)).*

## **Rosedale Traditional Community School Parent Advisory Council (RTCS PAC)**

*Our Mission: "To support, encourage & improve the quality of education and the wellbeing of students in Rosedale Traditional Community School."*

### **Breakfast Club Program** **All RTCS Students Welcome!**

*RTCS PAC provides a  
**FREE BREAKFAST PROGRAM**  
7:30 - 8:00 am in the multi-purpose room  
every school morning*

Breakfast Club is a great opportunity for students to socialize with friends, decompress, have a second or first breakfast.

**Whatever their reason, this program is here for them!**

Volunteers needed from 7:30 - 8:30 am  
every school morning  
please contact us at [rtcs-pac@sd33.bc.ca](mailto:rtcs-pac@sd33.bc.ca)

### **Pancake Breakfast**

**Wednesday, October 18<sup>th</sup>  
7:30 - 8:00 am**

Volunteers Needed from 6:30 - 8:30 am.  
We need 6+ volunteers to make this breakfast a success.

Please contact us at [rtcs-pac@sd33.bc.ca](mailto:rtcs-pac@sd33.bc.ca)

### **Starbucks Rosedale**

Thank you for your donation of coffee for our Welcome Back Reception!

### **Breakfast Club Program Donations**

**Midwest Pipeline Inc. &  
The Crew at Bonatti Construction Canada Inc.**

We are thrilled to inform you that 100% of their generous donations will be allocated to purchasing food for our program, ensuring that every dollar goes to nourishing all the young minds at RTCS. THANK YOU!!!



### **Next PAC Meeting:**

**Monday, October 30<sup>th</sup> at 6:30 pm in the School Library**

Please join the [Rosedale Traditional Community School PAC Facebook Page](#) for updates & information on upcoming fundraisers and events.

*Questions or Suggestions for PAC? Contact:*  
**Kristi Dryden, PAC Chair - [rtcs-pac@sd33.bc.ca](mailto:rtcs-pac@sd33.bc.ca)**

# Rosedale Traditional Community School Society (RTCSS) Fall 2023

RTCSS follows all PHO in addition to the Ministry of Education Direction around communicable disease plans. Please email if you are uncertain if there are new restrictions.



**Web: [www.rtcss.ca](http://www.rtcss.ca)**  
RosedaleTraditionalCommunitySchoolSociety(rtcss)

Check us out on Facebook!

**Office Hours:**  
Monday-Thursday 8am-5pm  
Friday 10am-4pm

50850 Yale Road  
Rosedale BC V0X 1X2  
Phone: 604 378-0300  
Email: [rtcss@rtcss.ca](mailto:rtcss@rtcss.ca)  
Fax: 604 794-7872

## RTCSS Membership

Members of the society consist of any person enrolled in a RTCSS program. When participant is under the age of 16 parent or guardian will be considered a member of the society. Memberships are at no charge when enrolled in a program.

## Party Rentals

**\$85 for two hours**

**Includes:**  
Multipurpose room  
Kitchen  
Small gym with equipment

*A deposit will be required upon booking*

*Looking to host a large gathering, business meeting or a sports camp? We have the space for you  
Contact us today for custom rentals.*

**All rentals are booked through email.  
Please email [rtcss@rtcss.ca](mailto:rtcss@rtcss.ca) to enquire about availability and cost.**

**Community Connections**  
Empty Nesters drop in social  
Tuesdays 10:30am-12pm

A great chance to meet new friends, enjoy a game of cards, play some board games, or just hang out!

A social time for those who no longer have children at home. Enjoy a cup of tea or coffee with a goodie along with good conversation.

**Starts October 3rd**  
**Meet in the Community MP Room**  
**FREE! FREE! FREE!**

**Tea and Tots**  
Parent/tots drop in social  
Wednesdays 10am-12pm

Parents are welcome to drop in to a play-based interactive space. Meet other parents and create new relationships and healthy attachment. Our program is led by an experienced Early Childhood Educator who will create a safe, inclusive environment for all! Tea, coffee and water will be available.

**Starts September 27th**

"Time spent playing with children is never time wasted."  
Don Lantero  
Pre-registration required-FREE!



## Music Lessons

All levels welcome. Lessons are once a week for 1/2 hour

**Guitar:**

Mondays \$23 per 1/2 hr lesson

**Piano:**

Wednesday/ Thursday \$19 per 1/2hr lesson

**Violin: call for info**





## 4-6 years

### My Little Princess

3-5yrs

A Royal program for Princesses to get together in their princess attire to play games, have a Tea Party and make crafts, all relating to the Princess theme.

Thursdays  
Oct 12-Nov 2



12:30-1:30pm  
\$50

### Little Artist

3-5yrs

Designed for the young artist at heart. This program will explore the world of arts and crafts through a variety of mediums.

Thursdays  
November 9-30

12:30-1:30pm  
\$50



### Tiny Cooks

4-6yrs

For children who love to help in the kitchen. Children will work together to complete a recipe item to take home and share with mom and dad.

Tuesdays  
Oct 24-Nov 14

2:15-3:15pm  
\$60

### Little Einstein

4-6yrs

The perfect combination of science and art. Each week children will participate in age appropriate science experiments in conjunction with an art project.

Tuesdays  
Nov 21-Dec 12

2:15-3:15pm  
\$60



## 6-12 years

### Young Artist

6-9yrs

Designed for the young artist at heart. This program will explore the world of art through a variety of mediums.

Wednesdays  
Nov 1-22

2:15-3:15pm  
\$60

### Cheerleading-Infinity Cheer Elite 6-12yrs

Come see what cheerleading is all about in this fun no experience necessary summer camp for ages 6-12. Make new friends and have fun while learning the basics of all four components of cheerleading. Athletes will learn tumbling, stunts, jumps and dance. Infinity is here to provide a safe and caring environment for athletes to learn and grow building their confidence!

Thursdays

4:00-5:00pm  
October 26-Nov 30  
\$105



### Chef's In Training

7-11yrs

Full hands on program. Each week students will make two dishes to take home and share with mom and dad. New recipes are shared in each session.

Tuesdays  
Oct 24-Nov 14

3:30-4:30pm  
\$70

### Mad Scientists

7-11yrs

Do creative science experiments exploring your imagination with hands-on fun. Don't forget to wear clothes appropriate for messy fun!

Tuesdays  
Nov 21-Dec 12

3:30-4:30pm  
\$70

## 10+ years

### At Home Alone

10+yrs

This is an interactive, participatory program that is designed to teach children to make safe choices while At Home Alone.

Saturday  
October 21

9:00am-1:00pm  
\$40



### Babysitters Training

11+yrs

Learn about your rights and responsibilities, how to care for a child and how to deal with emergency situations. You will receive a certificate at the end of this Canadian Safety Council Babysitters Course.

Saturday  
Oct 28

9:00am-4:30pm  
\$50

### Friday Fun Zone Grades 3-5

Looking for a place to hang Friday Nights? Come with your friends and check out the many activities offered!

Fridays  
6:00-8:00pm  
\$3.00

**Starting Sept 22nd**

### IMPORTANT INFORMATION

#### Friday Fun Zone Pre-Registration

Parents of ALL participants MUST complete a registration form with contact information before attending. Please email office for a link to online registration.

**Weekly pre registration is mandatory.  
Email [rtcss@rtcss.ca](mailto:rtcss@rtcss.ca) for a registration link.**

## Adult Programs

### Yoga

Hatha Style Yoga class using postures (asana) and stretches in combination with the breath to develop flexibility and encourage proper alignment of the body and bring balance, strength, and calmness. Hatha Yoga classes are based on the classic and ancient practices with attention to alignment and the deeper layers of yoga. Some

flow of movement and core work may be included. Suitable for all levels Bring yoga mat & water!

Tuesdays 6:30-7:30pm  
Oct 3-Dec 5 \$120  
Drop In \$15



### Drop In Sports-\$3

**Pickleball** Tuesdays 6:00-8:00pm  
**Badminton** Thursdays 7:00-9:00pm

Starts the week of September 19th

Register for programs by emailing

[rtcss@rtcss.ca](mailto:rtcss@rtcss.ca)

### Youth Night

Grades 6-8

Once a month

Special events!

HOCUS

POGUS

**Halloween Fun!**

**October 27th 8-10pm**

**Details coming soon!**



# Friday Fun Zone & Youth Night!

Rosedale Traditional Community  
School  
50850 Yale Rd, Chilliwack, BC V0X  
1X1  
604-378-0300  
Email: [RTCSS@rtcss.ca](mailto:RTCSS@rtcss.ca) to  
pre-register!

**Friday Fun Zone**  
Time: 6-8pm  
Ages: Grades 3-5  
Cost: \$3 (pre-register or  
drop-in)

**Youth Night- Starts Oct 27**  
Time: 8-10pm  
Ages: Grades 6-8  
Cost: \$3 (pre-register or  
drop-in)

Sept 29- Heroes vs Villains  
Come find out your superhero  
or villain alter ego. As a hero:  
try to catch all villains and as  
a villain: try to sabotage the  
heroes and make it until the  
end of the night without being  
caught!

Oct 6- Movie Night  
Grab your favorite blanket or  
stuffie, put on your comfiest  
pajamas and join us for a  
cozy movie night!

Oct 13- Carnival  
The carnival is coming to  
Friday Fun Zone! There's  
going to be lots of fun  
games and super awesome  
prizes, so come check it  
out!



Oct 20- Game Night  
Come play some classic  
group games, like  
capture the flag or dodge  
all, and learn some new  
games too!

Oct 27- Halloween Party!  
It's almost Halloween! Put on your costume  
and come to RTCSS for games, dancing and  
even a costume contest! Also, for our first  
Youth Night, we'll have a few door prizes, so  
make sure to pre-register for an extra entry to  
win!



# School & Wellness Nursing Team

Our team operates at the individual school level. Schools K to 12 in a neighbourhood are assigned to School and Wellness Public Health Nurse(s).

## What we do

### 1. Immunization and Communicable Disease

- Immunize children against vaccine-preventable diseases
- Respond to outbreaks of disease/s

### 2. General Health Consultations

- Support students, families, and school staff access health resources

### 3. Health Education/Capacity Building

- Provide online resources for school staff to support students with medical conditions such as anaphylaxis, seizures, and diabetes

### 4. Health Promotion Messaging

- Provide health promotion messaging

## School Health Resource

Visit our School Health web resource for:  
Health Information for students 5 to 18 years old,  
Tips for parents and school staff.



Scan the QR code or visit [fraserhealth.ca/schoolhealth](https://fraserhealth.ca/schoolhealth)

## Healthlink BC

Health questions? Call 8-1-1 anytime 24/7 or visit [www.healthlinkbc.ca](https://www.healthlinkbc.ca) for free access to non-emergency health information and advice from a nurse, dietician, exercise professional or pharmacist.



## Contact Us

You can contact your Public Health School and Wellness Nursing team via phone or email:

Email: \_\_\_\_\_@fraserhealth.ca

<b>Abbotsford</b> Tel: 604-864-3400	<b>Agassiz</b> Tel: 604-793-7160	<b>Burnaby</b> Tel: 604-918-7605	<b>Chilliwack</b> Tel: 604-702-4900	<b>Cloverdale, Surrey</b> Tel: 604-575-5100	<b>Guildford, Surrey</b> Tel: 604-587-4750
<b>Hope</b> Tel: 604-860-7630	<b>Langley</b> Tel: 604-539-2900	<b>Maple Ridge</b> Tel: 604-476-7000	<b>Mission</b> Tel: 604-814-5500	<b>New Westminster</b> Tel: 604-777-6740	<b>Tri-Cities, Port Moody</b> Tel: 604-949-7200
<b>Newton, Surrey</b> Tel: 604-592-2000	<b>North Delta</b> Tel: 604-507-5400	<b>North Surrey</b> Tel: 604-587-7900	<b>South Delta</b> Tel: 604-952-3550	<b>White Rock</b> Tel: 604-542-4000	

