

# Lowefarm School

December 2015 Newsletter

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

E-mail: [lowefarm@rrvsd.ca](mailto:lowefarm@rrvsd.ca)

## PRINCIPAL'S MESSAGE

I hope everyone has had a chance to enjoy the beautiful November we just experienced. Only 14 school days left in December before Christmas Break! Incredible how quickly this term has flown by.

A big thank you goes out to the teachers for doing such a great job of preparing report cards and parent/teacher conferences during the last few weeks. Congratulations to the staff and students for doing such a nice job of the Remembrance Day ceremony. Many thanks to the volleyball coaches: Mrs. Brown, Miss Siemens, Miss Bergen and Mrs. Landry. The boys and girls really enjoyed their volleyball experiences. Student council once again succeeded in making Fall Frolics a fun and exciting event for the whole school.

One of the safety issues I would like to bring to parents' attention is scarves on the playground. Now that we have a play structure, scarves can be a very dangerous choking hazard for students. I would like to ask parents to send students with neck warmers instead of scarves. We want to ensure the safety of our students and your cooperation is appreciated.

Our Christmas Concert is December 9<sup>th</sup> at 7:00 p.m.. We ask that you bring non-perishable food items and donations to the concert so that we may help others in the community that may be struggling. We look forward to having everyone come out for an evening of song and celebration. Once again the Rec Board would like to show their appreciation with a small gift for each child.

Mr. Rob Fiola



## Lowefarm School Priorities:

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

## REMEMBERING THE FALLEN

Our annual Remembrance Day service was held on November 10, 2015. Our Kindergarten students recited the poem, *Little Poppy*; grade 1 & 2 the poem *Peaces*; grade 3 & 4 sang *Shine a Light for Peace* and *Remembering Flanders Fields*; grade 5 & 6 sang *In Flanders Fields* and the grade 7 & 8s sang *Blowing in the Wind* accompanied by Don Groening on guitar. Wreaths were put in place before a moment of silence was observed. Our wreath layers were from Kindergarten – Natalie Harder, Grade 1 – Ally Sawatzky, Grade 2 – Kole Cook, Grade 3 – Caila Sawatzky, Grade 4 – Brytan Fehr, Grade 5 – Richard Dufresne, Grade 6 – Chloe Johnston, Grade 7 – Joan Heidebrecht and Grade 8 – Daniel Isaak.

Thank you to the parents and community members that came to share in this tribute to soldiers of past and present. A **special thanks to Mr. Groening** for accompanying the grade 7 and 8s with his guitar.

### DATES TO REMEMBER:

- Fri., Dec. 18/15 Last day of classes before Christmas Holidays
- Mon., Jan. 4/16 Classes Resume
- Fri., Feb. 5/16 In-service Day – no classes
- Mon., Feb. 8/16 Divisional In-service Day – no classes
- Mon., Feb. 15/16 Louis Riel Day – no classes
- Fri., Mar. 18/16 In-service/Admin Day – no classes
- Thurs., Mar. 24/16 Last day of classes before Spring Break
- Fri., Mar. 25/16 Good Friday – no classes
- Mon., Apr. 4/16 Classes resume
- Fri., Apr. 15/16 In-service/Admin Day – no classes
- Mon., May 23/16 Victoria Day – no classes
- Wed., June 29/16 Last day of classes
- Thurs., June 30/16 Admin Day – no classes





## Fundraising Update

### FALL SUPPER

Oh my goodness, what a successful fall supper we experienced! People came out in droves to enjoy a delicious meal of turkey, farmer sausage, mashed potatoes, stuffing, corn, coleslaw, buns and pie. The fact that Mother Nature co-operated with us may have been a factor as it was a beautiful evening. Thank you to the grade 5-8 parents who helped provide, prepare and serve supper. Thank you also to Abe & Dorothy Suderman and family for their donation of carrots, Kroeker Farms for the potatoes, Prairie Agri Sales Ltd. for their donation towards the cost of the farmer's sausage and to the anonymous donation we also received to help cover costs of the evening. Thank you to the organizing committee of Alice Brown, Ann Harder, Trina Landry and Rachel Lee. It was great to see so many people from the community and surrounding area support this fundraiser which will help to cover over half of the cost of our grade 5-8 Cedarwood Camp field trip in January. The profit was **\$3697.92!!!!**

### MOM'S PANTRY PRODUCTS

Another successful Mom's Pantry Products fundraiser has come and gone. All customers should have their orders and we are thrilled to say we have raised **\$1412.94** with this fundraiser.

### Top 5 Sellers

Kristi Harder	\$522.55
Kian Quinn	\$328.05
Timothy Suderman	\$292.80
George Raiqiso	\$288.80
Adrienne Groening	\$251.80

A big thank you to Mrs. Ewbank for organizing the fundraiser. Thank you also to all who participated and purchased!!!

### CHOCOLATES

The ever popular Lamontagne Chocolate Fundraiser will take place during the month of December. Students will be armed with boxes of these delicious goodies very soon: almond bars, caramel bars, sea salt bars, chocolate almonds and chocolate raisins. These make a great inexpensive (\$2.00 each) stocking stuffer for your loved ones!

## School Cancellation

Just a reminder to all that should stormy weather hit us it is the superintendent of the school division who is responsible for the cancellation of school. Wind chill, road conditions, and visibility are all considered. **The decision to close schools will be aired on CJOB (AM 680), CFAM (AM 950), CBC (990) and their respective websites.** The first announcement is usually on the air by 7:00 a.m. and repeated during morning broadcasts. School cancellations are also posted on the school division website at [www.rrvsd.ca](http://www.rrvsd.ca)

## SPORTS



### VOLLEYBALL

The second last tournament of the season was held on November 3<sup>rd</sup> in Rosenort. Our girls' team had an awesome tournament. They lost their games against Rosenort 1, came close to winning against J.A. Cuddy, won 1 and lost 1 against St. Malo and then ended on a very positive note with two wins against Rosenort 2. Hurray! The boys split their games against Rosenort 2 and J.A. Cuddy 2 and then lost both games against J.A. Cuddy 1 and Rosenort 1.

The final tournaments were held on November 17<sup>th</sup>. The girls played in Rosenort. They lost all of their games but have shown great growth over the season. Their coaches were very impressed with their team work, high energy and sportsmanship. The boys played in Morris, lost all of their games as well, but did come quite close in some. The absence of one of their key players in this tournament was very much noticed.

The season was wrapped up with a pizza party wind-up on November 24<sup>th</sup>. Thank you to coaches, Mrs. Brown, Miss Siemens, Miss Bergen and Mrs. Landry. Your dedication to the team over the season was much appreciated. Thank you to the parents who came out to support the team and cheer them on.

### INTRAMURALS

Noon hour (11:55 – 12:30) intramurals have begun with a rotating schedule this year for students from Kindergarten to grade 8. Kindergarten to grade 4 students are scheduled for Tuesdays and Thursdays, while the grade 5-8 students may participate Mondays and Wednesdays. Miss Harpelle and her student leaders have a variety of games lined up for these times: **KINDERGARTEN** – GRADE 4 – Line Tag, Treasure, Dodge Ball, Frozen Tag, Soccer, Bench Ball, Sharks & Minnows and Sleeping Monster; **GRADE 5 – 8** – Volleyball, Basketball, Speedball, Crazy Baseball, Floor Hockey, Yoshi/Treasure and All Sport.

Students may choose to join in the intramural fun or they may go outside to play. Once they decide, they **MUST** remain at their choice for that session.

2015

**LOWE FARM SCHOOL  
CHRISTMAS CONCERT**

on

**Wednesday, December 9, 2015**

(storm date is Thursday, December 10, 2015)

**at 7:00 p.m. in the  
School Gymnasium**



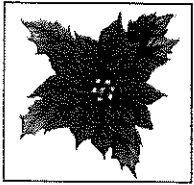
Please bring a  
non-perishable food or  
toy donation for our  
Christmas Hamper box.



*Join us as  
we celebrate  
the joy of the  
Christmas  
Season!*

**EVERYONE IS  
WELCOME TO ATTEND**

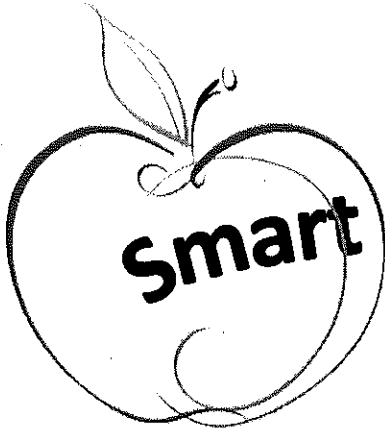




# December 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kindergarten Preschool	2  Mini pizza/ chips & salsa	3 Kindergarten Preschool  PTA Taco in a Bag	4 Kindergarten  Hot dog	5
6	7 A Gym Tale 10—11:30 a.m.  Mini pizza/ mac & cheese	8 Kindergarten Preschool	9 LFS Christmas Concert 7:00 p.m.  Mini pizza/ chips & salsa	10 Kindergarten Preschool Concert Storm Date	11 Grade 7/8 Home Ec  Hot dog	12
13	14  Mini pizza/ mac & cheese	15 Kindergarten Preschool	16  Mini pizza/ chips & salsa	17 Kindergarten Preschool  PTA Café Day	18 Kindergarten Last day of classes before Christmas Holidays  <b>NO CANTEEN</b>	19
20	21 Christmas Holidays begin	22	23	24 Christmas Eve	25 Merry Christmas 	26 Boxing Day
27	28	29	30	31 New Year's Eve		Classes Re- sume on Mon- day, January 4, 2016



# Smart Eating Makes The Grade

## Mealtime Mythbusters

### Fact or Fiction?

#### FACT

**When buying vegetables and fruit for my family, frozen is just as healthy as fresh.**

Frozen produce is picked at peak ripeness and flash frozen to reduce the risk of losing nutrition value and to maintain flavour.

#### FICTION

**A low fat/low carb/gluten free diet is a healthy choice for my child.**

It is difficult for these types of diets to provide the energy, fat and nutrients that are needed to help a child grow. If this type of diet has been recommended however, it is best to speak with your dietitian to help ensure all nutrient needs are met.

#### FACT

**My child does not need a multivitamin to be healthy.**

Multivitamins exist to supplement a healthy diet, not replace one. Providing balanced meals and snacks that include plenty of fruits, veggies, and whole grains provides the nutrition kids need to grow.

#### FICTION

**Sugar makes my child hyperactive and should be avoided!**

Research has not been able to find a link between hyperactivity and sugar. Despite this, the myth persists.



### Myths make healthy eating hard....

**FACT!** It can feel overwhelming to sort through the many diet and nutrition claims.

Trust a Registered Dietitian to give you information that is credible. Dietitians must meet and maintain provincial registration requirements and are held accountable to provide only the most current and up-to-date information.

Most importantly, dietitians can turn complex scientific evidence into practical solutions to help you feel your best.

## Eating Healthy Can Be a Challenge

See the points below for some helpful tips on making healthy eating easier:

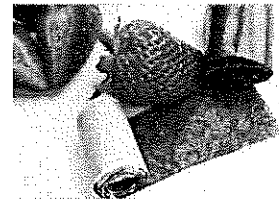
- Aim to include 3 of the 4 food groups in your child's lunch
- Think outside the sandwich! Mix it up and try a pita, tortilla, flatbread or cereal to make your child's lunch more interesting
- Take your children grocery shopping and let them pick some of their favorite foods like breads, vegetables, fruits and yogurts - they are more likely to eat a lunch that they choose
- Try new foods regularly and don't be afraid to try them more than once – your child's taste may change from one day to the next
- Make your own snacks – and limit processed ones. Try "Homemade Fruit Roll Ups" (recipe below)
- Encourage hydration – let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice throughout the day

## Homemade Fruit Roll ups

Recipe from <http://www.momables.com/how-to-make-fruit-leather>

### Ingredients:

- 5 cups strawberries – hulled and halved (or any other fruit)
- 2 Tbsp honey



### Directions:

1. Preheat oven to 150-200°F – depending how low your oven can go
2. In a medium saucepan, on low heat, cook the strawberries until they are soft and juices are released. Add honey and stir until combined.
3. Pour berries into blender and puree. Line a baking sheet with parchment paper.
4. Pour berry mixture onto parchment lined paper
5. Put in oven and bake for 4-6 hours, until leather peels away easily from the parchment. Using scissors, cut into rectangles and roll them up, parchment and all.

### Tips:

- Don't pour too thin of a layer or you will end up with fruit crisps instead of fruit leather!

**\*\* 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](http://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.



**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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