

Lowe Farm School

Love to Read Month

February 2013 Newsletter

lowefarm@rrvsc.ca

PRINCIPAL'S MESSAGE

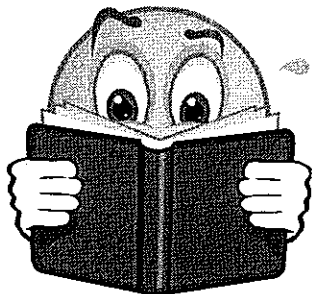
I hope everyone had a great New Year. The school year has started out with staff and students working really hard. This is the time of year that we are able to really focus on learning and applying skills from the first few months.

This last weekend, the rink had the Grand Opening. Congratulations to the whole community on making the rink project a wonderful success. A big thank you goes out to the Kidsport program for donating sticks, goalie equipment, skates and sweaters. Thanks also go out to the Manitoba Coalition for Active and Safe Kids for donating helmets. Combined with the helmets that the school has purchased, we should be in good shape for the rest of the skating season. Please encourage everyone to wear helmets in the evenings as well. Many head injuries are preventable and wearing a helmet is the best safeguard.

February will be I Love to Read Month at Lowe Farm School. Please encourage your children to read at home as often as possible. I would like to also encourage parents to try to budget in some time each week to read with your children and enjoy the progress they have made over the last few months. Don't be shy to demonstrate your own reading where your children can see, modeling reading for fun.

February 4th marks the beginning of the second half of the school year. We can look forward to many exciting events from now until Spring Break. We will have reading month, Science Fair, Learning Fair and Spirit week. After Spring Break, we can look forward to another great performance from the grade 7 & 8 students with the Spring Drama. Enjoy the ride. ☺

Mr. Rob Fiola



PTA Report

January has come and gone, and boy has it been a busy, cold month!

I would like to take this opportunity to THANK all the parents who contributed to the Soup and Pie Fundraiser with soup, pies, buns or contributing during the event. Without your help the fundraiser would not have been a success. I can honestly say that the community of Lowe Farm epitomizes the term "Community Spirit" by community members supporting the PTA's largest fundraiser and community members who contributed their time to the fundraiser that do not have children in Lowe Farm School. Thanks so much!!! Lowe Farm is definitely a one of a kind community to live in and we should be proud!

Our Soup and Pie fundraiser raised \$1311.00!! This money will go towards the construction of our shed/picnic shelter beginning in spring. We are looking for volunteers to help us build the shed. If you're interested please let Trina Landry or I know.

We have had our first Subway Tuesday lunch, it was a huge success! Thanks to Donna Fehr for delivering the subs to the school. Subway lunches will continue to run the last Tuesday of every month!

Michelle Ginter,
PTA Chair

Fundraiser Update

Our Chocolate/Cereal Bar fundraiser has drawn to a close. There is some product that needs to be returned and then we will receive a credit note. Once that is received and all paperwork has been tallied, a profit total will be available. Thanks again to all who supported this fundraiser as well as our other fundraisers throughout the school year. We have had a successful run again this year.



School Cancellation

We would just like to remind parents that should we have stormy weather 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

Thank You. . .

. . . to Mrs. Joyce Harder for the donation of skates.

Dates to Remember:

February 1	School Inservice Day – no classes
February 18	Louis Riel Day – no classes
March 15	School Inservice Day – no classes
March 22	Last day of classes before Spring Break
April 1	Classes resume
April 12	School Inservice Day – no classes
May 20	Victoria Day – no classes
June 27	Last day of classes
June 28	Admin Day – no classes



10 Reasons

Why Reading Is Important (for kids **AND** adults)

1. Kids who read often and widely get better at it. This is pretty much just common sense. After all, practice makes perfect in almost everything we humans do and reading is no different.
2. Reading exercises our brains. Reading is a much more complex task for the human brain than, say, watching TV is. Reading strengthens brain connections and actually builds new connections.
3. Reading improves concentration. Children have to sit still and quietly so they can focus on the story when they're reading. If they read regularly as they grow up, they develop the ability to do this for longer and longer periods.
4. Reading teaches children about the world around them. Through reading, they learn about people, places and events outside their own experience. They are exposed to ways of life, ideas and beliefs about the world which may be different from those which surround them. This learning is important for its own sake however it also builds a store of background knowledge

which helps younger children learn to read confidently and well.

5. Reading improves a child's vocabulary, leads to more highly-developed language skills and improves the child's ability to write well. This is because children learn new words as they read but also because they unconsciously absorb information as they read about things like how to structure sentences and how to use words and language effectively.

6. Reading develops a child's imagination. This is because when we read our brains translate the descriptions we read of people, places and things into pictures. When we're engaged in a story, we're also imagining how the characters are feeling. We use our own experiences to imagine how we would feel in the same situation.

7. Reading helps kids develop empathy. Readers identify with the character in the story so they feel what the character feels.

8. Because reading does all the things mentioned above, children who read do better at school. They don't just do better at subjects like reading, English and history. They do better at all subjects and they do better all the way through school.

9. Reading is a great form of entertainment! A paperback book doesn't take up much space so you can take it anywhere and you'll never be lonely or bored if you have a book in your bag. You can read while waiting in a queue, while waiting for a friend who's running late or during a flight delay at an airport.

10. Reading relaxes the body and calms the mind. This is an important point because these days we seem to have forgotten how to relax and especially how to be silent.

SPORTS

Basketball

Our season is off to a slow start as our first couple of games scheduled for January 22nd and January 24th were postponed due to weather.

We hosted the teams from Rosenort on January 29th with the following results: Boys lost 60 – 22, Girls lost 64 – 14.

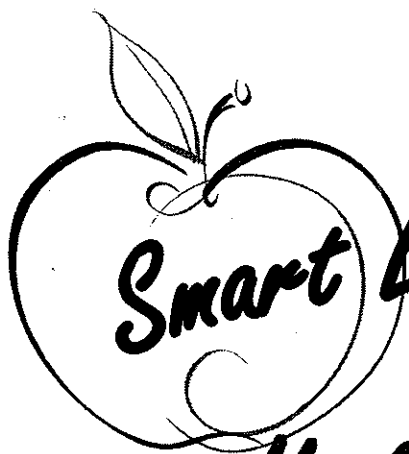
The following games are scheduled for the month of February:

February 5 Lowe Farm at J.A. Cuddy in Sanford

February 7 Lowe Farm at Starbuck

February 19 Lowe Farm vs. Morris in Lowe Farm

Lowe Farm vs. Oak Bluff in Lowe Farm is yet to be rescheduled. Playoffs will follow after the regular season is completed. We encourage everyone to come out and cheer the teams on.



Smart Eating Makes The Grade

Healthy Cooks, Healthy Kids

Involving kids with cooking at any age!

Fun and Independence in the Kitchen

Remember to give your child tasks they can safely complete by themselves or with your direction. Here are some ideas for kids at different life stages.

- **4-6 years:** Stir ingredients together, slice soft foods with a plastic knife, beat eggs.
- **6-8 years:** Learn to use a blender and can opener, make simple sandwiches, help write a grocery list.
- **8-11 years:** Use the microwave, make lunches, decide what foods to add to make complete meals (following Canada's Food Guide).
- **12 and up:** Cook using the stove, help plan meals, make the family grocery list, and cook 1 supper each week!

Grocery Shopping Fun:

Taking your kids grocery shopping is a great way to learn about food budgets and label reading. You can also divide the shopping list for older kids and teens to save time!

Did you know?

- Children are more likely to try new foods if they help prepare them!
- Time spent with kids in the kitchen also strengthens relationships; you can catch-up on the latest in school, with friends, etc.
- Get your kids cooking with healthy habits now, and they'll be more likely to continue those habits as they grow older!

Dig Deeper...



- For additional kid- and teen-friendly recipes, check out:
 - <http://kidshealth.org/kid/recipes/>
 - http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.3484337/k.4BAE/Healthy_Kids_Good_Eats.htm
- For a video on building a child's self-esteem in the kitchen, click on:
 - http://www.youtube.com/watch?v=aGW6SvwY_u0

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.

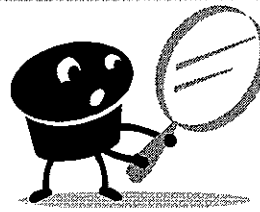
Healthy Bodies Healthy Minds

Set a SMART goal to increase your physical activity. Smart goals are Specific, Measurable, Achievable, Realistic and Timely.

1. What activities could you do to be more active? Pick one you enjoy.
2. When? What days of the week and what time?
3. Where?
4. What do you need to be able to do it?
5. After you set your goal, look at it and see if it's realistic. Then try it! If it doesn't work, adjust it to make it work!

Examples of SMART goals:

- For 1 dinner each week, I will offer my child 2 choices and they will decide on one.
- I will help my child make their lunch 2 days per week, the night before.



Tastebud Challenge

Can't beat beets!

- The first sugar beet factory opened in what is now Poland in 1801.
- High in vitamin C, potassium, folic acid and disease-fighting antioxidants (giving the red-violet colour)!
- Choose small or medium-sized beets with rock-hard roots; a soft beet is an old beet!
- Storage: Place in a plastic bag and wrap the bag tightly around the beets. Keep in the fridge for up to 3 weeks.
- To cook, steam in the skin for 15 minutes or bake peeled beets tossed in oil at 375° F until tender. Also great added raw to salads.
- Source: www.Whfoods.com

RECIPE: PERSONAL PITA PIZZAS

Makes 4 pita pizzas

Preparation time: 15 minutes

Cooking time: 12-15 minutes

4 whole-wheat pitas
1 cup (8 oz.) tomato sauce
1 cup low-fat mozzarella cheese*
Sprinkle oil, to grease pan(s)
Pizza toppings, your choice! Options→

Mushrooms
Onion
Pineapple tidbits, canned
Peppers, any colour
Cooked ground beef or chicken

1. Pre-heat oven to 350° F.
2. Wash and chop vegetables for your toppings, grate the mozzarella cheese. If using meat, cook completely in a separate pan.
3. Grease 1-2 baking pans, or cover bottom with aluminum foil.
4. Place pitas on pan. Top with tomato sauce → vegetables and meat → cheese.
5. Bake in pre-heated oven for 12-15 minutes and enjoy!

*Soy cheese is a non-dairy alternative to replace mozzarella cheese.

These pita pizzas are a complete meal, containing food from all 4 food groups. Add a piece of fruit and it makes a fun lunch, eaten warm or cold!

For more nutrition topics, go to the news and events section of www.rha-central.mb.ca
Nutrition Services Team

Wiggles, Giggles & Munch & Story Time

***All parents and their
children up to age 5
are invited!***



*A time for parents and children
to have fun together through active play,
games, songs, stories & a healthy snack.*

Cost: FREE

Location: LOWE FARM SCHOOL

Day: THURSDAY MORNINGS

**(Jan. 24, Feb. 14 & 28, Mar. 14, Apr. 11, May 9 & 23,
June 6 & 20 plus 3 other dates to be determined)**

Time: 9:45 – 11:15 A.M.

**Please contact Lowe Farm School
at 746-8068 or e-mail lowefarm@rrvsd.ca
for more information and/or to register
for this amazing program.**



February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
I Love to Read Month					1 Inservice Day -no classes	2
3	4 Mini pizza/mac & cheese	5 Kindergarten BB—LFS @ JA Cuddy	6 Preschool Mini pizza/	7 Kindergarten Soup Day	8 Kindergarten Hot dog	9
10	11 Gr. 7/8 Home Ec, Gr. 1-4 visit to the Wpg. Symphony Mini pizza/mac & cheese	12 Kindergarten	13 Preschool, Gr. 8 Curling in Morris Mini pizza/ chips & salsa	14 Kindergarten, Wiggles, Gig- gles & Munch & Storytime, Gr. 5-8 Valen- tine Heart Day, Valentine's Day	15 Hot dog	16
17	18 Louis Riel Day -no classes	19 Kindergarten BB—Morris @ LFS	20 Preschool Mini pizza/ chips & salsa	21 Kindergarten Soup Day	22 Kindergarten, Gr. 7/8 Home Ec Hot dog	23
24	25 Mini pizza/mac & cheese	26 Kindergarten, PTA Subway Tuesday, Star Dome Presentations	27 Preschool Mini pizza/ chips & salsa	28 Kindergarten, Made in Mani- toba Breakfast, Wiggles, Gig- gles & Munch & Storytime,		

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: _____