

Lowe Farm School

December 2013 Newsletter

lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

The white stuff has finally arrived and the students are having fun with the crazy carpets on our hill. What an exciting time!

In November, students participated in Artists in the School with Tusia Kozub, exploring music from around the world. Mrs. Brown and her entourage of volunteers once again pulled off a fantastic Fall Supper. Staff and students also participated in another excellent Remembrance Day ceremony. The grade 5 – 8 students participated in two mixed volleyball tournaments hosted at Lowe Farm School. The culmination of months of assessment was shared at the Parent/Teacher Conferences. Many thanks to the parents and families that were able to attend some or all of these events.

Christmas Holidays are only 3 weeks away! All classes are busy working on the December 12th Christmas Concert where we will continue to celebrate our year-long theme of multi-culturism. Please support all the initiatives that enable our volunteers to help bring a little relief to those in need during the holidays. Have a safe (and not too hectic) 3 weeks before Christmas Holidays. ☺



Please find below our 3 goals for the 2013-14 school year:

- All students will increase a minimum of 3 reading levels and 2 writing levels by June 2014.
- Every student at Lowe Farm will participate in at least 1 local, 1 regional and 1 Global Citizen activity.
- Teachers will completely implement the new Math Curriculum into their classrooms by June of 2014.

Welcome . . .

. . . to a couple of new faces on staff at Lowe Farm School. **Miss Valerie Hofer** is our new custodial aide, while **Mrs. Patti Nickel** is a new educational assistant on staff. Some of you may remember Mrs. Nickel as she previously was employed as the secretary/librarian at Lowe Farm School many years ago.

School Cancellation

Fall is upon us and soon the wintery weather will arrive. Along with that comes the possibility of inclement weather. 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.

PTA Report

The PTA recently held a **Home Shopping Party Event** that was well attended. Some of the vendors included: Tupperware, Epicure, Lia Sophia Jewelry, Pampered Chef, Scentsy, Norwex, Party Lite and for the men, Mac Tools. There were a few tables of baked goods as well. The PTA raised **\$1300** with this event and the money will be put towards a future playground structure. Thank you to those who supported the event.

We will hold our annual **Soup & Pie Fundraiser** on **Sunday, February 2nd, 2014** at the Community Centre from 11:00 a.m. to 2:00 p.m.. Please mark your calendars! Anyone wishing to donate soup, buns and/or pies please contact Marie Doell.

Stay tuned for other PTA fundraisers in the near future.

Artist in the School

Thank you to the parents who attended our final performance with our Artist in the School, Ms. Tusia Kozub. The performance was held on Wednesday, November 20th in the afternoon. Parents were treated to musical presentations from a variety of ethnic backgrounds.

Our Kindergarten and grade 1 students performed Ukrainian songs.

Grade 2 & 3 students performed Ah chim baram - a Korean song that includes the game: Rock, Paper, Scissors and The Napi Hut - a traditional song from the Philippines.

Grade 4 students performed La Cucaracha, a Mexican hat dance, as well as sang a Cuban song entitled I akee monday oon hardeen.

The grade 5 and 6 students performed 2 songs both from Africa. One from Uganda and one from South Africa. One of the songs was entitled Siyahumba which translates to Marching in the Light of the World and the other song pronounced Twe-Re-Rey about farmers on their plantations growing Millet and Plantains.

Grade 7 and 8 students sang a Cree song as well as a French Folk song.



DATES TO REMEMBER:

Thurs., Dec. 12	LFS Christmas Concert
Tues., Dec. 17	Christmas Concert Storm date
Fri., Dec. 20	Last day of classes before Christmas Holidays
Mon., Jan. 6	Classes Resume
Fri., Jan. 31	Admin Day – no classes
Mon., Feb. 17	Louis Riel Day – no classes
Fri., Mar. 21	School Inservice/Admin Day – no classes
Fri., Mar. 28	Last day of classes before Spring Break

FUNDRAISING UPDATE

We saw a profit of **\$1054.48** from our first fundraiser of the school year – the **Lamontagene Card/Calendar/Gift fundraiser**. We were also successful in our **Mom's Pantry Products** fundraiser where our profit was **\$1536.23**.

On November 8th our grade 5-8 parents and students hosted the annual **Fall Supper** at the community centre. Thank you to Mrs. Brown and her organizing committee – Marie Doell, Ann Harder, Trina Landry and Anna Schmitt – who did a wonderful job. The meal was excellent! Thank you to our donators: Granny's Poultry Co-operative, Kroeker Farms, Arletta Boulton, Linda Schroeder, Lowe Farm Grocery and our grade 5-8 parents. Thank you also to Lillian Groening and Ang Isaak who also helped with set up and preparations.

Thank you also to all who attended. A very quick estimate of our profit for the fall supper is **\$2270**. The funds raised from the Fall Supper will go towards covering the costs of our grade 5-8 winter camp trip to Camp Cedarwood at the end of February.

Our last big fundraiser for the school year will begin in December – the ever popular **Chocolate Fundraiser**. Please keep an eye out for the permission forms which will go home early next week. The fundraiser will run for the month of December and end the first day back after Christmas break.

Thanks again to all who support our fundraisers throughout the school year. With your support our students are able to enjoy class field trips at no extra cost.



SPORTS

VOLLEYBALL

Domain School grade 5-8 students visited us again on November 12th to participate in a mini volleyball tournament.

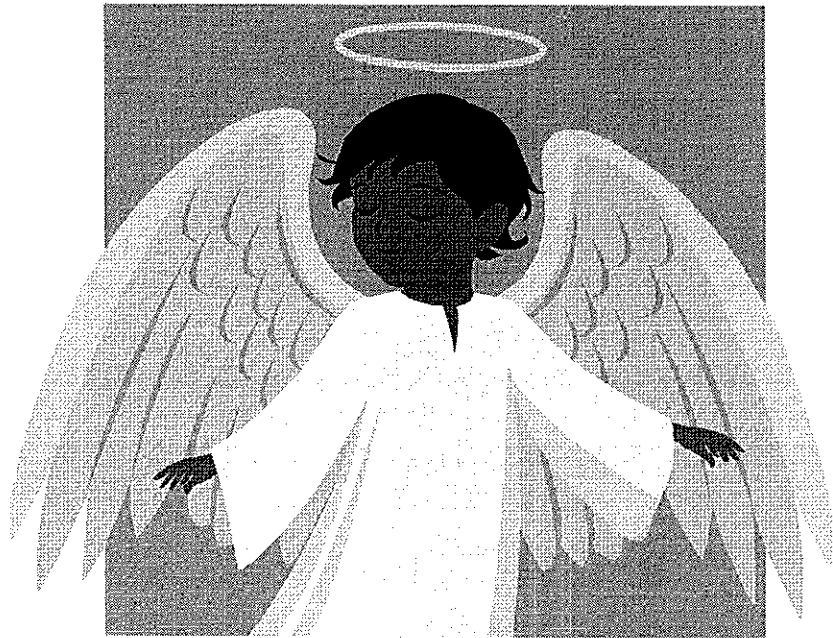
BASKETBALL

Basketball season will begin in January so our students will soon begin practicing for that.

Lowe Farm School

CANTEEN

**WILL BE CLOSED ON
FRIDAY, DECEMBER 20, 2013
Sorry for the inconvenience**



Lowe Farm School
Christmas Concert

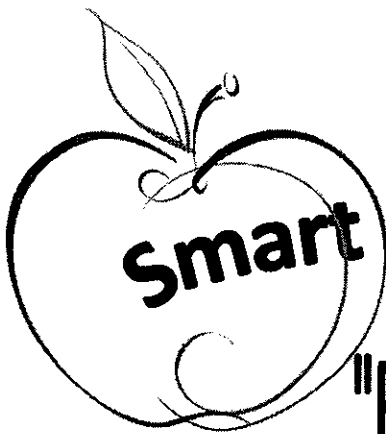
Thursday, December 12, 2013

(Storm date: Tuesday, December 17, 2013)

7:00 p.m.

in the school gymnasium

Everyone Welcome!



Smart Eating Makes The Grade

"Eating well with Canada's Food Guide"

One of the best ways to make sure you are getting the right amount of nutrients your body needs to stay healthy is to follow *Eating Well with Canada's Food Guide*.



It outlines the kinds of foods you need to eat and how much to choose daily from the four food groups.

The Recommended Number of Food Guide Servings chart below shows how much food you need from each of the four food groups every day.

Find your age and gender in this chart to see how much food you need.

Recommended Number of Food Guide Servings per Day

	Children			Teens	
	2-3	4-8	9-13	14-18 Years	
	Girls and Boys			Female	Male
Vegetables and Fruit	4	5	6	7	8
Grain Products	3	4	6	6	7
Milk and Alternatives					

What's in your lunch?

Choose a healthy food choice from at least 3 of the 4 food groups at every meal.

Example: Chicken or turkey wrap and yogurt with fruit

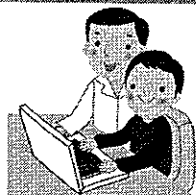
Food	Serving	Lunch Menu
Vegetables and Fruit	2	Lettuce and tomatoes in the wrap ½ cup of berries
Grain Products	2	1-10" whole wheat tortilla
Milk and Alternatives		Yogurt with fruit



Healthy Bodies Healthy Minds

Bundle up and grab a breath of fresh air by taking a walk around your neighbourhood or a nearby park. To add some fun, you can estimate the time it will take or play eye spy with a friend along the way.

SMART goal: I am going to walk after school for 30 minutes 3 days a week.



Media Savvy

Go to the website below to create your own personal Canada's Food Guide!

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index-eng.php>

What's in your snack?

Healthy snacks can be a very important part of your day. Young children benefit from snacks as they have small stomachs and it gives them a chance to refuel their body.

- ✓ Look for snacks that count towards your recommended number of Food Guide Servings.
- ✓ Make a snack by choosing one food choice from at least 2 of the food groups.

Try this!

**Whole wheat English muffin
with melted cheese and apple slices**



Beef "Stewpendous"



In the winter there is nothing more comforting than a plate of hearty beef stew! Serve stew with mashed potatoes or dumplings and round out the meal with frozen green peas. Substitute peeled bite-size pieces of parsnips or turnips for a portion of the carrots.

1/3 cup all purpose flour
1/2 tsp salt
1/4 tsp pepper
4 lbs lean stewing beef, cubed
1 tbsp vegetable oil
+3 tsp (divided)
2 cups sliced onions
1 can (10 oz/284 ml) condensed beef broth
1 can (5 1/2 oz/156 ml) tomato paste
1 1/2 cups water
1 tbsp minced garlic
2 tsp dried thyme leaves
2 bay leaves
4 cups peeled baby carrots

Directions:

1. Place flour, salt and pepper in a large plastic sealable bag. Add beef cubes; seal bag. Shake until beef is coated with flour mixture. Set aside.
2. In large Dutch oven heat 1 tbsp oil over medium high heat. Add 1/4 of beef cubes; brown on 2 sides. Remove from pan. Add 1 tsp oil to pan and add 1/4 of beef cubes. Repeat twice more.
3. Add onions to pan. Cook for 2 to 3 minutes.
4. Add beef back to pan along with beef broth, tomato paste, water, garlic, thyme and bay leaves. Bring to a boil; reduce heat and simmer, covered, for 1 1/2 hours.
5. Add carrots. Simmer for 1 more hour removing cover for last 1/2 hour of cooking time. Remove bay leaves.

Source: Supertime Survival®

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


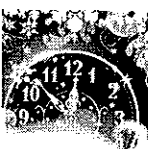
T 204-428-2736

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December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Grade 5/6 Field Trip Mini pizza/mac & cheese	3 Kindergarten	4 Preschool Mini pizza/ chips & salsa	5 Kindergarten, PTA Subway Day	6 Kindergarten Hot dog	7
8	9 Mini pizza/mac & cheese	10 Kindergarten	11 Preschool, Grade 7/8 Home Ec Mini pizza/ chips & salsa	12 Kindergarten, LFS Christmas Concert 7:00 p.m.	13 Hot dog	14
15	16 Mini pizza/mac & cheese	17 Kindergarten, LFS Christmas Concert storm date, PTA Taco in a Bag Day	18 Preschool	19 Kindergarten	20 Kindergarten, Last day of classes before Christmas Break NO CANTEEN	21
22	23	24 Christmas Eve	25 	26 Boxing Day	27	28
29	30	31 New Year's Eve 				Classes resume on Monday, January 6, 2014

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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