

Lowefarm School

April 2014 Newsletter

lowefarm@rrvdsd.ca

PRINCIPAL'S MESSAGE

Another successful Spirit Week has just completed and Spring Break and April have arrived!! Hopefully the warm temperatures will also arrive but the snow will melt slowly and we won't have too many spring showers.

Thank you for coming out to **student led conferences** where students shared their work. It is exciting to see all the progress the children have made throughout the school year and knowing they so very much enjoy sharing with you.

April also brings us many exciting events. Badminton will be in full swing or should I say smash. Lowefarm School will be participating in the **Divisional Learning Fair** hosted by Oak Bluff this year. We will be having a low-key Science Fair this year, where only students wishing to compete at the provincial level will be required to do a project. We are asking these students to share their work with the rest of the school.

It is **Kindergarten registration** time at Lowefarm School. I encourage you to get the word out to families with young children to come and register as soon as possible. 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 Lowefarm School. Let's spread the wealth!

Mr. Rob Fiola

DATES TO REMEMBER:

Mon., Apr. 7	Classes resume
Tues., Apr. 15	One to the World Info Evening for grade 4 & 7 parents at 6:00 p.m.
Thurs., Apr. 17	School Inservice/Admin Day- no classes
Fri., Apr. 18	Good Friday – no classes
Thurs., May 8	Drama/Dessert Theatre 7:00 p.m.
Mon., May 19	Victoria Day – no classes
Thurs., June 26	Last day of classes
Fri., June 27	Admin Day – no classes

Wonderful Sloppy Weather

After the cold winter we have endured we are delighted to have some warmer temperatures. And yes, with that comes wet, sloppy conditions outside at recess. We encourage students to wear rubber boots and splash pants at recess time. **We are asking parents to please send an extra set of dry clothes for students to keep in their backpacks/lockers in the event that they get wet when outside.** This is an especially good idea for the early years students. We do have a few Spring Recess Survival Rules to share with parents and students:

- Students must be wearing rubber boots and splash pants if they want to go into the puddles.
- Students are not to purposely get wet and splash others in the puddles.
- Students must stay out of the mud.
- As the temperatures warm up (but are still cool) students must keep their jackets on but may unzip them.

Science Fair / Learning Fair

Grade 5-8 science projects are optional and therefore our annual Science Fair will take on a new look this year. We would like to thank all the community members commandeered in the past to come in and judge the projects. This year students who wish to participate will display their projects for all students and staff to see. A number of staff will go through the judging criteria with these students and their projects to expose them to the whole process. Parents will receive a note home inviting them to come and see the projects the day they are on display. The top grade 5/6 project and the top grade 7/8 project will then have the opportunity to go on to compete in the Provincial Science Fair in Winnipeg at the end of April.

The Divisional Learning Fair will be held on Thursday, May 1st. This year's theme is a Celebration of the Arts and will be held in Oak Bluff. Selected students from grades 5-8 will participate in the activities that day.

SPIRIT WEEK

Lowe Farm School **Spirit Week** was held March 24th – 28th. A week full of food, fun and games. Dress up themes were **Pajama Day, Opposite Day, Sports Day, Farmer/Country Day and Crazy/Freaky Friday**. Other activities enjoyed during the week were an **Oreo-Dunking Contest, a Community Pancake Breakfast** and then the week closed out with a **Talent/Air Band/Karaoke Show**.

Thank you to parents and student volunteers who helped out throughout Spirit Week.

Thank you . . .

. . . to our "**Soup Ladies**". Soup days have been held every second Thursday from the beginning of January until Spring Break. These wonderful moms have volunteered to bring in and serve delicious homemade soups on those days: **Mary Blatz, Marie Doell, Tara Falk, Helena Fehr, Michelle Ginter, Lillian Groening, Shannon Groening, Monica Harder, Anna Schmitt, Linda Schroeder and Dorothy Suderman**. Thank you ladies! The students and staff have very much enjoyed hot soup on cold winter days!

. . . to **Tristan Landry** who came out faithfully to help coach one of our basketball teams this year. Your help was much appreciated Tristan.

. . . **Heidebrecht Honey Farm** for the donation of honey for our nutrition program! Your kindness is much appreciated.

Explorer John Dunn

Our grade 5-8 students enjoyed a trip to Rosenort on Thursday, March 27th where they took in a John Dunn presentation. This was an exciting opportunity for our students to learn more about the Canadian North as John Dunn is a wilderness explorer, photographer and lecturer. Mr. Dunn is fascinated with the **Canadian Arctic** and a veteran of over 20 expeditions. He shared his images and experiences through his acclaimed multimedia lecture and presentation.

Thank you to the Rosenort School for inviting us to the presentation. The students and staff enjoyed it immensely.

Day of Pink

On **Wednesday, April 9, 2014** 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. Pink shirts are worn in solidarity to show that we are **taking a stand against bullying**.

We are encouraging everyone (students, staff and community) to wear a pink shirt on **Wednesday, April 9th** to show their support. **An assembly will be held at 2:15 p.m. that day and parents are more than welcome to attend if they wish.**

WEAR PINK ON APRIL 9TH!

One to the World

**Open House Info Evening for
Parents of students in grades 4 & 7
Tuesday, April 15th, 2014
at 6:00 p.m.**



TOWN BUS

**The final day for the town bus to
make its rounds in the morning was
Friday, March 28, 2014.**

SPORTS

Our grade 7 & 8 students have started practising badminton for the upcoming Regional Tournament which will be held on **Tuesday, April 22nd** in St. Pierre. Sixteen Lowe Farm School participants will attend with Miss Rikki Bergstresser, their physical education teacher and badminton coach.

Lowe Farm School
Grade 7 & 8 Class presents
**Heaven Help the
Po'Taters**



Written by: Billy St. John
Directed by: Mrs. Alice Brown

DESSERT THEATRE

Thursday, May 8, 2014

7:00 p.m. in the school gymnasium

Cost is \$5.00/person, Preschoolers FREE

Please call Mrs. Ewbank at the school,

204-746-8068 for your tickets.



Lowe Farm School PTA PLAYGROUND FUNDRAISER

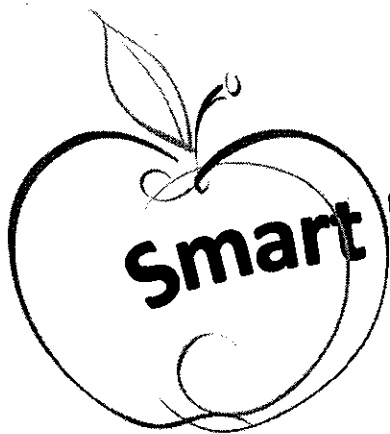
Lowe Farm School PTA
23 – 1st Street East, Lowe Farm, Manitoba
Draw Date: Thursday, June 26, 2014 at 11:00 a.m.

1st Prize: 2014 CanAm Outlander 500XT ATV ((\$10,799 value)
2nd Prize: Sharp 60" LED TV 120 hz (\$1,399 value)
3rd Prize: Apple iPad Air 16GB Wi-Fi – Silver (\$519 value)

1500 tickets printed
All winners will be contact
All draws are open to all ticket holders
Age restriction: 18 years of age
MGCC #5987RF

\$25.00 per ticket

If you would like to purchase a ticket or sell a book of tickets please contact:
Michelle Ginter 204-746-2775 or rmginter@snet.ca
or
Marie Doell 204-746-6947 or jmdoell@snet.ca



Smart Eating Makes The Grade

"Growing a Garden"

Gardening 101

Growing a garden is a great way to teach children where food comes from as well as introducing them to new vegetables and berries! To get your garden started:

1. Start small and sunny
 - Try planting tomatoes, peppers, herbs or strawberries in pots
 - If digging up sod for a garden start small (you can always make it bigger next year)
 - Pick a spot that gets lots of sunlight
2. Plant a variety of vegetables to harvest throughout the growing season
 - Example: Spinach, green beans, cucumbers, tomatoes and carrots
3. Space plants well so they have room to grow
 - Use guidelines on seed packages and plants on how far apart to space plants and rows
4. Don't forget to water!
 - Consistent watering is usually key – be careful not to water log plants
5. Have children help with planting, weeding, and watering – they are more likely to try the vegetables if they've helped grow them!

What's in your lunch?

Include fresh veggies and berries from the garden as part of your lunch to get more fibre as well as vitamins and minerals. Include at least 3 of the 4 food groups in your lunch as well to round out your meal!

Try a whole grain wrap with vegetables (like cucumbers and tomatoes from the garden!) with chicken



...and yogurt and berries for an energy and nutrient filled lunch to fuel learning and play!



Healthy Bodies Healthy Minds

As the weather warms up, it's a great time to get active outside – you can walk, bike, skip and more!

Goal: I will ride my bike or go for a walk for 30 minutes 5 times this week.



Media Savvy

Some extra tips to get your garden started:

<http://www.garden.org/articles/articles.php?q=show&id=1578>

Book suggestion: The Vegetable Gardener's Bible
(Author – Edward C. Smith)

What's in your snack?

Include a fruit or vegetable as part of a healthy snack! To round out your snack include 2 of the 4 food groups.



Carrots and Hummus



Veggies and Cheese

Garden Vegetable Kabobs

1 pint or 340g	Cherry Tomatoes	1	Green pepper
1	Broccoli Bunch cut into florets	2	Lemons juiced
1	Red Onion	2	Garlic cloves
1	Red Pepper	To taste	Cracked black pepper

1. Soak 12 wooden skewers in water until ready to use.
2. Wash and trim all vegetables. Blanch the broccoli by dropping into boiling water for one minute, then plunging into cold water to stop the cooking process. Cut zucchini, peppers and onion into thick slices. Thread vegetables on skewers.
3. Combine lemon juice, garlic and pepper in a bowl. Reserve and set aside half of the marinade mixture. Brush kabobs with remaining marinade. Preheat grill and brush with oil.
4. Grill kabobs, turning and brushing with reserved marinade frequently, approximately 8-10 minutes or until vegetables are tender crisp.

Tip: For more flavour, marinate kabobs overnight.

Source: Amazing Little Cookbook (Alberta Health Region) – recipe courtesy of Alberta Farm Fresh Producers Association.

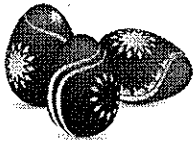
For more nutrition topics, go to the news and events section of www.southernhealth.ca or

Contact Health Links -1-888-315-9257

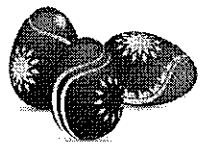
Nutrition Services Team




T 204-428-2736

May be photocopied in its entirety provided source is acknowledged.



April 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
Spring Break						
6 	7 Classes Resume, KIDS, A Gym Tale 9:30 a.m. Mini pizza/mac & cheese	8 Kindergarten	9 Preschool, Day of Pink, KIDS Mini pizza/ chips & salsa	10 Kindergarten	11 KIDS Hot dog	12
13 Palm Sunday	14 Mini pizza/mac & cheese	15 Kindergarten, PTA meeting 4:00 p.m., One to the World Info ses- sion 6:00 p.m., PTA Subway Day	16 Preschool, KIDS, Gr. 7/8 Home Ec Mini pizza/ chips & salsa	17 Inservice/ Admin Day - no classes	18 Good Friday -no classes 	19
20 Happy EASTER 	21 A Gym Tale 9:30 a.m. Mini pizza/mac & cheese	22 Kindergarten, Badminton Regional Tournie, Earth Day	23 Preschool, KIDS Mini pizza/ chips & salsa	24 Kindergarten	25 Hot dog	26
27	28 Mini pizza/mac & cheese	29 Kindergarten PTA Taco in a Bag Day	30 Preschool, Gr. 7/8 Home Ec 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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