	What you can find there	How to get it
FRMS Website And Email Updates	<ul> <li>The latest news from FRMS</li> <li>School Handbook and         District Handbooks</li> <li>On the right hand side lots of         links to pages with additional         information you may need</li> <li>Email link to principal</li> <li>Link to all staff emails and         extensions</li> </ul>	http://www.fernridge.k12.or.us/fernridgems/  You can also go to the main FRSD site and click on FRMS under the school tabs.  Enter your email in the "Subscribe" box to receive automatic updates from our website
FRMS Text Messages	Sign up to receive reminders about school activities.	Click on the "Text Messages 20-21" link on our website for information on how to sign up.
School Office	Our fabulous office staff would love to answer questions and help you.	Office Hours are 7:45 to 3:30 Tuesday thru Friday and 10:30 to 3:30 on Mondays. Call 541-935-8230
Teacher Emails and Phone Calls	Find out how your middle schooler is doing. Communicate with teachers about any concerns or issues.	Teachers love to email, so please make sure we have your current email. They also welcome your phone calls. Teacher email addresses and phone extensions can be found on the website or in the FRMS handbook.
In Person	Our admin staff or school counselor would love to talk to you in person when you have concerns or if there is something we can do to help your child succeed.	Set up an appointment by calling us: Principal Olivia Johnson 541-935-8230 ext 4201 ojohnson@fernridge.k12.or.us Assistant Principal Eric Carman ext.4203 ecarman@fernridge.k12.or.us Counselor Ryan Chambers ext. 4202 rchambers@fernridge.k12.or.us

To email any FRSD staff member: use the first letter of their first name; their last name; and then add "@fernridge.k12.or.us."

For example, our principal, Olivia Johnson's email is <a href="mailto:ojohnson@fernridge.k12.or.us">ojohnson@fernridge.k12.or.us</a>