LANGLEY FUNDAMENTAL
MIDDLE & SECONDARY SCHOOL

The Titans' Tribune

Home and School Working Together

October 30, 2026 **Issue #5**

Principal Message

Happy Halloween, Families!

This year so far has been incredibly busy and fast-paced! The later start to the school year has brought many events to us very quickly, and we are in the absolute thick of it when it comes to celebrations, athletics and concerts…not to mention that Term 1 report cards will be coming out at the end of November.

From our athletes who persevered through a downpour at the Eastern Valley Cross Country races to our Choral students who performed at REMSS; and our senior Volleyball teams who remain high in the standings for our division—we are seeing some wonderful successes and opportunities taken advantage of by many of our students. It has also been wonderful to see our students in leadership take on planning some fun activities this week! Students at LFMSS have shown me so far as new to the school that they care a lot about this learning community. As you know, we have student learning surveys that will be taking place this month. These surveys are one important way that we collect student voice to help guide our school action plan, to implement changes and support new ideas to ensure that LFMSS is a school where all students feel they belong, can succeed and want to be. I am hopeful that we have a lot of amazing feedback and thoughts shared by our students again this year.

In another, less positive note—we were the unfortunate target for what was likely meant to be a graduation prank this past weekend that would be categorized more as vandalism in terms of the impact that it has had on the school. There were $1000s of dollars of damage done to doors and key pads. While we can appreciate some graduation humour, and potentially a little mess—causing damage that results in expensive repairs or replacements is very frustrating. We are certain these actions involved our own students and will be working towards some

Upcoming Dates

Nov. 4	**Take Your Kids to Work Day (Gr. 9)**
Nov. 5	**Titans Fall Concert Gr. 8-12 @7:00pm**
Nov. 6	**Hot Lunch Gr. 6/7**
Nov. 11	**Remembrance Day School not in Session**
Nov. 12	**District Concert Band Festival @7:00pm**
Nov. 20	**Design & Assessment Day (Students not in session)**
Nov. 27	**Learning Updates Issued**

Please visit www.lfmss.sd35.bc.ca for the most up to ate calendar of events.



decisions regarding outcomes. If you have a senior student, please remind them about the cost of this type of activity on their school and potential personal impact it may have on their future at the school and graduation events.

We hope that as we transition from this month to next this coming weekend, that all our students have a safe and enjoyable time.

A reminder: our SCHOOL SPIRIT WEAR STORE closes TOMORROW (OCTOBER 31)

Healthy Screen Use (from Fraser 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 Healthy Screen Use. Please see below for helpful reminders to support your child.

Why Does Screen Time Matter?
Children and families are increasingly spending time on screens such as TVs, computers, tablets, smartphones and gaming devices. Too much screen time can take away from activities that are essential for healthy development, like spending time with family and friends, playing outdoors and getting a good night's sleep.

Choosing Quality Screen Time at Home
Not all screen time is the same. Educational screen time, such as homework, online classes or video calls with family, can be beneficial and support learning and connection. Recreational screen time includes activities like watching videos, gaming or scrolling on devices for entertainment. Too much recreational screen use can have negative impacts on childhood growth and development, such as:
Less time for social interaction and family connection.
Less physical activity and outdoor play.
Less opportunity for creativity, reading and other offline interests.
Negative impacts on mental well-being and behaviour.

How Much Screen Time is Recommended?
According to the Canadian 24-Hour Movement Guidelines:
- Under 2 years: Screen time is not recommended.
- Ages 2–5: Limit to less than one hour per day.
- Ages 5 and older: Limit to less than two hours per day.

Simple ways to encourage healthy screen habits
The Canadian Paediatric Society highlights the "four M's" to help families build healthy routines:
- Manage: Set clear rules and limits, such as creating a family media plan.
- Meaningful use: Encourage content that supports learning and active engagement.
- Model: Show healthy screen habits in your own daily routines.
- Monitor: Watch for signs that screen use is replacing important offline activities.

Helpful resources
Fraser Health Screen Time for Children
Fraser Health Screen Time Brochure for Caregivers - Ages 5-12

Remembrance Day
It is a long-standing tradition for schools to support our veterans and the efforts of the Royal Canadian Legion. Once again this year, our school will be receiving a poppy for every student and distributing them to classes. We will continue to collect funds this year in support of the Legion's Poppy Campaign but kindly ask students and their families to donate online via School Cash Online:

https://sd35.schoolcashonline.com/

Please do not send cash or cheques with your child to school. If you need assistance accessing School Cash Online, please contact the school office.

We appreciate your generosity. As always, our school is committed to educating our community about the meaning of the poppy and Remembrance Day.

Michelle Allen
Principal
Langley Fundamental Middle & Secondary School
mallen@sd35.bc.ca



https://langleyfundamentalsecondaryfall2026.itemorder.com/shop/home/

Parent Consent Forms on MyED

Parent consent forms can now be received on MyEDBC. Families are asked to please log in to the **MyEDBC parent portal** and complete the process. A set of consent forms will need to be completed for each child attending a Langley school. It is advised to access MyEDBC and complete the parent consent forms using a desktop or laptop as the process requires the full site version (which is not mobile-friendly). For step-by-step instructions, please read **here**. More information can be found on the District website **here**.

Halloween at LFMSS





On Wednesday night LFMSS hosted our annual Senior's Night for our Sr Boys and Girls Volleyball teams. The event kicked off with an incredible match between our #5 ranked Sr Girls vs #2 Ranked Abbotsford Christian Secondary. Our girls pulled out the win in 5 sets in front of a capacity crowd. Following the match, both of our teams honored our graduating grade 12 athletes who are playing in their last home league game. Next, our Senior Boys team matched up against High Road Academy. Our team made short work of them winning a lopsided 3-0 result. Congratulations to both teams, and particularly to our graduating athletes. We wish them the best of luck as they enter the playoffs!





The line up in June of people who didn't pre-order a yearbook... most of them will not be able to buy one! 🥺🥺😢😢😭😭

BUY YOUR Yearbook

LFMSS

FACT: At the end of last school year, dozens of students came to the yearbook team to see if they could purchase a yearbook.
FACT: Almost none of these students were able to purchase a book.
FACT: If you want a yearbook you need to pre-order it.
FACT: If you order your book by October 31 you get a $5 discount.

FACT: YOU are in the yearbook!

ORDER YOURS TODAY AT SCHOOLCASH ONLINE

Last night our band department held their annual grade 7 squeak and squat event. This was an opportunity for parents to see and hear our grade 7 band students perform on a smaller stage for the first time. The event was very well attended and parents even had the opportunity to join in the fun at the end with their student.



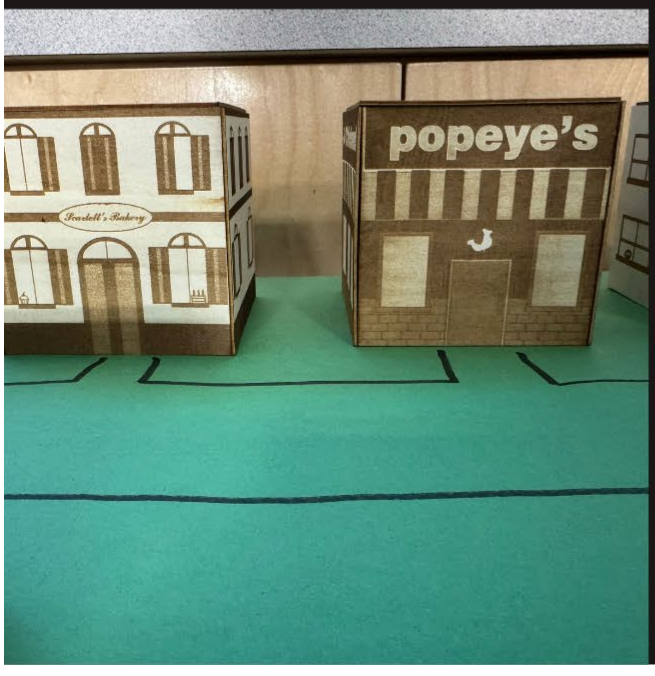






Drafting & Design 11/12
Tiny Town “Townville”







Peer Tutors Available

A number of our senior students have indicated they are willing to tutor our younger students and provide one-to-one academic support to them. Our Peer Tutors are reimbursed at the rate of $22.00 per hour and are usually paid at the end of each tutoring session. Tutoring usually takes place in school during non-instructional time, for example an hour before the instructional day begins or an hour after the final bell of the day. Other mutually agreeable arrangements regarding number of tutoring hours requested, location, and other details are made directly between the parents of the student wanting tutoring and the Peer Tutor.
Any families wanting Peer Tutoring for their students in our younger grades (grades 6 to 11) please contact Mrs. Frost directly via email at: pfrost@sd35.bc.ca

School District News

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 CKNW 730AM, Country Radio 107.1FM, Pulse 107.7FM, CBC 690AM or CBC 88.1FM for updates.

In the event of inclement weather, the District may implement a delayed start or early dismissal at school sites. This information will be communicated to families via one or more of these methods: SchoolMessenger, email and/or text and on the District website. For District bus riders, schedules may change depending on the school status. Bus riders will be notified of changes via one or more of these methods: My Ride K-12 App, email, phone, and/or District website.

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.
Gifts and Gatherings is a 90 min program from 8:30 - 10am hosted weekly at one of the Langley Strong Start sites. Any family member or caregiver is welcome to participate along with children ages 0-5 years. Families will explore activities that emphasize indigenous perspectives, highlighting the many interconnected gifts of land, people and animals. Experiences may include: art, sensory exploration, story-time, table top activities and more. During each session, participants will receive a gift that will allow families to continue to explore their learning at home. The program is intended to build connections between families and the school and to support children in their transition into Kindergarten. Please see the flyer below with locations and dates:

Gifts And Gatherings Dates - Fall 2026.jpeg

Student Safety in Schools (Middle/Secondary Schools)

The Langley School District is committed to fostering safe and caring schools that promote mutual respect, cooperation, and social responsibility, and support optimal learning. Trauma Informed Practices and Procedures promote the creation and maintenance of safe, inclusive, equitable, welcoming, and

nurturing school environments. The District expects all students to follow the Student Code of Conduct **AP 350**. This expectation is also in line with the new **Provincial Firearm Violence Prevention Act (FVPA)**.

The District is sharing a reminder that no one can have "any weapon for any purpose" on school property. This means that weapons are not allowed to be used as part of an educational project, drama production, or themed costume. Examples of weapons include but are not limited to knives, brass knuckles, swords, decommissioned firearms, replicas, air soft guns, bb guns, and toy guns. The possession or use of fireworks, firecrackers, explosives, or similar devices or objects is also prohibited on school property. Failure to follow these expectations may result in confiscation, intervention, and consequences.

Fraser Health News

Staying Healthy this Winter

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 how to stay healthy this winter. Please see below for helpful reminders to support your child.

Keep Your Children Free From Respiratory Illnesses This Winter

As the weather gets colder and more time is spent indoors, we are more likely to get sick with things like colds, flu or COVID-19 because these illnesses spread more easily in enclosed spaces.

Everyone should take these steps to protect themselves and limit the spread of respiratory illnesses:

- Get vaccinated against flu and COVID-19.
- Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water are not available.
- Cough and sneeze into your elbow.
- If you have flu-like symptoms, stay home and away from people at higher risk of serious illness. If you are sick and cannot stay away from others, wear a mask. Learn more about masks **here**.

Vaccinations for Respiratory Illness

Vaccinations prepare our immune system to recognize and respond to viruses. When children get immunized, they are less likely to get sick or pass along illness to others. When children remain healthy, they are better able to focus on learning, playing and doing the activities they love. Their parents and caregivers also have less disruptions in their personal and work routines.

Register your children with the **Get Vaccinated** system so you can be reminded to get flu or COVID-19 vaccinations when they are due. Seasonal respiratory vaccinations are available from pharmacies, public health units and some primary care providers.

School-aged Immunizations

Getting your child **vaccinated on schedule** is one of the best ways to protect their health. To set young people up for long-term health and well-being, vaccines are offered routinely in kindergarten, grade 6 and grade 9 with catch-up opportunities in other grades.

Protection is long lasting for most vaccines, except for whooping cough. This vaccine is one of the **infant immunizations** that can wear off and needs to be given again around Kindergarten and Grade 9 to provide protection. All routine school-aged immunizations are free in British Columbia. If your child is not up to date with their vaccines, please make an appointment with a public health unit, family doctor, nurse practitioner or pharmacy.

If your child's record shows their vaccines are not current, but they did get vaccines from a health care provider outside of public health:

- Contact the health care provider who immunized your child and ask for a copy of the immunization record.
- Provide these immunization records to Public Health online at: **http://www.fraserhealth.ca/immunizationform**

Learn more about school-aged immunizations, including how to access your child's records, here: **Children and youth immunizations – Fraser Health Authority**

Careers



Contact info: FBrown@SD35.BC.CA

https://careered.sd35.bc.ca/news-events/list/

Community News

Langley School District's Community Bulletin Board. For more community events please visit

https://www.sd35.bc.ca/news-events/community-bulletin-board/