

# LOWE FARM SCHOOL

November 2016 Newsletter

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

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

## PRINCIPAL'S MESSAGE

November has arrived! Only 7 weeks before the Christmas concert!!

October was another busy month. Grades 3 – 8 participated in the divisional cross country meet at St. Malo Park. Volleyball is well under way with one tournament done and three more to go. In Pre-school, Mrs. Resler has the Pre-school program for 4 year old children rolling nicely and Cheryl Crick has "A Gym Tale" for parent and pre-school children going.

Progress on our roof has been steady throughout the month (between more rain and wind storms). Work will continue throughout the fall with completion hopefully by the end of November. Let's hope the weather cooperates.

November brings us the Fall Supper, more volleyball, report cards and parent teacher conferences. We look forward to having parents and teachers meet to celebrate the hard work that has been done over the first 3 months of school.

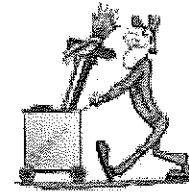
Thanksgiving weekend brought us great sorrow at Lowe Farm School. Our prayers and best wishes go out to the Groening family in the loss of their daughter/sister, Adrienne Groening. Adrienne was a very special person and staff and students have many wonderful memories of the multitude of activities that she helped organize as the student council president last year. Our prayers also go out to her mother, Lillian in her battle to recovery.

See you all at Parent Conferences.

Mr. Rob Fiola

## 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.



## HELP WANTED

Lowe Farm School is looking for:  
***Substitute Custodians***  
***/ Custodial aides.***

If you are interested in being  
a custodial sub,  
please contact  
**Mr. Harder (Head Custodian) or**  
**Mrs. Ewbank (Secretary/Librarian)**  
at 204-746-8068.

## Report Cards & Parent/Teacher Interviews

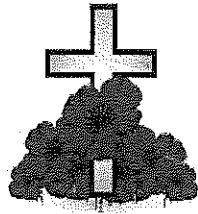
It will soon be time for the first report cards to go home with students – November 22<sup>nd</sup> is quickly approaching. **Parent/Teacher Interviews will be held on Thursday, November 24<sup>th</sup> from 4:00 – 8:00 p.m. as well as on Friday, November 25<sup>th</sup> from 9:00 a.m. – 12:00 noon.** Each family will receive an appointment within the next couple of days. **Please watch your child's backpack for your appointment letter.** If the appointment time you are assigned does not work for you, please call Mrs. Ewbank at 204-746-8068 and we will try to accommodate you.

## Fees Due Reminder

There are still a number of grade 7 and 8 students who need to bring in Home Ec fees. The Home Ec fee is \$30.00. If paying by cheque, please make cheque payable to the Red River Valley School Division. Please submit payment as soon as possible.

# School Cancellations

Wow! October is over and we are already into November! The wintery weather will soon be upon us. 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)



## Low Farm School REMEMBRANCE DAY SERVICE

Thursday, November 10, 2016  
10:30 a.m. in the school gym.  
Everyone is welcome to attend.

## FUNDRAISING UPDATE

### MOM'S PANTRY

Thank you to all students, parents and community members who participated in the **Mom's Pantry fundraiser** in October. The orders have been sent off and we hope to have product delivery about the middle of November.

**Parents will be notified when our delivery date has been confirmed. Parents will be asked to come to the school to pick up their child's order(s) and then to deliver them as soon as possible. Please remember that any frozen product must remain frozen. If you are not able to come and pick up your child's order(s), we ask that you please make arrangements for someone else to come and pick it up.**

Again, we will send a note home letting you know the date and time for pick up. Thanks again for all your help. The support from everyone certainly makes for a successful fundraiser. Just think of all the delicious treats you will be able to make for the up and coming holiday season!

### CHOCOLATE FUNDRAISER

The ever popular **Lamontagne chocolate fundraiser** will be held during the month of December. Students will receive permission forms later in November.

### DATE TO REMEMBER:

- |             |   |
|-------------|---|
| November 4  | LFS Fall Supper 5-7 p.m. at the Lowe Farm Community Centre                          |
| November 10 | LFS Remembrance Day Service 10:30 a.m. in the school gymnasium                      |
| November 11 | Remembrance Day – no classes  |
| November 18 | Admin/Inservice Day – no classes  |
| November 22 | Report Cards will go home   |
| November 24 | Parent/Teacher Interviews from 4-8 p.m.   |
| November 25 | Admin/Inservice Day – no classes<br>Parent/Teacher Interviews from 9 a.m. – 12 noon |
| December 22 | Last day of classes before Christmas break  |
| January 9   | Classes resume  |

## SPORTS

### CROSS COUNTRY

Approximately 30 grade 3-8 students from Lowe Farm School participated in the divisional cross country meet at St. Malo Provincial Park on October 14<sup>th</sup>. Below are the results of those who placed in the top ten. Congratulations to Awstin Suwala who placed first in the grade 6 boys division of the meet.

**Grade 3 Boys:**  
Lane Groening 10th

**Grade 3 Girls:**  
Jenna Falk 8th

**Grade 6 Boys:**  
Awstin Suwala 1st  
Aidan Sawatzky 5th

**Grade 8 Girls:**  
Jayda Doell 10th



The others that participated ran their best and represented our school well as we had quite a number who placed in the top 15. Well done runners! Thanks to Mrs. Zelinsky who ran the training sessions with the students.



## **VOLLEYBALL**

Our teams have been practicing diligently and played their first tournament in Rosenort on October 25<sup>th</sup>. This would be considered a rebuilding year as many of our team members are young and from grades 5 and 6.

The boys' team played hard but lost their first set which was against Rosenort. They then went on to beat Morris in the next set. St. Malo was the last opponent of the tournament and they lost to them. Mrs. Alice Brown and Miss Madisson Siemens are coaching the boys' team this year and are excited to see the boys' skills develop throughout the season. Huge strides can be made in the course of a couple of months.

The girls' team put in a great effort in their first tournament of the season. They had very close games against Rosenort, but lost both games. They also lost their 2 games against Morris. They had a high score in their first game against St. Malo and won the last game of the tournament 25-19! Way to go girls from your coaches Miss Betsy Bergen, Mrs. Trina Landry & Miss Daria Olfert (teacher candidate)!

The teams play again on November 2 in Sanford beginning at 1:00 p.m. and in Rosenort on November 8<sup>th</sup> also beginning at 1:00 p.m. The season finals will be held on November 22, location still to be determined. Parents are always welcome to attend the tournaments and cheer on the teams.

## **Child Nutrition**

**Proper nutrition can play a big part in the lives of our children, as well as ourselves. It helps to keep children healthy, gives them the energy required for physical activity, as well as helps them concentrate better at school.**

**Making healthy food choices for yourself sets a great example for your child but isn't always enough. Here are some helpful tips for getting your child to eat healthy from Kraft What's Cooking:**

**Older kids can be famished** when they get home from school. So stock up on fixings for quick-to-make snacks like fruit, bagels, bread, tortillas, cheese, peanut butter and raw veggies.

**Put non-perishable snack foods in your child's backpack** if he or she has sports or other activities immediately after school. Here are some ideas to get you started: fig bars, a cereal bar, trail mix, fresh or dried fruit, cut-up vegetables, a peanut butter sandwich or a juice or milk box.

**Present foods for kids in an eye-appealing fashion.** For example, cut sandwiches with cookie cutters or make a smiley face with raisins in their bowl of oatmeal.

**Involve your child in the food preparation process,** from "helping" pick out groceries at the store to sprinkling cheese on the tacos. Getting your young ones involved in the kitchen will often make them feel part of the process and more likely to enjoy the family meal.

**When packing lunches for kids,** include them in the planning stage. Each month ask them for their 5 favourite sandwiches. Then get them to name 5 favourite fruits and raw veggies they'll eat. Letting your child make these choices may help ensure your child will eat it.

**When introducing foods to toddlers** for the first time, offer new foods in "try me" portions at first, then let your child ask for more.

**Stress the importance of variety** in your child's diet. There are over 40 different nutrients your child needs!

**By eating and drinking calcium-rich foods and beverages,** kids can build their "bone banks" to store calcium and help keep bones strong for years to come.

**Did you know** that on average kids get about 20% to 25% of their daily calories from snacks? Make a point of offering fruits, fortified cereal bars, cereal with milk, vegetables with dip and other nutrient-rich foods.

**Snack attacks are normal for kids,** who need lots of energy from food to keep them going all day long. To get rid of hunger and give your kid great nutrients, offer a piece of fresh fruit, a carton of yogurt or an English muffin pizza.

**After school snack idea:** how about some cut up apples with some peanut butter for dipping?

**Mix up a batch of your kid's favourite Jell-O** with fresh strawberries and bananas, and have that waiting for them after school to help stave off the munchies before dinner.

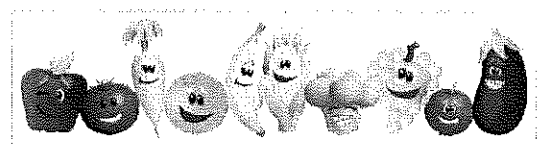
**Add some dried fruit to cereal** for a change of pace breakfast or an easy snack.

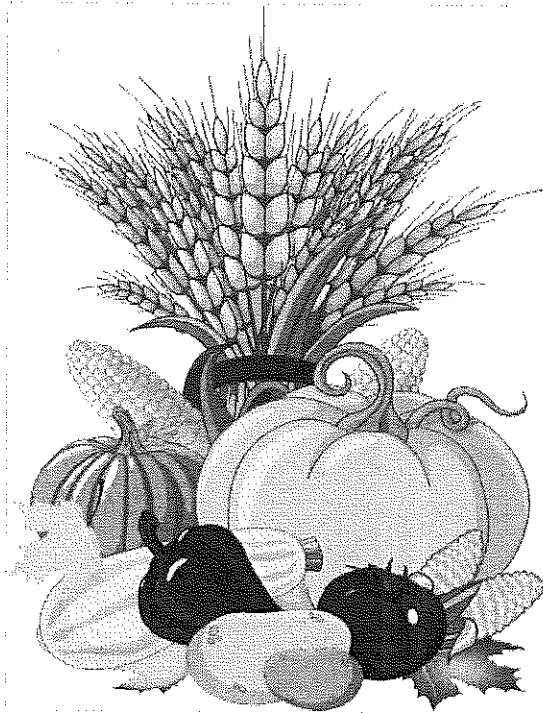
**Kids love smoothies!** Simply blend real fruit and yogurt.

**Your child should drink water** or other fluids throughout the day, but especially during and after periods of physical activity. Children need about 1 cup for every half-hour of activity.

**Use snack time** to fill in food groups not eaten at mealtime. For example, if your child didn't drink milk at lunch, serve yogurt or cheese for a snack.

**Kids not eating their vegetables?** Try mixing in vegetables, such as cut-up broccoll or carrots into their *Kraft* Dinner Macaroni & Cheese.





**Lowe Farm School**

# **FALL SUPPER**

**Friday, November 4, 2016**

**5:00 – 7:00 p.m.**

**at the**

**Lowe Farm Community Centre**

**Adults: \$12.00**

**12 & Under: \$6.00**

**Preschool: Free**



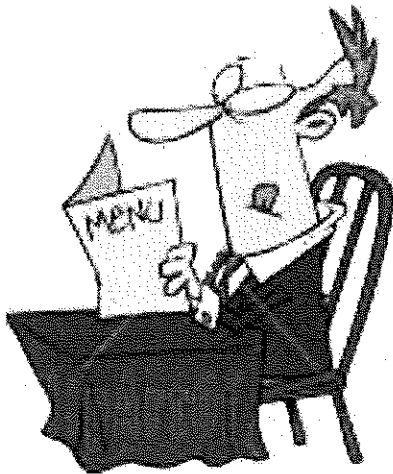
# Nutrition Bits and Bites!

## "Eat Well while Eating Out"

### Why does it Matter?

- Eating out is a common event for most families today. Parents working, running late or kids needing to get to practice on time. Everyone is asking what's for supper? Sound familiar?
- On average, Canadian households visit a restaurant for a meal or snack 520 times a year. (Statistics Canada, 2006)
- The problem with this is restaurant foods tend to be high in calories, fat, sugar and salt which in the long run can be bad for your health if you eat out often.
- Good news is you don't have to give up eating in restaurants or grabbing take out to eat right and feel good about it!
- The information on this newsletter will provide you and your family with some simple ways to help you make wise food choices when away from home.

### Is it hard to choose a healthy restaurant meal?



These days many restaurants have nutrition information available either at the restaurant itself or on their website. Follow these steps when searching the internet.

1. Search the restaurant that you want the nutrition information for. Choose the Canadian site if there is one.
2. Look for nutrition information on the restaurant's home page. It may be listed under Nutrition Guide or Nutrition Facts or Menu.
3. Look for the menu items you like to eat and choose options that have less calories, fat and sodium.

## Cook and Enjoy!

### Try these simple tips next time you eat out!

- ✓ look for entrees that are steamed, baked, broiled, braised, poached or grilled and skip the sautéed, pan-fried and deep fried items.
- ✓ Instead of adding fat like gravy, extra mayo and high fat dressings use veggies to garnish sandwiches, lower fat dressings and condiments like mustards, salsa and relish.
- ✓ Look for smaller serving sizes, share larger "meal deals" or order a small appetizer instead of a meal. Eat until you are full and take the rest home for later.
- ✓ Drink wisely. Large drinks with added syrups can sometimes total over 500 calories! Choose water or milk more often. (adapted from Eating out Smarts! Dietitians of Canada, 2005)

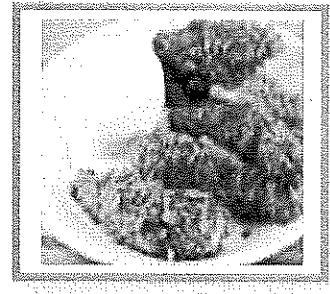
**Make you favourite restaurant dishes at home.** Cooking at home can be better on your wallet and help you make healthier choices too! Ideas to try are:

- Oven roasted potatoes tossed in oil and herbs instead of fries
- Pizza: use a whole grain crust, lower fat cheese and grilled vegetables
- Oven baked breaded chicken instead of fried chicken or chicken nuggets. See recipe below.

## RECIPE

### Chicken Parmesan Strips

1 lb	boneless skinless chicken breasts, cut into strips
½ cup	skim milk
1/3 cup	dry bread crumbs or corn flakes cereal, finely crushed
3 tbsp	freshly grated Parmesan cheese
2 tsp	dried parsley
¼ tsp	freshly ground black pepper
	pinch of salt



#### Directions:

1. Place chicken in a shallow dish and pour in milk. Cover and refrigerate for at least 15 minutes or for up to 4 hours. Preheat oven to 375°F (190°C).
2. In another shallow dish, combine bread crumbs, parmesan, parsley and pepper. Remove chicken strips from milk and dip in crumb mixture, coating well. Place on greased baking sheet. Discard any excess milk and crumb mixture.
3. Bake for 20 minutes or until chicken is no longer pink inside. (source: Dietitians of Canada, Simply Great Food)

*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.*

**\*\* 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 Dial-a-Dietitian 1-877-830-2892

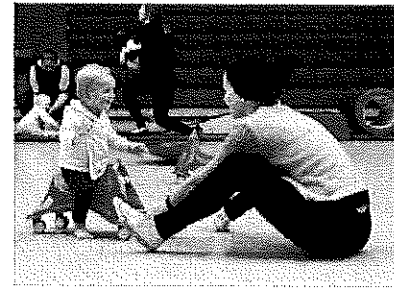
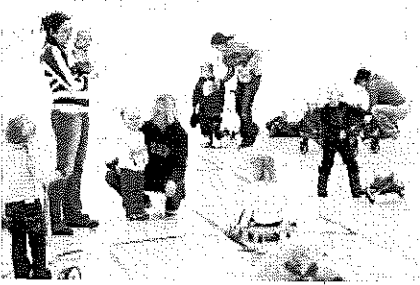
Health Links -1-888-315-9257

Regional Dietitian Team T 204-388-2053

Created by Registered Dietitians from Southern Health - Santé Sud

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# 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  
9:15 – 10:45 a.m. on the following dates:*

*November 7, 2016*

*December 5, 2016*

**Please contact Lowe Farm School  
for more information at  
204-746-8068 or [lowefarm@rrvsd.ca](mailto:lowefarm@rrvsd.ca)**

# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kindergarten, Preschool	2 Volleyball in Sanford 1:00 p.m.  Mini pizza/ chips & salsa	3 Kindergarten, Preschool	4 Lowe Farm School Fall Supper 5-7 p.m.  Hot dog	5
						
6 Daylight Saving Time ends	7 A Gym Tale 9:15-10:45  Mini pizza	8 Kindergarten, Preschool  Volleyball in Rosenort 1:00 p.m.	9  Mini pizza/ chips & salsa	10 Kindergarten, Preschool  Remembrance Day Service 10:30 a.m.	11 Remembrance Day—no classes	12 
13	14 Grade 7/8 Home Ec  Mini pizza	15 Kindergarten, Preschool, Picture Retakes	16  Mini pizza/ chips & salsa	17 Kindergarten, Preschool  PTA Pizza Day	18 Admin/ Inservice Day—no classes	19
20	21  Mini pizza	22 Kindergarten, Preschool, REPORT CARDS GO HOME, Volleyball finals	23  Mini pizza/ chips & salsa	24 Kindergarten, Preschool  Parent/Teacher Interviews 4-8 p.m.	25 Admin/ Inservice Day—no classes Parent/Teacher Interviews 9 a.m.—12 noon	26
27	28  Mini pizza	29 Kindergarten, Preschool, Grade 7/8 Home Ec	30  Mini pizza/ chips & salsa			



**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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