

LOWE FARM SCHOOL

September 7, 2016

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

E-mail: lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

Welcome back staff, students and parents! I hope everyone was able to spend time with family and friends over the summer holidays. Many of you are in the fields finishing up harvest right now. Good luck and be safe.

We look forward to a year of excitement and new experiences.

I would like to welcome back Mrs. Johnson from her maternity leave as she will be doing Kindergarten and Resource. Welcome also to Hylin McLaren, our new grade 1 teacher. Ms. Lee is teaching grade 2/3 and Miss Bergen, grade 4. Miss Siemens will be our 5/6 teacher, and Mrs. Brown rounds out our classroom staff teaching grade 7/8. Ms. Harpelle will be teaching Phys. Ed. and Mrs. Brandt will be our Guidance Counselor along with some resource. I will be helping out in the grade 4 and 7/8 classrooms with Math.

We also have some changes in our support staff. Thank you to Mrs. Matthies and Mrs. Klassen for their hard work last year. Welcome back to our 2016-2017 EAs, Mrs. Resler, Mrs. Harder, Mrs. Landry and Mrs. Rempel. Our custodian Mr. Harder, Custodial Aide, Mrs. Jones and our secretary/librarian Mrs. Ewbank round out our roster for the year.

We also welcome some new families to our school. It is always fun getting to know new students and families. I know many students are excited to have more friends to spend time with. I hope everyone has a good start to the school year. If you have any questions or concerns, please do not hesitate to contact me.

Mr. Rob Fiola

School Days

Keeping in mind the **safety** of **your children/our students**, please take note of the following matters.

- **When bus students arrive at school they will be supervised by staff members on the playground from 8:15 – 8:35 a.m.**
- **The school doors will open at 8:35 a.m., when both town and bus students may enter the school. Parents of town students please ensure they do not arrive before 8:20 a.m. Our opening exercises/classes will begin at 8:45 a.m.**
- **Lunch time is from 11:35 – 11:55 a.m. and noon recess runs from 11:55 a.m. to 12:30 p.m.**

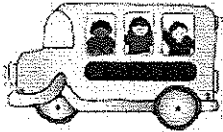
- **Students who go home for lunch will be dismissed at 11:35 a.m. and expected back at school no sooner than 11:55 a.m. and no later than 12:30 p.m.**
- **At the end of the day students will be dismissed from class at 3:20 p.m. Town students will go home at this time. Bus students will be supervised outside on the playground by staff until buses arrive.**
- **If your child is going to be absent from school for the day, it is very important that you please notify the school secretary by calling 204-746-8068 between 7:30 – 8:30 a.m.. We want to make sure all students arrive safely at school and if they have not arrived at school, want to ensure that they are safely in the care of their parents/ guardians. If your child does not come to school and we have not received a call from you, we will be calling your home to make sure your child is safe.**

Our **BUS NOTE POLICY** is as follows: bus students who are not going to be taking their bus home at the end of the day or are taking a different bus home at the end of the day will require a signed bus note from parents. This note is to be presented to the principal or school secretary. Non-bus students who will be going to a friend's home after school on the bus will also need to have a signed note from parents. A note should be sent by both the parent sending their child to someone else's home after school on the bus and the parent receiving a child on the bus that normally does not travel to their home. Town parents receiving another child after school should also send a note to the school with their child stating who is coming over. This also pertains to students attending a birthday party and needing bus transportation for the occasion. **If you are planning on extra students coming to your home to visit or for a birthday party by bus, you are responsible for making those arrangements with the bus driver first to ensure there is sufficient seating on the bus for everyone.** We encourage parents to **use the bus notes at the end of this newsletter.** Where it says "Other Information" on the notes please state if your child is staying for school sports, going home on another bus (please state bus driver or other student's name – eg. Billy Smith is going home on Mrs. Dyck's bus OR Billy Smith is going home with Tommy White), or any other information that may be of use. Bus notes will be attached to each monthly newsletter for parents use and are also available on our website.

Should you have any questions regarding any of the above, please feel free to call the school secretary. **We very much appreciate your co-operation in these matters. Thank you very much.**

Dear Parents:

Each month Lowe Farm School publishes a newsletter that is distributed to each family. In this first issue we like to inform parents about some of our routine school procedures. To some of you this information will be very new and to others, it will be old hat. Please do read through and familiarize yourself with the information as a lot of it just helps make our school days run smoothly. These newsletters will also be posted on our website. Thank you very much.



STRONG BEGINNINGS

"**Strong Beginnings**" is a beginning of the school year assessment activity that assists teachers in understanding what each student's learning needs are. This year marks Lowe Farm School's seventh anniversary in participating in this program. Please note the dates are earlier than in the past. **Strong Beginnings will be held on Friday, September 16th and Monday, September 19th.** All families received their appointment times in June. Newly registered families have received their appointment times verbally. Appointment time reminder letters are being sent home with each family today. We look forward to an excellent turn out.

IMPORTANT NOTICE

Mandated by the Provincial Fire Inspector –
there is to be

NO PARKING

IN THE SCHOOL FIRE LANE.

Signs are up to indicate where the Fire Lane is.

Also, please note ENTER & EXIT signs.

FOR KINDERGARTEN TO GRADE 4 PARENTS:

For those parents who come and pick up their children at the end of the day we ask that you **please come to the school main entrance** to pick them up. Our staff supervisors are concerned for the students' safety as they run to their parent's vehicle. This also makes it difficult for bus drivers and parents to safely enter and exit the bus lane and parking area.

Students who walk home after school are asked to continue using the sidewalk which runs south of the visitor parking rail.

Parent/Student Handbooks

Lowe Farm School distributes a Parent/Student Handbook to each family every September. This year's handbook will be distributed in the next couple of weeks. When you receive the handbook, please take the time to review it as there is a lot of valuable information in it.



Lowe Farm School Student Enrolment 2016-2017

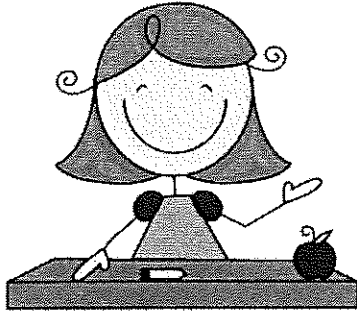
GRADE	September 2016
Kindergarten	11
Grade 1	18
Grade 2	10
Grade 3	10
Grade 4	17
Grade 5	6
Grade 6	15
Grade 7	9
Grade 8	11
TOTALS	107

Please contact the school if you know of any families that have not registered yet. Thank you.

PRE-SCHOOL PROGRAM

Our Pre-school Program continues to be very successful under the very capable hands of **Mrs. Betty Resler** and the support of parents. We will once again run this program for 4 year old (or 5 if they are not already attending Kindergarten) children only and is open to students who will attend Kindergarten at Lowe Farm School. Most of our preschool students have registered already for the 2016-2017 school year. The Pre-School Program will be held twice a week for approximately 35 weeks. The program is designed to prepare children for Kindergarten and will begin later this month. **Parents will be notified of the start date as soon as details have been finalized.**

There is no cost for the program and we hope that you will take advantage of this opportunity to give your child(ren) the tools to help them succeed once they begin school. **Please call the school at 204-746-8068 to register your child(ren) for the Lowe Farm School Pre-school Program if you have not already done so.**



Meet the Teacher Night

Thursday, September 15, 2016

5:00 – 7:00 p.m.

5:00 BBQ

5:45 Parent Welcome in the Gym

6:15 Classroom Orientation

Come out and enjoy a hot dog & drink while you learn about our school and have the opportunity to meet your child's teacher.

Students accompanying their parents are welcome to attend.

A PTA Meeting will be held following Meet the Teacher

beginning at 7:00 p.m.

All parents are welcome to attend and new members are always encouraged to join the

Lowe Farm School
Parent Teacher Association.

SCHOOL VISITORS/VOLUNTEERS

The province is mandating that schools have volunteers go through a Child Abuse Registry check as well as a Criminal Record check before working in the classroom or with students. The school can provide parents wishing to volunteer with the Child Abuse Registry forms, which, after being filled out are forwarded to the school division office. Once the division office receives the results of the check they forward that information onto the schools. After volunteers have been given the OK, they are able to help out in the school. Criminal Record checks must be done through the local Royal Canadian Mounted Police office (please book an appointment with the RCMP office for this). Both of these checks are also to be done for parents who chaperone classes on field trips. Please complete this process as soon as possible as it can take several weeks to complete. If you have any questions regarding this, please feel free to contact the school.

Also, we ask that all visitors and volunteers sign in at the office (library) when they arrive. Thank you very much.



Nutritious Snacks, Etc.

At Lowe Farm School we believe it is important to promote **healthy living**. Over the past few years we have encouraged parents to include healthy snacks in their child's lunches for their morning nutrition break (approximately 10:00 a.m. each morning). Lowe Farm School also offers a Nutrition Program made possible through a Canadian Nutrition Council of Manitoba grant. The program provides a nutritious snack to each student during the morning nutrition break. This snack is not meant to replace what parents send for the nutrition break, but to compliment it. We will continue to promote healthy snacks and lunches once again this year. **The list of recommended snacks is as follows: fruit, vegetables, yogurt, cheese, whole grain breads, whole grain crackers, whole grain cereals, granola bars (not chocolate covered) Nutri-Grain Bars, healthy sandwiches and dried fruit.** We do not encourage students to bring potato chips, chocolate bars and pop drinks to school.

On the subject of food, microwaves are available for students to warm up their lunches at noon. However, we would like to encourage parents to heat up their child's lunch at home and put the food into **THERMOS BOTTLES** to keep the food warm as much as possible. Line ups at the microwaves are very time consuming and students then have little time to sit and enjoy their lunches. We thank you in advance for your co-operation in this matter.

School Canteen

Once again our student council will run a school canteen this year. This year we are hoping to further explore healthy alternatives to serve/sell in the canteen.

Funds raised from our canteen are used to help support extra-curricular activity costs, sports transportation, etc. The canteen is open daily from **11:35 – 11:55 a.m.** Our plan is to serve food items on Mondays, Wednesdays and Fridays. Homeroom teachers take orders first thing in the morning on these days. Also available daily in the canteen will be a number of healthy snacks. **A canteen menu and price list along with a canteen start date will be sent home in the near future.**

NO FLIP-FLOPS

In the past there have been some injuries by students wearing flip-flops at school, especially during recess times. The children are outside playing during recess, running around and jumping here and there. Flip-flops tend to be unsafe running gear with your child's foot not being well protected. Flip-flops also come off too easily when running and students could step on something that could potentially hurt their feet. Due to the safety aspect of this type of footwear we ask that students **DO NOT WEAR FLIP-FLOPS** to school at all. Students will also not be allowed to remove their footwear while outside for recess, even when playing in the sand. We very much appreciate your co-operation in this matter.

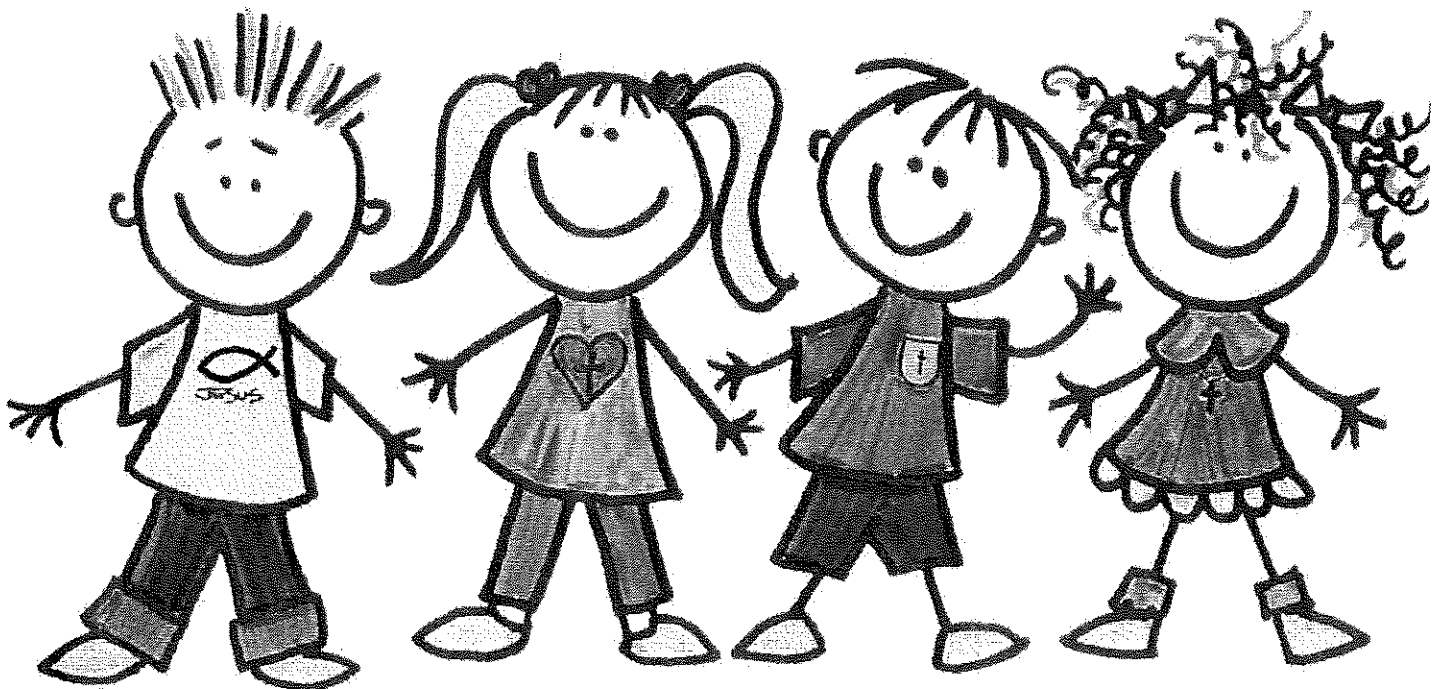
SCHOOL PICTURES

Lifetouch Canada will once again be providing school portrait services to Lowe Farm School students. Picture day will be a little later this year, **Thursday, October 6, 2016** with the photographer beginning first thing in the morning. Students are encouraged to wear brightly colored clothing for best results. Students will receive a flyer with instructions on selecting pose and background color closer to our photo date. Parents will be asked to fill in the flyer and return it on picture day. Retakes are scheduled to be done on Tuesday, November 15, 2016.

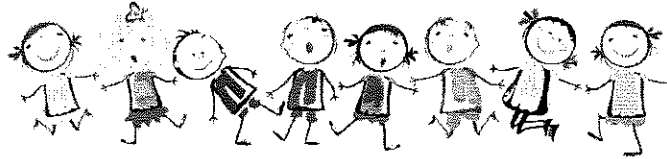
Fundraising Schedule

Fundraising has always been an integral part of providing extras for students at school. Whether it be class field trips, new equipment, special presentations, etc. funds are needed to cover these costs. Permission forms are sent home prior to each fundraiser (with the exception of the Fall Supper) so that parents can indicate whether they wish their child to participate in the fundraiser. All grade 5-8 students and their parents are encouraged to help out with the Fall Supper as it is the major fundraiser for the grade 5-8 camp experience. Below is our anticipated schedule for fundraisers throughout the school year. Some of you may notice that this is fewer major fundraisers than in previous years. This was done to allow our Parent Teacher Association (PTA) the opportunity to explore additional fundraising options. We hope that you will support their efforts the way you have supported our school fundraisers in the past.

Fundraiser	Date(s)	Grades that participate
Mom's Pantry Products	Oct. 3-20, 2016	Kindergarten to Grade 8
Lowe Farm School Fall Supper	Fri., Nov. 4, 2016 (tentative)	Grades 5 – 8 students
Chocolate Fundraiser	Dec., 1, 2016- Jan. 9, 2017	Kindergarten to Grade 8



We're Going Back To School



LOWE FARM SCHOOL STAFFING FOR 2016-2017

Teaching Staff:

Kindergarten

- Mrs. Jennifer Johnston

Grade 1

- Ms. Hylin McLaren

Grade 2 & 3, K-8 Math Support

- Miss Rachel Lee

Grade 4 & Grade 2-8 Music

- Miss Betsy Bergen

Grade 5 & 6, Grade 7 & 8 Social Studies, Grade 1 Phys. Ed

- Miss Madisson Siemens

Grade 7 & 8, Grade 5 & 6 German, Grade 4 Support

- Mrs. Alice Brown

Student Services

- Mrs. Jennifer Johnston
- Mrs. Marla Brandt

Physical Education

- Miss Leah Harpelle

Administration, Grade 7 Math & Grade 4 Classroom Support

- Mr. Rob Fiola

Support Staff:

Educational Assistants

- Mrs. Ann Harder
- Mrs. Trina Landry
- Mrs. Laura Rempel
- Mrs. Betty Resler

Custodial Staff

- Mr. Peter Harder (Head Custodian)
- Mrs. Tracie Jones (Custodial Aide)

Secretary/Librarian

- Mrs. Rose-Marie Ewbank

Old Republic Student Accident Insurance

The Manitoba School Boards Association offers the Old Republic Student Accident Insurance Program to parents and guardians of students enrolled in all Manitoba schools.

The Old Republic program provides accident coverage for **ALL** the activities children are involved in, whether at school, at play or at home. It covers activities including organized hockey, play in the playground and accidents at home for the entire year!

This program provides coverage for accidents that **exceed** that provided by either the Accident Insurance held by the school or most Employee Benefit programs. Coverages include disability, hospital and other medical costs, ambulance fees, and many other benefits. The Old Republic Student Accident program has 5 levels of coverage to fit every family's budget and need.

The most important benefit for parents of young children is the Unlimited Accidental Dental Benefit that has a 10 year period for growth and repair of damaged teeth. Damage to young teeth can be very expensive. Most other plans, such as Employee Benefit Plans are limited only to costs associated with the immediate repair and many have co-pay requirements of the parent.

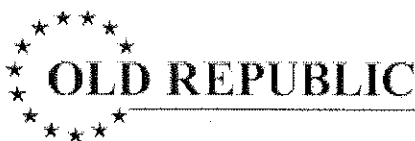
Some recent examples of claims covered under the Old Republic Student Accident Insurance Program are:

A 6 year-old was playing floor hockey in gym class. The plastic puck the child in the face, cracked a tooth and split the child's lip. Amount paid \$1,958.

A 12 year-old was riding a bike. The student fell over the handle bars, fractured a wrist and cracked several teeth. Amount paid \$2,032.

A 13 year old was in the US playing in a baseball tournament. One of the other players ran into the student and tore the muscles in the child's leg. Amount paid \$16,826.

Further information and on-line application is available at: www.studentaccidentinsurance.ca





Nutrition Bits and Bites! "Food Allergies"



What is an allergic reaction?

It is when the body reacts to a protein or irritant (allergen). It can start as a mild reaction and develop into a severe reaction in seconds. The reaction may be caused by food, insect stings, environment, and medications.

Food allergies are triggered when your body's immune system mistakenly identifies a food protein to be harmful. Exposure to even the smallest amounts of allergenic protein can cause a serious allergic reaction in sensitive individuals. This is why you need to be very careful when packing school lunches for your children. (Health Canada 2012)

What is cross-contamination (also known as cross-contact)

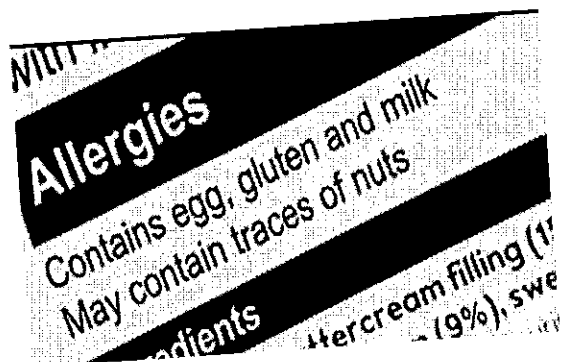
These terms are used to describe the presence of an allergen that is transferred from one food or object to another. For example, cookies baked on the same tray as peanut butter cookies cause a risk of cross-contamination to someone with peanut allergy.

Substitutes for School Lunches and Snacks

It is important to check with your student's classroom for a safe food list. The schools are not asking students to eliminate these foods from their diet. It is just asked that these high risk foods be consumed at home.

- Always read the ingredients section of the label to identify if the product is free of the allergen.
- Don't pack any food with ingredients that are restricted at your school.
- Remember, even trace amounts can cause a severe allergic reaction.

Check Food Labels



Labelling of "hidden" priority allergens

Parents and consumers should look for the allergen in the ingredient list. Parts of an ingredient like spices may be in brackets, or look for a "contains" statement after the ingredients, like "Contains: Milk, wheat, egg, peanut".

For more information on Food allergen label regulations, check out this link: <http://www.hc-sc.gc.ca/fn-an/label-etiquet/allergen/index-eng.php>

Food Labels



REFERENCE: whyriskit? Anaphylaxis Canada

<http://www.whyriskit.ca/reading-labels.html>

- **Check one...Check two...Check three** Ingredient lists are not always the easiest thing to read with such small font, two languages and often a crinkled package. Make sure to double check the label before you consume any product. Even if you have eaten it before, it is a good idea to check the label every time, in case manufacturing practices or ingredients have changed.
- **Manufacturers are friendly...Call them!** Unsure about a product? Get to the bottom of it! It will save you a lot of worry in the long-run knowing if you can eat something or not. Contact food manufacturers and ask if there is the potential for cross-contamination with their product and your allergens. <http://foodallergyca.ca/>
- **Product Recalls Can Occur** Product recalls due to undeclared allergens do happen in Canada. The CFIA (Canadian Food & Inspection Agency) monitors and alerts consumers when any of the 10 priority allergens are not declared on a package. Stay in the loop on product recalls through Anaphylaxis Canada's registry. <http://foodallergyca.ca/programs-services/allergy-information-service/>.

Allergen Substitutions

Milk	<ul style="list-style-type: none"> • <i>Water, Rice milk, Almond milk, pecan milk, cashew milk, brazil nut milk, walnut milk, fruit juice, fortified soy milk.</i> NOTE: (These substitutions may be used to achieve the same taste as milk, however should not be used to replace calcium. Regular milk and fortified soy milk have the same amount of calcium, but the other substitutions do not.) • <i>Sour cream—4 tablespoons of starch (corn starch, rice starch, or potato starch) mixed with 3/4 cup water and 1/4 cup vinegar for each cup of sour cream required.</i> • <i>Desserts that are traditionally made with milk, such as tapioca, sago or rice pudding, can be made with fruit juice instead.</i>
Egg	<ul style="list-style-type: none"> • Commercial egg replacements, e.g. Ener-G Egg Replacer • For every egg white, use 1 tbsp of ground flaxseed and 3 tbsp water. Bring to a boil. Then refrigerate. 1 tbsp of this mix = 1 egg • 2 oz Tofu = 1 egg • 1 Banana = 1 egg in cakes • 2 tbsp potato starch = 1 egg • 2 tbsp arrowroot powder = 1 egg
Wheat	<ul style="list-style-type: none"> • In place of wheat flour, combinations of alternate flours work better than single flour alone. • Rye, oat and barley flour produce a better product than rice, tapioca, and other grains because they contain gluten and have more fibre.

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.



RED RIVER VALLEY SCHOOL DIVISION SCHOOL CALENDAR – 2016 – 2017

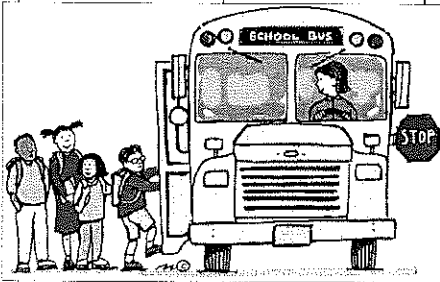
2016

September 5	Labour Day – No Classes	Monday
September 6	Administration Day – No Classes	Tuesday
September 7	Classes Begin	Wednesday
September 16	Strong Beginnings	Friday
September 19	Strong Beginnings	Monday
October 5	Divisional PD day – No Classes	Wednesday
October 10	Thanksgiving Day – No Classes	Monday
October 21	MTS PD Day – No Classes	Friday
November 11	Remembrance Day – No Classes	Friday
November 18	School In-service/Administration Day – No Classes	Friday
November 25	School In-service/Administration Day – No Classes	Friday
December 22	Last day before Winter Break	Thursday

2017

January 9	Classes Resume	Monday
February 3	Semester Turn-around/School In-service – No Classes	Friday
February 15	Divisional PD day – No Classes	Wednesday
February 20	Louis Riel Day – No Classes	Monday
March 24	Last day before Spring Break	Friday
April 3	Classes resume	Monday
April 7	School In-service/Administration Day – No Classes	Friday
April 14	Good Friday – No Classes	Friday
April 21	School In-service/Administration Day – No Classes	Friday
May 22	Victoria Day – No Classes	Monday
June 29	Last day of classes	Thursday
June 30	Administration Day – No Classes	Friday

SEPTEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Labour Day -no classes	6 Admin Day -no classes	7 First day of classes	8 Kindergarten— AM only	9	10
11	12	13 Kindergarten- AM only	14	15 Kindergarten-AM only, Grade 7/8 Home Ec, Meet the Teacher Night 5:00 (PTA Meeting to fol- low)	16 Strong Beginnings	17
18	19 Strong Beginnings	20 Kindergarten- Full day	21	22 Kindergarten- Full day	23	24
25	26	27 Kindergarten- Full day, Gr. 7/8 Soccer (tentative)	28	29 Kindergarten- Full day, Gr. 5/6 Soccer (tentative)	30 Kindergarten- Full day, Grade 7/8 Home Ec	

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: _____

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.

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