

# LowE Farm School

April 2013 Newsletter

[lowefarm@rrvssd.ca](mailto:lowefarm@rrvssd.ca)

## PRINCIPAL'S MESSAGE

Another successful Spirit Week has just completed and Spring Break and April have arrived!! Hopefully the snow melts slowly and we don't have spring showers.

By now you have received your child's report card. We look forward to seeing you in April when the students share their work at student led conferences. It is exciting to see all the progress the children have made throughout the school year and I know they are looking forward to sharing it with you.

April also brings us many exciting events. Badminton will be in full swing, or should I say smash. Lowe Farm School will be hosting the Divisional Literacy Fair: Storytelling, by having grades 5 – 8 students from every school in the division come to share their stories. We welcome Leigh-Anne Kehler and Jamie Oliviero as our guest professional story tellers who will perform as well as conduct workshops for the students.

It is Kindergarten registration time at Lowe Farm School. I encourage you to get the word out to families with young children to come out to our Kindergarten registration night first week back. While you're at it, let's put a word out to families with students of school age that may not be attending public school to give us a try. We all know what great staff and programs we have here at Lowe Farm School. Let's spread the wealth!

Mr. Rob Fiola

## TOWN BUS

The town bus will **no longer** make pick-ups after Spring Break. Thank you to **Ms. Sarah Reimer** for making the stops throughout the colder months.

### Dates to Remember:

April 1	Classes resume
April 11	LowE Farm School Science Fair
April 11 & 12	Student Led Conferences
April 12	School Inservice Day – no classes
April 25	RRVSD Learning Fair at LFS
May 20	Victoria Day – no classes
June 27	Last day of classes
June 28	Admin Day – no classes



## Student Led Conferences

will be held on

**Thursday, April 11<sup>th</sup> from 4 – 8 p.m.**

and

**Friday, April 12<sup>th</sup> from 9 a.m. – 12 noon.**

**All parents are encouraged to phone**

**the school**

**at 204-746-8068 and**

**book their appointment times**

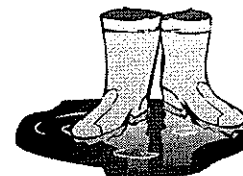
**with Mrs. Ewbank as soon as possible.**

Students along with their parents attend the appointments. This is a wonderful opportunity for your child to show you the progress they have made throughout the school year.

Please take advantage of this opportunity by phoning to make your appointment as soon as possible.

## Wet Weather Clothing

With the milder temperatures and melting snow comes wet conditions outside at recess. We encourage students to wear rubber boots and splash pants at recess time. It is also not a bad idea for students to have an extra set of dry clothes in their backpacks in the event that they get wet when outside. Thank you.



# Thank You. . .

. . . to the **Regional Health Authority Healthy Living Initiative** and the **Red River Valley Parent and Child Committee** for the donation of **50 CRAZY CARPETS!** Wow, the students will have a fantastic time sliding down our playground hill with those! **Thank you very much!**

. . . to the **wonderful group of mothers** who have supplied us with **delicious homemade soups** every second Thursday from January to Spring Break: **Mary Blatz, Marie Doell, Tara Falk, Helena Fehr, Michelle Ginter, Shannon Groening, Monica Harder, Anna Schmitt, Linda Schroeder and Dorothy Suderman. YUMMY!**

. . . to **Frank and Monica Harder** for bringing in **two lambs** to show to all of our students on March 12<sup>th</sup>. The children and staff were thrilled to see them and they were definitely a big hit! So soft and cuddly.

## *Winnipeg Symphony Orchestra, Part 2*

On Wednesday, March 20, 2013 Mrs. Colpitts (our Kindergarten to grade 6 music teacher), Ms. Pettapiece and Mrs. Wiebe took the grade 5 and 6 students on a music field trip. They went to see the **Winnipeg Symphony Orchestra's (WSO) Adventures in Music production of Bach to the Future.** The students jumped on board the WSO's time travel machine to visit music and composers from the Renaissance period to today, and into the future. Featuring student choirs, dancers, and other great performers, this concert took them back on a musical adventure of a lifetime.

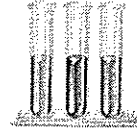
Thank you to **Mrs. Colpitts** for organizing this field trip along with the grade 1 to 4 field trip to the Symphony last month. What a special experience for the students.

## **Spirit Week**

Student Council worked hard to make sure students had a great time during **Spirit Week**, March 18 – 22. Themes were planned for each day: Monday was Pajama Day, Tuesday - Country Day, Wednesday - Inside-Out/Upside-Down/Topsy-Turvey/Backwards Day, Thursday - Sports Day and Friday - Amazing Animal Day.

Unfortunately, due to stormy weather our Spirit Week was cut rather short but that did not stop us from having some fun. Special activities were held throughout the "week". A **Pancake Breakfast** was held Thursday morning, the ever favourite **Oreo Dunking Contest** at noon on Thursday and an **Animal Sound Off Contest** on Friday.

Speaking of animals, **Prairie Exotics** visited our school the morning of March 22<sup>nd</sup> and the students got to see some pretty amazing animals.



## **LOWE FARM SCHOOL SCIENCE FAIR**

will be held on

**Thursday, April 11<sup>th</sup>, 2013.**

Projects will be judged in the morning.

Public Viewing will take place  
from 12:30 to 1:30 p.m.

at which time medal presentations  
will be made.

Everyone welcome is to attend  
the public viewing and medal presentations.

## **RRVSD Learning Fair**

Lowe Farm School has the honour of hosting the Red River Valley School Division Learning Fair this year. The fair will be held on Thursday, April 25 and the theme will be Literacy & Storytelling. Our committee of Mrs. Brown, Mr. Fiola and Miss Flynn are working out all the details to make this a special day for all those who participate and attend.

Grade 5-8 students from around the division will gather here to showcase their talents in storytelling. They will attend workshops put on by our special guests, professional storytellers Leanne Kehler and Jaimie Oliviera. The participants will then receive feedback on their performances.

It will be exciting to see how the students express their creativity in the way of storytelling.



# DAY OF PINK

On **Wednesday, April 10<sup>th</sup>, 2013** Lowe Farm School will be participating in **The Canadian Red Cross Day of Pink**. The Canadian Red Cross along with RBC Royal Bank invite schools across the province to participate in the **Day of Pink to raise awareness about the impact of bullying** by wearing pink!

The Canadian Red Cross Day of Pink is an initiative that provides students, staff and the larger community with the opportunity to discuss the impact of bullying and to learn how they can use their power to help create a safe and respectful school environment. On April 10, 2013, students, staff and community members wear pink shirts in solidarity to show that they are **taking a stand against bullying**.

We are encouraging everyone (students, staff and community) to wear a pink shirt on **Wednesday, April 10<sup>th</sup>** to show their support.

# SPORTS

## FLOOR HOCKEY

Our grade 5 and 6 students participated in the Red River Valley School Division floor hockey tournament in Morris on March 8<sup>th</sup>. Students from all schools were split up into teams for this friendship format tournament. **Thank you** to **Ms. Harley** and **Mrs. Wiebe** who each coached a team and to **Miss Friesen** who helped supervise. The students had a great time meeting new people and getting lots of exercise.

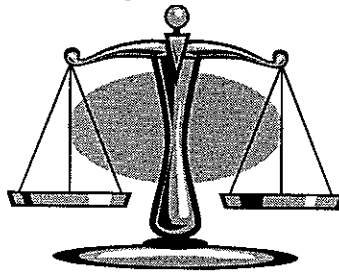
## BADMINTON

Students right from Kindergarten to Grade 8 are working on their badminton skills in Phys. Ed classes these days. Kindergarten students learn how to hold the racket properly and get to practice try hitting the bird. Grade 1 and 2 students learn the basics and practice hand eye striking skills. From there their skills develop further. The older students (grade 5-8) get the chance to show their stuff by participating in a regional badminton tournament on April 16<sup>th</sup> in Rosenort. Winners go on to compete in the divisional tournament to be held later in April.

Low Farm School Grade 7 & 8 Students Present

# LAW & ORDER: Nursery Rhyme Unit

Directed by Mrs. Alice Brown



## Dessert Theatre

Thursday, May 2, 2013

in the Lowe Farm School Gymnasium at 7:00 p.m.

Tickets: \$5.00 per person, Preschool – Free

Please call 204-746-8068 for your tickets.

# **Lowe Farm School**

## **KINDERGARTEN**

### **REGISTRATION**



**Do you have a child or children  
born in 2008 or earlier?**

**If so, now is the time to register them  
for the**

**2013-2014 KINDERGARTEN SESSION.**

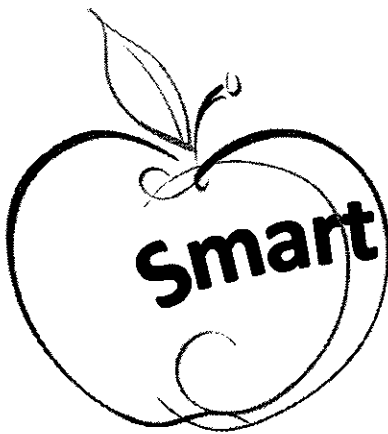
**Please call Mrs. Ewbank at  
Low Farm School at 746-8068  
to register your child(ren).**

**If you have any questions please feel free to call us,  
we'll be happy to help you.**

**Low Farm School offers your child(ren)  
quality education in a setting which strongly promotes  
community values.**

**A parent information meeting will be held on  
Wednesday, April 3, 2013 at 5:30 p.m.  
at the Lowe Farm School.**

**Low German translation will be available at the meeting.  
The early registration deadline is April 30, 2013.**



# Smart Eating Makes The Grade

## "Food Labels-what you need to know"

### Food Label Basics

Food labels help to:

- Compare products more easily.
- Determine the nutritional value of a food.
- Help you choose a product with more or less of a particular nutrient.

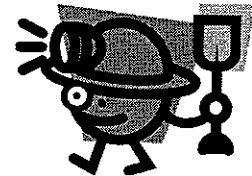
Follow these steps:

- 1) Look at the amount of food
  - a) Compare this to the amount you actually eat.
- 2) Read the % DV (Daily Value)
  - a) 5% or less of a nutrient is a little.
  - b) 15% or more of a nutrient is a lot.
- 3) Choose
  - a) Choose foods with little fat and sodium.
  - b) Choose foods with a lot of: fibre, iron, vitamin A, calcium.

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) / par 1 tasse (250 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	0 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 115 mg</b>	<b>5 %</b>
<b>Carbohydrate / Glucides 12 g</b>	<b>4 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 11 g	
<b>Protein / Protéines 9 g</b>	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	45 %

### Did you know?

- Nutrition labelling became mandatory for all prepackaged foods on December 12, 2007. This means that all food companies have to include nutrition labelling on their prepackaged foods.
- Did you know that ingredients such as lactose, glucose, sucrose, maltose, dextrose, fructose and even honey are just other names for sugar?



### Dig Deeper...

- Want to see a video on label reading? Visit <http://dietitians.ca/Your-Health.aspx>
- After watching the video, try this online quiz to see how well you are able to read food labels at <http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/interactive-eng.php>

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.

## Healthy Bodies Healthy Minds

Looking for a fun family activity? Try doing a scavenger hunt together. A scavenger hunt can keep you active while having lots of fun!

Examples of scavenger hunt:

- See a pinecone, a bird, a rock with many colors, deer tracks, hike to the top of a hill, find a bird's nest or an animal hole, and cross a creek bed without getting wet feet.

Pick one day and set a goal of spending one hour together searching.

Remember to:

- **Dress for the weather**
- **Bring some water for the journey**
- **Bring a healthy snack**

More ideas can be found at:

<http://www.lovetheoutdoors.com/camping/kids/scavengerhunt.htm>



## Tastebud Challenge

**Steel-Cut Oats** (sometimes called Irish oatmeal) are whole-grain oats that have been cut into little pieces rather than rolled. This hot breakfast cereal is less-processed than other types of oatmeal and has a nutty crunch. Like all oatmeal, it's high in soluble fiber, which may help to lower "bad" LDL cholesterol, and has a healthy amount of protein, both of which will help you feel satisfied.

## Raspberry Baked Oatmeal

Preheat oven to 350°F and spray a 9x9 baking pan

Ingredients:

- 1 banana cut into small slices
- 2 cups steel cut oats
- 1 tsp baking powder
- ½ tsp salt
- ½ cup 1% or skim milk
- 3 eggs
- 1 tsp vanilla
- ½ cup raspberries
- 1/8 cup canola oil

Method:

- Line the bottom of the baking pan with the banana slices.
- Mix the oats, baking powder, and salt together in a medium bowl.
- In another bowl, mix together the milk, eggs, vanilla, ½ cup raspberries, and canola oil.
- Pour the egg mixture over the oat mixture and toss them together just until combined, and pour the entire mixture over the bananas in the pan.
- Sprinkle the ½ cup raspberries, almonds/walnuts and brown sugar (if using) on top.
- Bake until the oatmeal is toasted on top, about 30 minutes
- Serve warm with milk. Tastes great toasted the next day! (store in the refrigerator)

*Baked oatmeal cuts into squares very nicely after cooling off in the refrigerator. It can be sent in a bag lunch along with an ice pack for a great snack. Remember to omit the nuts if sending to school.*

by Rebecca Wilson

Topping:

- ½ cup raspberries
- ½ cup almonds/walnuts (optional)
- ¼ cup brown sugar (optional)

For more nutrition topics, go to the news and events section of

[www.rha-central.mb.ca](http://www.rha-central.mb.ca) or

Contact Health Links -1-888-315-9257

Nutrition Services Team

T 204-428-2736

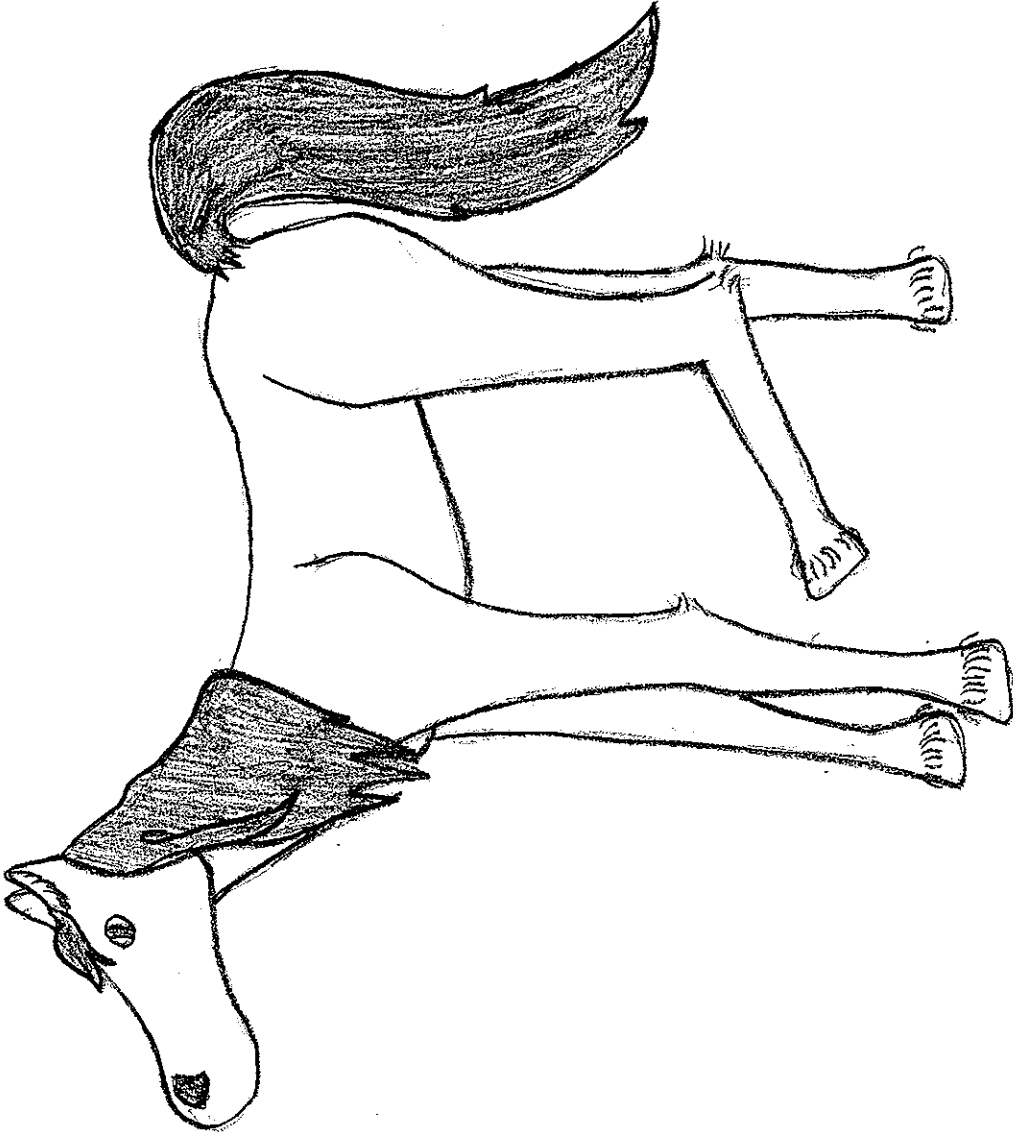


May be photocopied in its entirety provided source is acknowledged.



# April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>1</i> Classes Resume</p> <p>Mini pizza/mac &amp; cheese</p>	<p><i>2</i> Kindergarten</p>	<p><i>3</i> Preschool, KIDS Program, Kindergarten Info Night 5:30 p.m. Mini pizza/chips &amp; salsa</p>	<p><i>4</i> Kindergarten</p>	<p><i>5</i> Gr. 7/8 Home Ec</p> <p>Hot dog</p>	<p><i>6</i></p>
<p><i>7</i></p>	<p><i>8</i> KIDS Program</p> <p>Mini pizza/mac &amp; cheese</p>	<p><i>9</i> Kindergarten</p>	<p><i>10</i> Preschool, Last KIDS Program, INTERNATIONAL DAY OF PINK, Mini pizza/chips &amp; salsa</p>	<p><i>11</i> Kindergarten Gr. 1-4 Manitoba Museum field trip, LFS Science Fair, Student Led Conferences 4-8</p>	<p><i>12</i> Inservice Day -no classes</p> <p>Student Led Conferences 9 a.m.—12 noon</p>	<p><i>13</i></p>
<p><i>14</i></p>	<p><i>15</i></p> <p>Mini pizza/mac &amp; cheese</p>	<p><i>16</i> Kindergarten</p> <p>Regional Badminton Tournament</p>	<p><i>17</i> Preschool</p>	<p><i>18</i> Kindergarten, Wiggles, Giggles &amp; Munch, Gr. 7/8 Home Ec, Gr. 1-4 Marion School visit</p>	<p><i>19</i></p> <p>Hot dog</p>	<p><i>20</i></p>
<p><i>21</i></p>	<p><i>22</i> EARTH DAY</p> <p>Mini pizza/mac &amp; cheese</p>	<p><i>23</i> Kindergarten</p> <p>CANADA BOOK DAY</p>	<p><i>24</i> Preschool</p> <p>Mini pizza/chips &amp; salsa</p>	<p><i>25</i> Kindergarten. RRVSD Learning Fair at LFS, Divisional Badminton in Morris</p>	<p><i>26</i> Kindergarten</p> <p>Provincial Science Fair</p> <p>Hot dog</p>	<p><i>27</i></p>
<p><i>28</i></p>	<p><i>29</i></p> <p>Mini pizza/mac &amp; cheese</p>	<p><i>30</i> Kindergarten</p>				





**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.

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.

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.

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.

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.

Other information: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent's Signature: \_\_\_\_\_