



Lowe Farm School

April 2016 Newsletter

Website: <http://lowefarm.rrvsd.ca/>

E-mail: lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

Wow, what a nice March we had. Let's hope that this great weather continues into the last 3 months of the school year.

We had a busy March in the classroom. Staff and students prepared and presented the student led conferences and report cards were sent home. We had an assembly for our I Love to Read month and celebrated the hours and hours of reading that students completed. A big thank you goes out to the committee for their hard work. The grade 5 and 6 students went to the divisional hockey tournament in Morris. Thanks to Mrs. Haliuk, Mrs. Falk and Mr. Sawatzky for volunteering their time. I would also like to thank the parents of Kindergarten aged students for completing the registration forms so quickly. We now have 11 Kindergarten students registered for September.

Thank you to the student council for the excellent Spirit Week activities!!

April will bring us badminton; we will have two tournaments. Thanks to Mrs. Haliuk and Mr. Braun for having practices and coaching the team. We will also have our annual drama performance from Mrs. Brown and the grade 7 and 8 students. We are so looking forward to having you join us to watch our students perform.

I hope everyone will have an opportunity to share time and rich experiences with friends and family over the extra-long 11 day Spring Break we will have. See you all back here on the 4th of April!

Mr. Rob Fiola

Lowe Farm School Priorities:

- Student Achievement in Literacy
- Student Achievement in Numeracy
- Aboriginal Culture Awareness
- Student Conflict Management



The following link is for parents to register for making online payments to the Red River Valley School Division or Lowe Farm School in KEV.

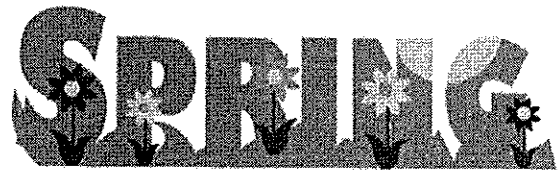
<https://rrvsd.schoolcashonline.com/>

Student Council Report

The last few days before Spring Break have been busy with student council activities for our annual **Spirit Week**. Monday was Pajama day (always a favourite with students), Tuesday was Country / Pancake Breakfast day, Wednesday – Famous Character day and Thursday – Formal day as well as our Oreo Dunking Contest. Thank you to our parent volunteers, **Mary Blatz, Marie Doell, Don Groening** and those staff who helped out with preparing pancakes and sausages on Tuesday. Your help was much appreciated.

TOWN BUS

The last day for the town bus to make morning pick-ups and afternoon drop-offs is March 24, 2016. The town bus WILL NOT RUN after Spring Break.

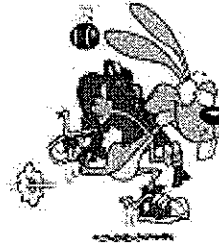


Thank You . . .

. . . again to our Soup Ladies who have provided soup every second Thursday since Christmas Break. We know the students very much enjoyed the delicious, homemade soup. The last soup day of the school year was held on March 24th. All Soup Day proceeds support our PTA initiatives.

Dates to Remember:

April 4	Classes Resume
April 15	Inservice Day – no classes
May 8	Mother's Day
May 23	Victoria Day – no classes
June 19	Father's Day
June 29	Last day of classes
June 30	Administration Day – no classes



SPORTS

Spring Survival Guide

It's beginning to look a lot like SPRING! Wet, sloppy conditions outside at recess mean wet children. We encourage students to wear rubber boots and splash pants at recess time. **We are asking parents to please send an extra set of dry clothes for students to keep in their backpacks/lockers in the event that they get wet when outside.** This is an especially good idea for the early years students. We do have a few Spring Recess Survival rules to share with parents and students:

- Students must be wearing rubber boots and splash pants if they want to go into the puddles.
- Students are not to purposely get wet and splash others in the puddles.
- Students must stay out of the mud.
- As the temperatures warm up (but are still cool) students must keep their jackets on but may unzip them.

BASKETBALL FINALS

Congratulations to our boys' basketball team who made it to the league championship against J.A. Cuddy. They played their final game on March 2 in Sanford where the J.A. Cuddy team was victorious.

GRADE 5/6 FLOOR HOCKEY

Mrs. Haliuk took our grade 5 and 6 students to Morris to participate in the floor hockey tournament on March 17th. **THANK YOU** to **Mrs. Tara Falk** and **Mr. James Sawatzky** who volunteered to help with coaching duties in the mixed school teams, friendship format tournament. Your help is much appreciated.

BADMINTON

The next sporting events our grade 7 and 8 students will be participating in are the divisional badminton tournaments. The regional tournament will be held on Thursday, April 21 and the finals on Thursday, April 28 for those who advance. Students have begun practices with Mrs. Haliuk and Mr. Braun.

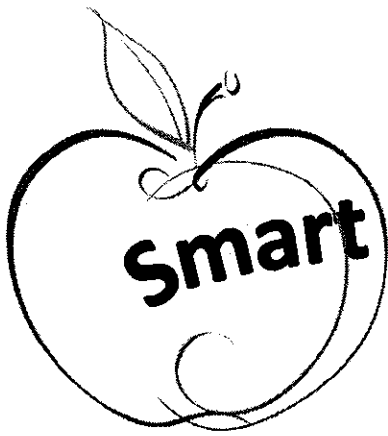


Wishing you all a wonderful Spring Break.

Thank you for all your support throughout the school year to date.

We look forward to ending the school year on a strong note!

See you back on Monday, April 4th, 2016!



Smart Eating Makes The Grade

Cooking with Kids

Make Cooking a Family Affair

No one expects your toddler to be the next great chef, but getting your kids into the kitchen early on sets them up for a lifetime of delicious learning opportunities. Cooking is a great way to teach important life-skills and can be a fun family activity at any age. It is also a great way to spend extra time together, especially when homework and extra-curricular activities start to take over!

Other benefits of teaching kids to cook include:

- They are more likely to try new foods
- They eat healthier
- Builds confidence and a sense of freedom in the kitchen
- Gives them more time to practice literacy and math skills
- Creates life long habits early

For more information and great, kid-friendly recipes visit Family Kitchen at <http://www.familykitchen.ca/>



Time Crunch

Teaching your children to cook may be slow at the start as they learn to find their way through the cooking world. Short on time? Remember to KISS: **Keep It Simple, Sweetie!**

- Cook on weekends when you have more time
- Give younger kids, or those starting out, simpler tasks such as stirring or measuring
- Prepare some of the ingredients in advance
- Choose easy-to-follow recipes with lots of tasks your kids can help with

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom. 2015-2016

Cook up some Fun

Below are some hands-on ideas for getting kids involved in the cooking process. Keep it casual and fun to prevent cooking from being just another chore!

- Let your children take turns picking the recipes to try
- Practice their literacy skills by writing out the grocery list
- Be adventurous! At the store, allow your child to pick a new fruit or vegetable to try
- Build hygiene habits by asking them to wash fruits and vegetables before cooking
- Gathering, measuring, and mixing ingredients are great beginner tasks
- Ask your kids to tear lettuce for salads, break apart the broccoli, or peel carrots
- Older children can stir soups, sauces, and stir fries on the stove
- Make mealtime easier by asking your child to set the table
- Cleaning can be part of the fun: Have your child help clear the table and wash or dry the dishes

Tuna Nibbles Recipe

Ingredients:

- 1 can (6.5 oz/184 g) canned tuna, drained
- 2 eggs
- 1 tsp (5 mL) minced parsley, fresh or dried (optional)
- 24 whole grain crackers, crushed
- 1 Tbsp (15 mL) barley flour
- canola oil (for brushing), salt and pepper (for seasoning)



Directions:

1. Mash the tuna together with the egg and parsley, and add a pinch of salt and pepper to taste.
2. Add the crushed crackers and mix well, then add the flour.
3. Divide the mixture into 20 portions. Shape each portion into a ball and put in the fridge for 15 minutes.
4. While you are waiting, preheat the oven to 375°F (190°C).
5. Brush a nonstick baking sheet with a little bit of oil.
6. Place the tuna balls on the baking sheet, evenly spaced, and brush them with a little more oil.
7. Bake in the preheated oven for 15 to 20 minutes, until golden and crisp.
8. Remove from the oven and place on paper towels to drain.

*Makes 10 servings (2 pieces per serving). Tuna nibbles can be served warm or cold.
Recipe from My Amazing Little Cookbook, by Healthy Alberta*

**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more nutrition topics, go to the news and events section of www.southernhealth.ca or
Contact Health Links -1-888-315-9257

Nutrition Services Team T 204-428-2736

Created by Registered Dietitians from Southern Health - Santé Sud

May be photocopied in its entirety provided source is acknowledged.



Lowe Farm School

is accepting registrations for our
2016-2017 Pre-school Program.



If you have a child born in 2012,
who will attending Kindergarten in
September 2017 at Lowe Farm School
and you would like them to participate in our
Pre-school program beginning September 2016,
please drop by the school
for a registration form or
call 204-746-8068 for more information.
There is no cost to parents for this program.

Low Farm School Grade 7 & 8 Students

Present



A Hairy Tale

Written by Charlie Lovett, Directed by Mrs. Alice Brown



DESSERT THEATRE

Thursday, April 14, 2016

Low Farm School Gymnasium

7:00 p.m.

**Cost is \$5.00/person, Preschoolers FREE.
Please call Mrs. Ewbank at the school,
204-746-8068, for your tickets.**



A GYM TALE

**A Parent-Child Preschool Gym & Story Time Program
Ages 0-5 years welcome to attend with their parents.**

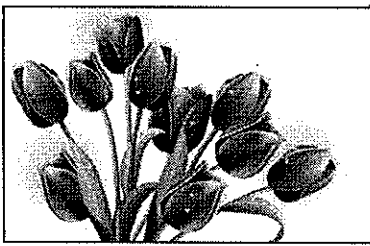
*Being held at the Lowe Farm School from
10:00 - 11:30 a.m. on the following dates:*

March 7, 2016

April 4, 2016

May 2, 2016

**Please contact Lowe Farm School
for more information at
204-746-8068 or lowefarm@rrvsd.ca**



April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<h1>Spring Break</h1>						
3	4 Classes Resume, A Gym Tale 10 -11:30 Mini pizza/ mac & cheese	5 Kindergarten, Preschool	6 Grade 7/8 Home Ec, KIDS program AM only Mini pizza/ chips & salsa	7 Kindergarten, Preschool PTA Taco in a Bag	8 Kindergarten Hot dog	9
10	11 Mini pizza/ mac & cheese	12 Kindergarten, Preschool	13 KIDS program all day Mini pizza/ chips & salsa	14 Kindergarten, Preschool, DAY OF PINK, LFS Drama/ Dessert Thea- tre	15 Inservice Day -no classes	16
17	18 Mini pizza/ mac & cheese	19 Kindergarten, Preschool	20 KIDS program AM only, Grade 7/8 Home Ec Mini pizza/ chips & salsa	21 Kindergarten, Preschool, Badminton Regionals	22 Kindergarten EARTH DAY Hot dog	23
24	25 Mini pizza/ mac & cheese	26 Kindergarten, Preschool	27 KIDS program all day Mini pizza/ chips & salsa	28 Kindergarten, Preschool, Badminton finals	29 Hot dog	30



BUS NOTE

Date: _____

Student's Name: _____

Bus Driver's Name: _____

The above named student will not be on his/her regular bus today after school.

Other information: _____

Parent's Signature: _____

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