



PRINCIPAL'S MESSAGE

Dear Gator Families,

Wow, these last two weeks have flown by and here we are almost at the end of our first semester and the mid-way point of the 2025-2026 school year. During the past two weeks the school has been busy, with end of semester preparations, athletics in full swing, post-secondary and scholarship presentations, provincial assessments and a host of other things. I did have the opportunity on Tuesday night to watch the Theatre Company 10-12 class's presentation of the play "A Night Under the Stars". Congratulations to Mr. Hendricks and all the students on an amazing performance.

As a reminder from our last newsletter, the last day of regular classes for semester one will be January 23rd. January 26th, 27th and 28th are Transition Days, when most students will not be in attendance on those days. Our Grade 9 students will be presenting their mini-capstone presentations on January 26th at 9:00am, followed by our Grade 12 students presenting their capstone projects (NOTE: This is only for those Grade 12 students who are completing CLC 12 in first semester). On January 27th we will be hosting our next year's Grade 8 students for an awesome morning of getting to know WGSS. Huge thank you to Ms. Stubbings and our GQ Ambassadors for all the work that has gone into planning this great event. Please see additional details on the schedule for those Transitions Days in this newsletter. Semester two begins for all students on January 29th.

Between now and the end of first semester, should you have any questions about your child's progress in any of their classes, please connect with the classroom teacher directly. We will be publishing Semester 1 Summary of Learning Reports in MyEd BC on February 6th. Please be sure you are able to login to MyEd BC so that you don't miss out on being able to access the Summary of Learning for your child. Students should also be ensuring that they are able to login to MyEd BC as they will need to be able to do that for course planning and course selection purposes.

As we wrap up first semester, we are also preparing for second semester. Grade 9-12 students will be able to submit a course change request for second semester early next week. Our counselling team will be working through the course change requests and will continue to do so into next week. Please note that, just as in September, we may not be able to accommodate the course change request. Our timetable is very full and there is minimal opportunity for movement. Also, we are unable to accommodate late requests for course changes. Once our counsellors process the course request changes that have already been submitted, we need to shift our focus to course planning and starting to gather information and course requests from students for the 2026-2027 school year.



Speaking of the 2026-2027 school year, course planning is coming up quickly. Throughout the month of February, there are a variety of course planning events that are happening. We will be hosting our virtual course planning assemblies with students, in person course planning parent evenings and a variety of special program information sessions such as our Advanced Placement Program Information Session, Edge Program information session and our Grade 7 Open House. Please be sure to stay connected by reading our newsletter and subscribing to social media for important dates and information. In addition, please be sure to check out our course planning website: <https://wgsscouseguide.ca>. There is a wide range of details information about programs, course planning processes etc. It is an invaluable resource.

The end of semester is always a busy time of year; however, it is also a wonderful time of year where students and staff are bringing their courses to a close and celebrating the learning and growth that they have achieved throughout the semester. Thank you to our students and staff for all their hard work so far this semester, and of course for their focus and diligence as they bring our first semester to a successful close.

Mr Mike Pue

Proud Principal



IMPORTANT DATES

January 12 – 20	Grad Assessments
January 16	Local & District Scholarship App Available on Teams (for Grads)
January 20	District Jazz Band Festival (LFAS)
January 23	Last Day for Semester 1
January 26 & 27	Transition Days – students not in attendance
January 28	Semester Turnaround Day – students not in attendance
January 29	Semester 2 Begins!
February 6	Learning Updates Issued
February 9	Pro D Day – students not in attendance
February 12	PAC Meeting at 7pm (Library)
February 16	Family Day – schools closed
February 18	Grade 9 Immunizations
February 26	Grade 7 Open House

GATOR NATION BREAKFAST CLUB VOLUNTEERS

Our Breakfast Club has started and we are looking for volunteers who can assist. If you are willing and able to assist one or more mornings per week (7:45-8:45am) please contact our Breakfast Club Volunteer Coordinator, Rebeca

Monzo: rmonzo@lwchurch.ca



SEMESTER 2 COURSE CHANGE REQUESTS

Dear Parents and Guardians,

As we prepare for semester 2, we want to share important information regarding course change requests. Many students have been asking about making changes to their schedules. Please note that **counsellors will not be booking appointments for course changes.**

If your child wishes to request a change, they must complete the **Course Request Form** for their grade. The form is available on our school website at:

<https://wgsscouseguide.ca/info/course-change-process-winter/>.

Key details:

- **Form opens:** Monday, January 19 at 8:00am
- **Form closes:** Wednesday, January 21 at midnight
- **No late requests will be accepted.**
- Please understand that changes are **not guaranteed** and may be difficult to accommodate.
- Once requests have been processed, students should check MyEd to see if their timetable has changed.
- We kindly ask that students **do not contact counsellors directly** regarding course changes during this process. We will connect with students via teams once we get to processing their requests if we need more information.

Thank you for your support as we work to ensure a smooth transition into semester 2.



SEMESTER TRANSITION DAYS

To help prepare and support students for success, the District is sharing information with families regarding upcoming Semester Transition Days with our secondary schools. Although this is not indicated in the District calendar, please note the following days:

Monday, January 26 2026	Semester Transition Day
Tuesday, January 27 2026	Semester Transition Day
Wednesday, January 28 2026	Semester Turn Around Day (students do not attend)

What are Semester Transition Days?

As part of the District's Strategic Plan goals, schools are highlighting student transitions with various activities including but not limited to the following:

- Capstone Presentations and Celebrations for Grade 12 students
- Mini-Capstone Presentations for Grade 9 students
- Student Celebrations of Learning
- Additional Student Support Opportunities
- School visits from Grade 7 students from feeder schools for orientation

What does this mean for students?

- Not all students will be attending school on any or all these days.
- Students who need to be at school on one or all these days will receive communication from their school or teacher.

The following groups of students will be scheduled in these times:

- Grade 9s will be scheduled to attend between 9:00 am – 9:45 am on Monday, January 26.
- Grade 12s will be scheduled to attend 10:30 am – noon on Monday, January 26 for Capstone Presentations.
- Many of our GQs and Student Council members will be assisting with our transition event for Grade 7 students on Tuesday, January 27.

Along with the transition days, there is also a Semester Turnaround Day. This day is focussed on completing the many tasks that are necessary in ending one semester and starting another, including reviewing semester-end student report cards and re-working student timetables. All 3 of these days are structured with the intention to ensure a smooth transition for our students and help foster student learning. If you have any questions, please speak with an Administrator.



LITERACY AND NUMERACY ASSESSMENTS

Provincial Assessments cancelled in November were rescheduled for Jan 12-20. Students in grade 10 are required to complete a Literacy 10 and Numeracy 10 assessment, and students in grade 12 must complete their Literacy 12 assessment prior to graduation.

Literacy Assessments are meant to be a more wholistic view of our students' literacy skills, as they near graduation, as opposed to student's understanding of content from a particular English.

All Grade 10/12's are required to write this assessment, and this assessment:

- is meant to be reflective of life, not just one English class
- completed online
- marking rubric is out of 4
- If you do not write this assessment in this session, you need to make other arrangements with the school for an alternate session

Numeracy Assessments are designed to evaluate students' ability to apply mathematical concepts and reasoning skills in real-world contexts. It emphasizes critical thinking, problem-solving, and the practical application of math across various scenarios. The assessment is a mandatory part of graduation requirements and aims to provide insight into students' mathematical competencies.

When do students write?

- All students must show up during allotted time (see chart on following page)
 - AM session – arrive by 8:15 AM
 - PM session – arrive by 11:45 AM
- We appreciate that you may be missing one class, however, all our teachers are aware of this schedule and have planned around it
- We don't want people coming ill, however, this assessment is necessary to graduate.
- Most students will be completed within two hours; however, the assessment is available online for three hours for those who need extra time

How do families prepare? Where can I find more information?

- This is not an assessment you can “cram” for, as it is not about content knowledge, but instead focussed on student proficiency & skills
- More information on the Literacy & Numeracy assessments, including sample questions can be found at <https://curriculum.gov.bc.ca/> under the provincial assessments tab
- Please take some time to familiarize yourself with this site prior to sitting for the assessment



Day of Writing

We will write in the Library and ask students to write based on their classroom teacher. Students, please check with your English teacher if you need clarification about the write. Resource students may have an alternate time to write. Please see your Case Manager for further details.

- Bring your student ID card or picture ID
- Be prepared to put your phone, purse, earphones, etc. away from the computer
- Make sure you have eaten before the assessment as no food is allowed in the Library
- For those students who traditionally write exams in a Resource room, please contact your Case Manager if you wish to write there

January 2026 Assessment Schedule				
Class	Teacher	Term	Blk	Session
FRANÇAIS LANGUE SECONDE-IMMERSION 12 (written)	Anastasiou, A	S1	A	Jan 12 Mon AM
FRANÇAIS LANGUE SECONDE-IMMERSION 12 (written)	Anastasiou, A	S1	B	
ENGLISH 12: ENGLISH STUDIES	Heer, M	S1	C	Jan 12 Mon PM
ENGLISH FIRST PEOPLES 10	Brasnett, S	S1	D	
ENGLISH HONOURS 10	Sommerville, C	S1	A	Jan 13 Tues AM
ENGLISH 12: ENGLISH STUDIES	Fast	S1	B	
ENGLISH FIRST PEOPLES 12	Brasnett, S	S1	C	Jan 13 Tues PM
ENGLISH 12: ENGLISH STUDIES	Fast, C	S1	D	
AP ENGLISH LITERATURE & COMPOSITION 12	Robinson, K	FY	D(Day 1)	
ENGLISH 12: ENGLISH STUDIES	Brasnett, S	S1	A	Jan 14 Wed AM
ENGLISH FIRST PEOPLES 10	Fike, C	S1	A	
ENGLISH FIRST PEOPLES 10	Heer, M	S1	A	
SPORTS JOURNALISM 10	Salter, A	S1	C	Jan 14 Wed PM
ENGLISH FIRST PEOPLES 10	Fike, C	S1	D	
AP ENGLISH LITERATURE & COMPOSITION 12	Robinson, K	FY	D(Day 2)	
ENGLISH 10	Butcher, H	S1	C	Jan 15 Thurs AM
ENGLISH 12: ENGLISH STUDIES	Butcher, H	S1	D	
FRANÇAIS LANGUE SECONDE-IMMERSION 12 (oral)	Anastasiou, A	S1	A	Jan 15 Thurs PM
FRANÇAIS LANGUE SECONDE-IMMERSION 12 (oral)	Anastasiou, A	S1	B	
FOUNDATIONS OF MATH AND PRE-CALCULUS 10	Miller, A	S1	C	Jan 16 Fri AM
FOUNDATIONS OF MATH AND PRE-CALCULUS 10	Damavandi, D	S1	D	
WORKPLACE MATHEMATICS 10	Lowes, D	S1	D	
FOUNDATIONS OF MATH AND PRE-CALCULUS 10	Damavandi, D	S1	A	Jan 16 Fri PM
FOUNDATIONS OF MATH AND PRE-CALCULUS 10	Damavandi, D	S1	B	
FOUNDATIONS OF MATH AND PRE-CALCULUS 10	Nesbitt, Kate	S1	A	Jan 19 Mon AM
WORKPLACE MATHEMATICS 10	Kim, Subi	S1	A	
FOUNDATIONS OF MATH AND PRE-CALCULUS 10	Heuving, Richard	S1	A	Jan 20 Tues AM
FOUNDATIONS OF MATH AND PRE-CALCULUS 10	Miller, Andy	S1	A	
AM Session - arrive by 8:15 in the library; assessment runs from 8:30-11:30				
PM Session - arrive by 11:45 in the library; assessment runs from 12:00-3:00				



Gator News # 9

Fairy Godmother Foundation

Are you in need of grad wear for prom?

The Fairy Godmother Foundation is here to help! We provide FREE grad wear (dresses, suits, shoes, accessories) to students who may not be able to afford them, ensuring everyone has the chance to celebrate this special milestone.

Who Can Apply?

Any high school student in need of assistance with prom attire.

How to Apply:

Visit your school counselor and let them know you'd like to be considered for assistance.

Once applications are reviewed your counsellor will contact you with further details

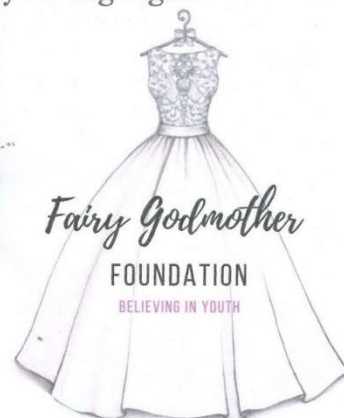
Let us help you feel like the star you truly are on your big night!

Our team is excited to work with you to find the perfect outfit for your prom night!

The Fairy Godmother Foundation –
Where every student deserves to shine!

Apply ASAP as space is limited

For more information, ask your counsellor





STUDENT DROP OFF & PICK UP

We have a very large school population, with approximately 2200 students attending WGSS this year. As the weather gets wetter and colder, the morning drop-off and afternoon pick-up gets busier and our school grounds and surrounding roadways become very congested.

We thought it would be helpful to send a few reminders:

- Please do not drop-off or pick-up students along Walnut Grove Drive. This is unsafe.
- If you can drop-off or pick-up your student in a neighbouring area that is not as busy, that would be helpful.
- Please do not park in the parking lots of our neighbouring Townhouse Complexes. This creates situations where residents are not able to park in their own homes and makes it more difficult for them to navigate their internal roadways.
- If you can stagger your drop-off times (a little earlier) or pick-up times (a little later) that would also help to alleviate congestion.
- Please be mindful of blocking lanes if you are coming through the front of the school:
 - Please make room for our buses to be able to park and maneuver in the parking lot.
 - Please do not park in the lanes in front of the parking stalls; this holds up traffic and prevents cars from leaving the parking spots.
 - Please do not park in the designated bus zones.

ERASE BULLYING REPORT IT TOOL

The [ERASE Bullying Report It Tool](#) is a way for students to report bullying, threats, or unsafe situations—anonously and securely. If you or someone you know is being bullied, feeling unsafe, or worried about violence at school, you can use this tool to get help from trusted adults. [Interested in seeing a counsellor?](#)



REPORTING AN ABSENCE

The school uses an automated absence reporting system called SafeArrival, offered through SchoolMessenger. With SafeArrival, you are asked to report your child's absence in advance using any of these three convenient methods:

1. **SchoolMessenger App** – 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. You must use the same email address and phone number that is on file at the school. Select “Attendance” then “Report an Absence”.
2. **SafeArrival Website** – Use the SafeArrival website: <https://go.schoolmessenger.ca>. The first time you use the website, select “Sign Up” to create your account. You must use the same email address and phone number that is on file at the school. Select “Attendance” then “Report an Absence”.
3. **Toll-Free Phone** – Call the toll-free number 1-833-294-4837 to report an absence using the automated phone system. If you are calling the toll-free number, you must call from the parent/guardian phone number on file with the school.

These options are available 24 hours/day, 7 days a week. We ask that daily absences are reported as soon as possible and **before 3:00pm** on the day of the absence. This includes late arrivals and early departures. Future absences can be reported at any time. If absences are not reported before the cut-off time of 3:00pm, the parent/guardian may still receive an automatic notification in the evening to inform them of an absence.

Absences are only to be reported by parents/guardians on file with the school. Students are NOT to report their own absences.

Please report absences using SafeArrival instead of sending notes, calling, or emailing the school. Please use the three options above to report absences. **The school office will no longer accept calls regarding attendance. Parents/guardians will need to report via the app, website, or toll-free number in a timely manner.**

If families have children attending other schools, please continue to report absences using the existing procedures for those schools.



DRY GRAD

Next Meeting

- Wednesday, February 4 at 6:30pm in WGSS Library

Join our Dry Grad 2026 parent group on Facebook to stay up to date: Walnut Grove Secondary Dry Grad 2026.

We're excited to announce two simple ways you can help support WGSS Dry Grad 2026. Your participation makes a big difference!

1. Return-It Express Bottle Drive - Turn your refundable beverage containers into donations for Dry Grad!

How to participate:

- **Bag your containers** in clear, sealed bags (90L capacity).
- **Drop off** at any Return-It Express location (max 6 bags per visit).
- **Donate to WGSS Dry Grad 2026** by selecting our organization in your Express account.

Tip: Phone numbers are no longer needed - donations are now linked through your own Express account! Just click the drop down to direct the funds towards WGSS Dry Grad 2026 and drop and go as usual!

2. FlipGive Online Shopping - Shop online and earn cashback for WGSS Dry Grad!

How it works:

- Start your shopping through FlipGive and earn a percentage back for our team.
- Buy gift cards or shop directly from hundreds of brands.
- **Join our team here:** [Flip Give - WGSS](#)

Fundraising runs until **May 2026**

Thank you for supporting WGSS Dry Grad 2026. Every contribution helps us create an amazing celebration for our grads! Next meeting will be Wednesday, Feb 4 at 6:30pm in the school library. Hope to see you there!

WGSS Dry Grad Committee



FROM OUR PAC

PAC Executives for the 2025 – 2026 school year:

- President - Itzel Symonds
- Vice President - Valerie Steckler
- Treasurer - Shivani Khera
- Secretary - Amy Olson
- DPAC Rep - Rebecca Hardin
- Members at Large - Stephen Northrup and Tali Litvak Kor

PAC Meeting Dates

Meetings are held on the second Thursday of each month at **7:00pm** in the WGSS library, with a few exceptions. There is no PAC Meeting in December or March. The meeting in June is a regular meeting as well as the Annual General Meeting.

Here are the remaining dates for PAC Meetings for the 2025 – 2026 school year:

- February 12
- March – no meeting
- April 9
- May 21
- June 11

The PAC continues to fund important school programs and requests that go beyond the standard curriculum, enriching our students' educational experience. For more information, please check out our website: www.wgsspac.ca

Please consider making a contribution to the PAC through their One & Done Fundraiser. A simple donation – no selling or volunteering required – just your generous support to help keep these programs going!

Scan QR code to donate!



We are very appreciative of our PAC and the Executive for the support that they provide for our students and our school!



Gator News # 9

FROM OUR DISTRICT

A Season of Theatre

The Langley School District is proud to be presenting another season of Main Stage Productions! This year's lineup dives deep into what makes us human - identity, love, resilience, and transformation. From the bold defiance of *Antigone* to the glittering ambition of *Chicago*, the heart of *The Prom*, and the magic of *The Little Mermaid*, every show invites you to explore who we are and what we stand for. Please see the full listing of shows and dates on the poster below and reserve your seats and experience the power of live theatre!

Langley Schools

SEASON OF THEATRE

Production	School	Dates	Tickets
<i>The Prom</i> School Edition	Brookswood Secondary	February 18-21, 25-28	See school website for ticket information
<i>Stories</i>	R.E. Mountain Secondary	March	See school website for ticket information
<i>London Suite</i>	Aldergrove Secondary	May 26-29	See school website for ticket information
<i>Newsies</i> The Broadway Musical	Langley Secondary	February 26-28, March 5-7	See school website for ticket information
<i>Chicago</i> Teen Edition	Walnut Grove Secondary	April 30, May 1-2, 7-9	See school website for ticket information
<i>Emma</i>	U-Connect Secondary Chief Sessav Theatre	May 2 and 3	See school website for ticket information
<i>Antigone</i>	Langley Fine Arts	March 1 - 7	See school website for ticket information
<i>The Little Mermaid</i>	Langley Fundamental Middle Secondary	April 22-25, 27-29, May 1,2	See school website for ticket information
<i>Newsies</i> The Broadway Musical	D.W. Poppy Secondary	February 26-28, March 5-7	See school website for ticket information



This Month in the Arts – January 2026


The Langley School District is proud to showcase the hard work of our Fine Arts students and teachers through our January “This Month in the Arts” poster which showcases the many different Arts Education productions and events that are happening around the District in January for staff, students, parents and community members to attend and enjoy!



THIS MONTH IN THE ARTS

January


12 - 23



MOUNTAIN ARTS WEEK

R.E. Mountain Secondary
Throughout the week at lunch

20



DISTRICT JAZZ FESTIVAL

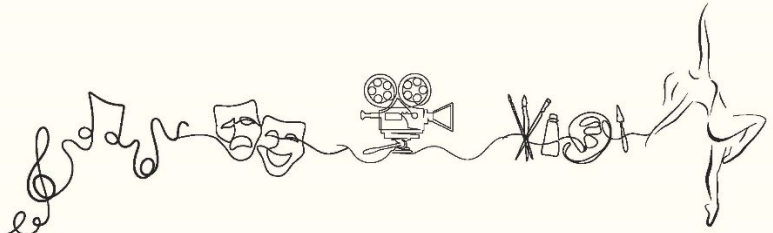
Langley Fine Arts School
Chief Sepass Theatre 7:00 PM

21



DISTRICT DRAMA FESTIVAL

Langley Fine Arts School
Chief Sepass Theatre 6:00 PM





LSS Sports Academies Information Nights

Are you looking for a way to fuel your passion for hockey, baseball or softball while still achieving your academic goals? Langley Secondary School's sports academies may be the perfect fit for your child! These high-performance skills-based programs combine on-and off-field or ice training, strength and conditioning education, and the BC school curriculum. Learn more at an upcoming Information Session, which is scheduled for February 5th at 6pm in the Langley Secondary Learning Commons. Click on links below for details. Please note, this information session does NOT include the LSS Soccer Academy.

[LSS Academies](#)
[LSS Baseball 2026](#)

[LSS Hockey 2026](#)
[LSS Softball 2026](#)

Vancouver Giants

The Langley School District Foundation is partnering with the Vancouver Giants to raise money for Langley students! Join us on Friday, February 6th, at 7pm against the Spokane Chiefs at this great family night out! Partial proceeds of ticket sales plus the 50/50 from this game goes towards supporting the Langley School District Foundation's work supporting the students and schools of Langley. Click [here](#) for more info!



Gator News # 9



SD35 Career Education



Pathways to the Future

Exploring Langley School District's Trades & Career Opportunities

Join us for this family information evening as we highlight the district's career programs and pathways to post-secondary success!



When:

**February 3, 2026
6:30 pm- 8:00**

Where:

**Langley Events Centre
7888 200 Street, Langley**



**LOOK
FORWARD TO
YOUR FUTURE!!**

**CONNECT WITH
POST-SECONDARY
INSTITUTIONS!!**

**PARENTS &
STUDENTS
WELCOME!!**



Middle School and Secondary School Registration 2026-2027

The Langley School District is expanding its online school registration to middle and secondary school students. If you or someone you know is expecting to apply for entry into a middle or secondary school as a new student in September 2026, please note that the application process is online beginning on January 5, 2026. If you have any questions, please contact your catchment school. For instructions and information about required documents please visit the District website [here](#).

Neurodiversity and Mental Health Resources

Healthy Minds BC has provided preventative and early intervention tools and resources to support neurodiverse students and their mental health.

Parent Resources:

https://healthymindsbc.gov.bc.ca/resources/neurodiversity-mental-health/#elementor-toc_heading-anchor-0

Information About School Status During Inclement Weather

Snow closures and power outages are an annual occurrence in Langley School District. So, where do you go to get information about the status of schools during periods of inclement weather? If you are able to access the internet via computer or smartphone, current information about Langley schools can be accessed on all school websites or www.sd35.bc.ca. Updates are also posted to X (formerly Twitter) @LangleySchools and Facebook at www.facebook.com/langleyschooldistrict. If you don't have internet connectivity but your phone is working, call a relative or friend in an area that has not been affected by the storm and ask them to check the district website for you. Local radio stations are also informed of school status in Langley. Tune in to CKWX 1130AM, CKNW 980AM, Country Radio 107.1FM, Pulse 107.7 or CBC 690AM or 88.1FM for updates.

Please note that Langley District schools are all considered 'open' until a decision to close is required. Decisions on school closures are usually made by 6:30am. As always, it is a parent's decision whether to send their child to school based on safety and individual circumstances. If you feel it is unsafe for you or your child to travel to or attend an open school for any reason, please keep your child home and report an absence to the school.



FROM FRASER HEALTH

Grade 9 Immunizations – February 18

During their first visit in November, Fraser Health was able to provide immunizations to students with last names A-L. During this second visit on February 18, they will be going through last names M-Z as well as any students who missed the first session.

Child and Youth Mental Health

Health, safety, and wellness continue to be a priority in our schools. To help support our students and families, we are sharing important information from our community partner Fraser Health about Child and Youth Mental Health. Please see below for helpful reminders to support your child.

Support Your Child's Mental Health

Positive mental health allows us to enjoy our lives and can help children and youth weather the normal ups and downs of life. It plays a critical role in the healthy development of children and youth, supporting their ability to build healthy relationships and succeed in school.

How Can Parents Support Positive Mental Health?

Parents can foster positive mental health through strong and caring relationships with their children.

- Self-care – focus on doing something for yourself, even if just for a few minutes.
- Build routines – consistent schedules, such as meal, sleep and play times help children feel safe.
- Connect – talk and listen to their feelings and experiences.
- Be active together – take a walk and build physical activity into family time.
- Take notice – encourage and praise the positive behaviours and choices your children make.
- Keep learning – encourage your child to learn from both positive and negative experiences.
- Be present, not perfect – give your time, your encouragement and your presence.

Get more information about positive mental health for children and youth [here](#).

Sometimes parents aren't sure how to talk about mental health. Learn more about [tips for how to talk to your child or teen about mental health](#).

Family transitions like separation and divorce can be tough and can impact mental health. To learn more and access practical resources visit [FamiliesChange.ca](#).



Need help? Find out services, programs and resources for your child and/or youth on Fraser Health's [Child and youth mental health](#) page.

Remember, you can get fast and reliable health advice from registered nurses with emergency experience who have access to your child's personal health record. Contact them via phone at 1-800-314-0999 or web chat. Learn more at [Fraserhealth.ca/VirtualCare](https://fraserhealth.ca/VirtualCare).