



Lowe Farm School



February 2017 Newsletter

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

E-mail: lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

We have reached the half way mark for the 2016-2017 school year. The milder weather this January has meant that our students have been able to enjoy all the snow outside. Sliding, fort building, snow shoeing and cross-country skiing are some of the activities our students have enjoyed during recess. And in addition to those activities, Mrs. Zelinsky has started intramurals during noon hour. We are also in the process of adding to the outdoor activity options for our Grade 5-8 students. This past week, the snow was leveled on a section of the field and they have their own snow hill!

Basketball is underway with two away games played so far. Thanks to the coaches, Mrs. Zelinsky, Mrs. Brown and Mrs. Landry for their time and energy. Home games will continue in February. We hope to see many of you out to cheer on our Lancers! The Grade 8s will also be participating in the annual RRVSD Curling Bonspiel in Morris on the February 8th with Mrs. Zelinsky.

Thanks to all those who supported our Chocolate Sales Fundraiser. Once again our PTA put on a very successful Soup & Pie this past Sunday. Thanks to all who volunteered to help and to those patrons who supported the event. Our PTA will be meeting February 9th at 5:30 p.m. You are all welcome to attend.

On January 26th a number of the Red River Valley School Division Trustees together with the Superintendents toured our school. They were able to look in on our classes while they were in session, hear about the programming we offer at Lowe Farm School, and see the building and playground improvements that have been made. Some of our challenges and future opportunities were also discussed with our trustees.

Math Facts are part of the curriculum that is taught and reviewed throughout the school year for students in Grades 3-8. Currently our teachers are assessing their student progress, and planning for further instruction. Increasing student achievement in this area is one of our school goals for this year. In addition, our Grade 5-8 teachers recently assessed their students on their knowledge of fractions and will be teaching those concepts this February.

February is going to be a very busy month because it is also I Love to Read month! The committee;

Ms. McLaren, Miss Siemens and Mrs. Rempel have met with our Student Council and planned a number of exciting events. Our teachers will also be engaged in Professional Development on February 3rd. They will be learning about assessing student comprehension of non-fiction literature and effective strategies for teaching comprehension. They will also be selecting new non-fiction books to add to our school collection for students to read! This also supports one of our school goals for this year.

On February 2nd our Grade 4s and Grade 7s and 8s will be learning about Sustainable Development with a special activity by Green Action thanks to a grant that Ms. Bergen and Mrs. Brown received.

Kindergarten Registration for the fall of 2017 has now begun for all children who turn 5 by December 31st. Please contact Mrs. Ewbank in the school office for more information. Signing up early helps us to plan for next year. A Kindergarten Information Night for parents will be held later this Spring.

Lastly, our Nutrition Program is sponsored in part by the Child Nutrition Council of Manitoba. Each day we provide a healthy mid-morning snack that is available to all students. We have a few parent volunteers who either provide the snack for the school or who have assisted with preparing the snack. If you would be willing to spend 15 – 30 minutes helping to prepare the snack at the start of the school day, or would like to bring a snack for the students, please sign up on the Snack Calendar on the main bulletin board. We really appreciate the impact a parent volunteer makes!

After writing this report, I know why it's felt very busy since I began this January. I have been overwhelmed by the kindness I have received from staff, students and parents since I've taken on this new role. Lowe Farm School is a great place to learn!

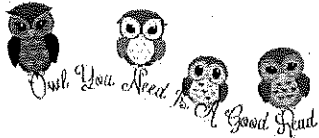
Mrs. Marla Brandt, Principal Designate

Lowe Farm School Priorities 2016-2017

- Students will increase reading comprehension.
- Students will increase knowledge and understanding of Math concepts and facts.
- Students will increase Social and Emotional engagement by teachers implementing Universal Design concepts.

School Cancellations

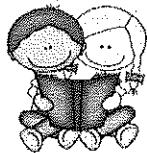
Should stormy weather hit us it is the superintendent of the school division who is responsible for the cancellation of school. Wind chill, road conditions, and visibility are all considered. The decision to close schools will be aired on CJOB (AM 680), CFAM (AM 950), CBC (990) and their respective websites. 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



Fundraising Update

Chocolate Fundraiser:

The chocolate fundraiser has come to a close for another year. Thank you to students and parents for their patience in receiving their boxes of chocolates to sell. The company we deal with mixed up our order so the correct order was a couple of weeks late in arriving, therefore, cutting down our selling time. Even with all the confusion the fundraiser should be relatively successful. We are just waiting for our final invoice once the returns have been processed and should have a profit total for our next newsletter. Thanks again for your patience and support everyone.



I Love to Read Month

February is going to be an exciting month for students with our I Love to Read month activities. A kick-off assembly was held on January 31st. The classes can look forward to staff rotating and reading to different classes each morning, teachers will select a favourite book, have a picture taken of them hiding behind the book and the pictures posted so students can guess who is who with a reveal assembly to be held on February 16th. Our Kindergarten to Grade 6 students will enjoy the Robert Munsch production in Morris on February 24th. A bookmark designing contest is going to be held in each classroom and then the month will wind-up with Flashlight Reading in tents set up in the gym on the last day of February.

PTA REPORT

We would like to thank all the parents that donated soup, buns, pie and prizes to the annual PTA Soup and Pie Fundraiser on Sunday, January 29th. Thank you to all those who helped with set up, serving and clean up. Thank you also to those who supported the fundraiser making it a HUGE success with **\$2100.00** raised!

Low Farm School PTA

Dates to Remember:

February 3	Admin Day – no classes
February 9	PTA Meeting at 5:30 p.m.
February 15	Divisional PD Day – no classes
February 20	Louis Riel Day – no classes
March 24	Last day of classes before Spring Break
April 3	Classes resume
April 6	Student Led Conferences 4–8 p.m.
April 7	Student Led Conferences 9 a.m.–11:30 a.m.
April 7	Admin/Inservice Day – no classes
April 14	Good Friday – no classes
April 21	Admin/Inservice Day – no classes
May 22	Victoria Day – no classes
June 29	Last day of classes
June 30	Admin Day – no classes

SPORTS



Basketball

Results:

January 18 in Sanford versus J.A. Cuddy: both the boys' and girls' team lost their games but they played hard and never gave up.

January 25 in Starbuck: both the boys' and girls' team lost their games but played hard. The girls enjoyed a unique experience as they were short players and actually had some of the players from the Starbuck team play with them. They had a great time.

Games scheduled for February (all at Lowe Farm School at 4:00 p.m.):

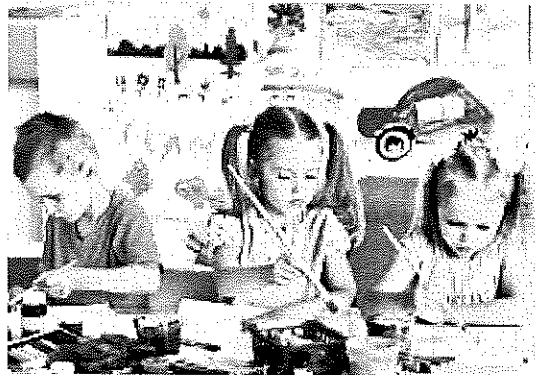
February 1	LFS versus Oak Bluff
February 7	LFS versus Rosenort
February 14	LFS versus Morris

Curling:

Our grade 8 students will participate in the divisional curling bonspiel in Morris on **Wednesday, February 8th**. Curling will begin at 10:00 a.m. and go until approximately 3:00 p.m. Mrs. Zelinsky will go along with our students and parents are welcome to travel to Morris and watch their children if they wish.



REMINDER



CLUBS PROGRAM

for Kindergarten to Grade 4 Students
at the Bergthaler Church
in Lowe Farm on Tuesday Evenings
Starting February 7th, 2017 until March 14th, 2017
from 7:00 – 8:30 p.m.

Activities to include:

Bible Story

Craft

Snack

Activity

**VOLUNTEERS ARE NEEDED TO
BAKE COOKIES AND SUPERVISE.**

For further information,
please contact

Mrs. Crystal Unger

at 204-746-2628

or e-mail acunger@xplornet.ca



Nutrition Bits and Bites!

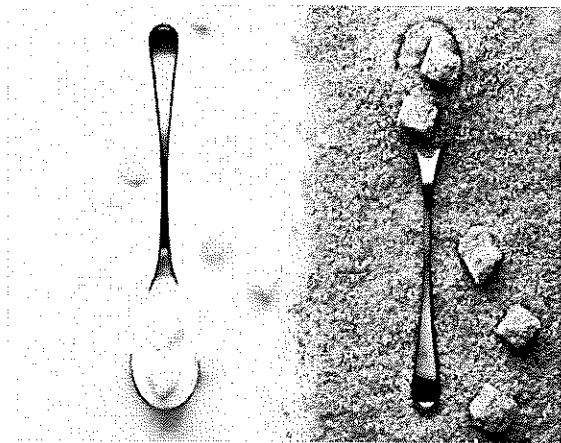
Sugars

The Facts on Sugar

Sugar is found naturally in many foods such as fruit, dairy products and some vegetables. These foods have important nutrients, and the sugars in them do not contribute to health issues.

The newest recommendation from the World Health Organization recommends keeping added sugars to less than 12 teaspoons per day. These types of sugars are added to sugar-sweetened beverages, candies, sugar snacks, and baked goods. They are also found naturally in honey, syrups, fruit juice, and fruit juice concentrates.

How can we balance this recommendation with fun healthy habits? Enjoy fruits and vegetables at snacks most of the time, and every so often offer sweets at snack times.



Are Some Added Sugars Better than Others?

All added sugars work the same in the body. Health Canada recommends limiting food and drinks that are high in added sugars, no matter what name they go by.

Added sugars go by many names: Sugar, brown sugar, raw sugar, cane and beet sugar, coconut sugar, agave, corn syrup, dextrose, fructose, glucose, maltose, sucrose, fruit juice concentrates, honey, molasses, maltodextrin, maple syrup.

Sugar Swaps!

Instead of:	Try this:
Pop, fruit punch, sports drinks	Water with lemon, lime, orange, berries, or cucumber slices.
Sweetened milk and yogurt drinks	White milk or unflavoured soy milk. Homemade smoothies with milk, yogurt and fruit.
Sugar sweetened cereals and flavoured oatmeal	Plain oatmeal, or other plain cereals: bran flakes, shredded wheat, oat "o" cereal. Add fruit (i.e. banana) for sweetness.
Flavoured yogurt, pudding, and ice cream	Plain yogurt with whole or pureed fresh/frozen fruit for sweetness. Homemade pudding with less sugar added.
Cookies, packaged desserts, muffins, and cereal bars	Homemade baked goods with less sugar. Try adding applesauce, prunes, raisins or dates for sweetness.
Fruit gummies, chews or roll ups	Fruit with yogurt dip. Dried fruit with no added sugar (pineapple, apple, or mango).
Canned fruit in syrup	Fruit canned with juice or water. Fresh or frozen fruit.

(Source: Eat Right Ontario: "Kids, Sugar and Healthy Eating")

RECIPE

Spiced Pumpkin Muffins (*egg free, dairy free*) Makes 12 to 16 muffins, depending on size

3 tablespoons ground flax seed	¼ tsp ground ginger
¾ cup warm water	1 tsp nutmeg
2 cups pureed winter squash or pumpkin	2 tsp cinnamon
¾ cup canola oil	3 ½ cups whole wheat flour
½ cup sugar	1 tbsp baking powder
½ cup apple sauce	½ tsp salt

Preheat oven to 350F. Whisk the ground flax and warm water together and let this sit for about 10 minutes. In a large bowl, mix together the flax mixture, pureed squash/pumpkin, oil, sugar and apple sauce. Mix in the ginger, nutmeg and cinnamon.

In a medium bowl, stir together the flour, baking soda and salt. Add the dry ingredients to the wet mixture and stir gently to combine everything.

Scoop the batter into greased or lined muffin tins and bake for 20 minutes, or until they are nice golden brown colour and toothpick comes out clean.

(Optional: add some raisin, chocolate chips chopped nuts or chopped dates into the batter)

For more nutrition topics, go to the news and events section of www.southernhealth.ca or

Contact Dial-a-Dietitian 1-877-830-2892

Health Links -1-888-315-9257

Nutrition Services Team T 204-388-2053

Created by Registered Dietitians from Southern Health - Santé Sud

May be photocopied in its entirety provided source is acknowledged.





January 2017

Dear Principals,

The 2017 Royal Manitoba Winter Fair is quickly approaching and is scheduled for Brandon's Keystone Centre Monday, March 27th – Saturday, April 1st, 2017. The Royal Manitoba Winter Fair features international caliber equestrian competitions, cattle shows, an amazing interactive Ag Education Area, a trade show, top notch entertainment and a terrific Petting Zoo! It's a wonderful place for a family to spend time during Spring Break.

Due to the generous support of sponsors, the Provincial Exhibition of Manitoba is able to provide **FREE** children's admission tickets to students ages 6 to 12. You can choose to let your students know that these tickets can be downloaded from the Provincial Exhibition website, until March 26th, 2017, at www.provincialexhibition.com (possibly through your newsletter or a note going home), or alternatively hand out the attached printable tickets to schools if you would prefer to distribute hard copies.

We would also like to distribute information to your students regarding entering our Calf Scramble, Miss Piggy Scramble or the Pig Scramble. Hard copies of these application forms are also attached.

We wish to thank you for your help and interest in the 2017 Royal Manitoba Winter Fair.

Sincerely,

Holly

Holly Martinook
Administrative Assistant
Provincial Exhibition of Manitoba



115-10th Street
Brandon, MB
204 726-3590

R7A 4E7
Fax: 204 725-0202

www.provincialexhibition.com

SCHOOL TICKET

ONE FREE CHILD GATE ADMISSION



March 27-April 1, 2017
GOOD FOR ONE FREE CHILD (Age 6-12)
ADMISSION ONLY
WITH ACCOMPANYING ADULT.
Free Child Ticket Sponsored by:



THIS TICKET WILL BE SCANNED AT THE GATE
A proud production of the
Provincial Exhibition of Manitoba
www.royalmanitobawinterfair.com
Daily Hand Stamp Required for Further Admission
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USE ONE TICKET PER CHILD FOR EACH DAY OF THE FAIR



February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 KIDS BB-LFS vs. OB (boys only) Mini pizza/ chips & salsa	2 Kindergarten, Preschool, Gr. 7/8 Home Ec	3 School Inservice Day -no classes	4 Lowe Farm Winter Classic
5	6 KIDS, Teachers Guest Reading in other classes this week 9:00—9:10 a.m. daily, Mini pizza	7 Kindergarten, Preschool BB-LFS vs. Rosenort	8 KIDS, Gr. 8 Curling in Morris Mini pizza/ chips & salsa	9 Kindergarten, Preschool Soup Day	10 Kindergarten Hot dog	11
12	13 KIDS, MLA Shannon Martin Reading to Gr. 1 -3, Feb. 13-16 "Guess Which Teacher's Favourite Book", Mini pizza	14 Valentine's Day Kindergarten, Preschool BB-LFS vs. Morris	15 Divisional Professional Development Day - no classes	16 Kindergarten, Preschool, "Whose Favourite Book" Reveal	17 KIDS, Gr. 7/8 Home Ec Hot dog	18
19	20 Louis Riel Day - no classes	21 Kindergarten, Preschool	22 KIDS BB-Semi Finals Mini pizza/ chips & salsa	23 Kindergarten, Preschool Soup Day	24 Kindergarten. K-6 to Morris for Robert Munsch in PM Hot dog	25
26	27 KIDS Mini pizza	28 Kindergarten, Preschool, Flashlight Reading in the gym BB-Finals	I Love to Read Month!			

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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