

Lowe Farm School

December 2014 Newsletter Website: <http://lowefarm.rrvsd.ca/>

E-mail: lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

Let it snow, let it snow, let it snow! The students are anxiously awaiting more snow fall so that they can enjoy the hill on the playground. Along with the snow will be tough driving conditions for the adults. Please be careful both driving and walking in the parking lot as it can become slippery. Mr. Harder works hard to keep the walkways in good shape, but Mother Nature will have her way!

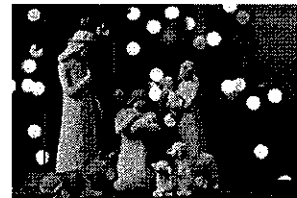
In November, volleyball continued with the playoffs in Oak Bluff and Sanford. Thank you to coaches; Alice Brown, Charles Bergstresser, Betsy Bergen and Trina Landry for all their time and dedication providing a fun experience for our students. Our Remembrance Day ceremony was held on the 10th and the Fall Supper was a great success, serving over 400 people. Report Cards are completed and now we can concentrate on the activities for December.

The PTA continues to roll along, and encourages parents to attend the next meeting December 2nd at 4:00. Our Christmas Concert is December 16th at 7:00 p.m. We are looking forward to having our Lowe Farm community join us for an evening of song and music. I wish everyone a safe and stress free (as best as possible) December.

Mr. Rob Fiola

School Cancellation

Along with the cooler temperatures 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



Lowefarm School SMART Goals

- By June of 2015, Lowe Farm School will purchase and utilize a minimum of 500 high quality books that will have cultural diversity, human equity and a wide variety of levels and interests to be creatively implemented in both the classroom and library.
- By June of 2015, Lowe Farm School will continue to have common Math language and strategies throughout each grade with an emphasis on creating a common Math assessment tool.
- By June of 2015, Lowe Farm School will involve students in a minimum of 5 active and socially engaging activities during lunch time, and Pre/Post school times.
- By June of 2015, Lowe Farm School will research, adopt and implement a common behavioural system based on Restitution principles.



Lowefarm School

CHRISTMAS CONCERT

Tuesday, December 16, 2014

(storm date – Wed., Dec. 17, 2014)

7:00 p.m.

Lowefarm School Gymnasium

Everyone Welcome!



Special Visitor

Professional storyteller, playwright and arts-in-education specialist **Leigh-Anne Kehler** visited Lowe Farm School at the beginning of November. Some of you may remember Ms. Kehler from our Artist in the School series a couple of years ago. Ms. Kehler treated the students to a session of storytelling in the afternoon. The students (and staff) always enjoying listening to her entertaining tales.

Fundraising Update

Lamontagne Card/Calendar

The books are closed on the first fundraiser of the school year. We netted a profit of **\$612.36**.

Mom's Pantry Products

Our Mom's Pantry order was delivered on November 18th so all customers should now have their orders. We raised **\$1315.46** this year, less than last year but still a very good result.

Annual Fall Supper

WOW! What a fantastic evening to come out and enjoy a delicious meal of turkey, ham, potatoes, dressing, coleslaw, veggies, buns, gravy and pie! This was a great deal for \$10 per adult. On November 21st Mother Nature co-operated with us and over **400** people came out to enjoy some good food and fellowship!!! We will include an update in the next newsletter once all expenses come in. Kevin Friesen was the winner of the \$25 Co-op Gift Card door prize.

Thank you to Granny's Poultry Cooperative Ltd., Prairie Agri Sales Ltd./Lemken Sales Agency, R.O.C. and The Fern Orchard, Kroeker Farms, Peter & Ann Harder, Abe Suderman and a variety of parents for their generous donations towards the meal. Thank you also to all our grade 5 – 8 students, their parents and staff. They worked hard setting up, preparing, serving and cleaning up during the evening. Thank you also to all who attended.

Chocolates

An annual favourite for students is our Chocolate fundraiser. It will run through the month of December and wind-up on January 5th. These make great little stocking stuffers or a little treat to keep you going through the busy holiday preparations!

We would like to take this opportunity to thank the Lowe Farm community for all their support with our fundraisers this year.



DATES TO REMEMBER:

Tues., Dec. 16	LFS Christmas Concert 7:00 p.m. (concert storm date – Dec. 17)
Fri., Dec. 19	Last day of classes before Christmas Holidays
Mon., Jan. 5	Classes Resume
Sun., Jan. 25	PTA Soup & Pie Fundraiser
Fri., Jan. 30	Inservice Day – no classes
Mon., Feb. 16	Louis Riel Day – no classes
Fri., Mar. 20	Inservice Day – no classes
Mar. 30 – Apr. 3	Spring Break
Mon., Apr. 6	Classes Resume

Lowe Farm School
CANTEEN
will be closed on
Friday, December 19, 2014.

A GYM TALE

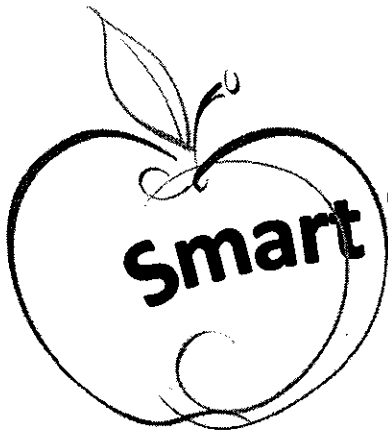
Don't forget about the **A GYM TALE** preschool program which will be held on December 1 and 8 in the school gym. This program is open to preschool parents and their children (ages 0-5) and at no cost. The program is held from 9:30 – 11:00 a.m. each of those days.

SPORTS

VOLLEYBALL

On Tuesday, November 4th our volleyball teams travelled to Oak Bluff to participate in a tournament for the afternoon. The girls lost against Starbuck and Oak Bluff. They came back strong to win both games against St. Malo with scores of 25-23 and 25-9. The boys won both games against Starbuck, lost both to Oak Bluff and split their games with St. Malo. Go Lancers!

The final tournaments of the season were held on November 12th. The boys played in Oak Bluff, the girls in Sanford. Miss Bergen and Mrs. Landry congratulated the girls team for completing the season. They played well in the final tournament but did not win any of their games. They showed great sportsmanship and had lots of fun despite the scores. Mrs. Brown stated that the boys made it all the way to the semi-finals in their final tournament and lost in a barn-burner of a game to J.A. Cuddy. Thanks for the great season Lancers! Thank you to our coaches: Miss Bergen, Mrs. Landry, Mrs. Brown and Mr. Bergstresser!



Smart Eating Makes The Grade

Mindful Eating



We “eat” with our mouth, nose, eyes and ears...

Do you know that our tongue has more than 10,000 taste buds to help us to savor five tastes : sweet, sour, salty, bitter and umami (a meaty, broth like flavor)?

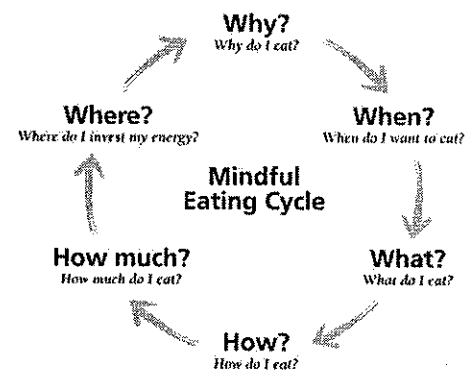
Can you believe we also “taste” with our eyes and ears? When we see a grapefruit or hear someone eating crunchy chips, the brain pictures how these foods might taste. Thinking about food may trigger our body to feel hungry even if we aren’t.

Mindful eating is learning to focus our thoughts and be aware on the present moment of eating. It is learning to recognize we are eating and to enjoy eating, without guilt. Listening to hunger signals to eat and being mindful of eating is linked with greater success in changing eating habits and behaviors.

How can I eat mindfully?

Have you eaten on the run, or in front of the TV, in the car, on the computer, or while cooking without noticing?

- Become aware of why you are eating.
 - Ask....am I eating for emotion, fuel, or to satisfy a craving?
- Listen and notice hunger and fullness signals
 - Ask....am I hungry? am I full?
- Identify triggers that cause you to eat
 - Examples: seeing food, food commercials, bowl of candies on your counter, someone else eating, smell of food, thoughts about food, emotions.



Cook Together! Eat Together! Be Mindful Together!

Cooking with kids is a great way to teach important life skills. Learning to cook now prepares them to cook for themselves when they grow up. It doesn't have to be hard – start simply and build skills. Younger kids can help measure ingredients and stir. Older kids can help peel and chop vegetables. Once they have more comfort in simple skills, they can help bake, broil or sauté.

Have fun with a friendly competition! Do it over a weekend or a month. Here's how:

1. Choose a cookbook, food magazine or website. Each family member picks one recipe to try.
2. Each person makes his or her recipe for the family. Depending on skill level, kids might need a little help.
3. Sit down together and savor every bite. Enjoy the taste, the texture, the smell.
4. When all dishes have been tasted, rate the recipes. You might discover a new family favourite!

Chicken Fingers



Makes 4 servings (4 to 6 strips per serving)
So good you'll forget chickens have wings.

Ingredients:

2 individual chicken breasts,
boneless & skinless
2 Tbsp (30 mL) low-fat yogurt, plain
12 whole grain crackers, crushed
2 Tbsp (30 mL) ground flax seeds
2 Tbsp (30 mL) Parmesan cheese

1 tsp (5 mL) thyme
1 tsp (5 mL) onion powder
1 tsp (5 mL) garlic powder
1 tsp (5 mL) chili powder
dash pepper

Directions:

Preheat oven to 375°F (190°C).

Cut each chicken breast into 8 strips, trying to make them all about the same size.

In a medium bowl, combine yogurt and chicken strips.

Stir gently, coating each strip completely.

In a shallow pan, combine the crackers, parmesan cheese, ground flax seeds and spices.

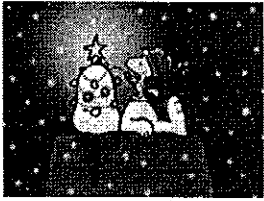
Using a fork, place the chicken strips in the cracker mixture and coat them evenly.

Place coated chicken strips on a rack in a pan or on a cookie sheet lined with tin foil.

Bake in preheated oven for 25 minutes. The strips will look golden and crispy when they are done.

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





December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 KIDS A Gym Tale Mini pizza/mac & cheese	2 Kindergarten Preschool #1 PTA meeting at 4:00 p.m.	3 KIDS Gr. 7/8 Home Ec Chips & salsa	4 Kindergarten Preschool #2 Turkey Pot Pie	5 Kindergarten	6
7	8 KIDS A Gym Tale Mini pizza/mac & cheese	9 Kindergarten Preschool #1 PTA Taco in a Bag	10 KIDS Chips & salsa	11 Kindergarten Preschool #2	12	13
14	15 KIDS Mini pizza/mac & cheese	16 Kindergarten, Preschool #1 LFS Christmas Concert 7:00	17 KIDS Gr. 7/8 Home Ec LFS Christmas Concert Storm Date Chips & salsa	18 Kindergarten Preschool #2 PTA Sub Day	19 Kindergarten Last day of classes before Christmas Holidays CANTEEN CLOSED	20
21	22	23	24 Christmas Eve	25 Merry Christmas	26 Boxing Day	27
28	29	30	31 New Year's Eve			Classes Re-sume on Monday, January 5th, 2015

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: _____