

Low Farm School

February 2015 Newsletter

Website: <http://lowefarm.rrvsd.ca/>

E-mail: lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

Well, our January has turned out to be surprisingly super cold AND super warm. What a month! Pretty good finish to the 1st half of the school year. By the time you read this, we will be beginning the second half of the 2014-15 school year.

January was a productive month academically. Students worked hard on reading, writing, Math and a variety of projects. The grade 7/8 students helped make pie crusts for the PTA Soup and Pie that raised over \$2,600.00! Our divisional Math consultant spent 4 days in the school, helping us to organize and order new Math materials for the classroom. We look forward to continuing our Math instruction with these new supplies.

Basketball season has begun with games in Sanford and Starbuck. The next 3 games are all home games on February 2nd, 9th and 17th. We look forward to having parents and students attend these games. The girls play at 4:00 and the boys at 5:00.

We start off February with "I Love to Read" month. We look forward to a wide variety of activities celebrating what we do every day! We also have our Division-wide Kindergarten registration evening on the 11th at 5:30 p.m. If you know of anyone with Kindergarten age children, please let them know.

Let's have a great second half to the school year. ☺

Mr. Rob Fiola



PTA Report

WOW! What fantastic support for our PTA Soup & Pie Fundraiser on Sunday, January 25, 2015. We raised a total of **\$2618.55** to go towards a new playground play structure, the most ever from this specific fundraiser! Thank you to all who donated food, silent auction prizes, helped set up, serve, clean up and also to those who attended. Without you this would not have been so successful! A special thank you to the grade 7 and 8 students who made some delicious fruit pies for the event.

Report Cards/ Student Led Conferences

Report Cards are scheduled to go home on **March 17th, 2015**. Student Led Conferences will be held on **March 19th and 20th, 2015**. Please note that appointments will be assigned for each student/parent. You will receive a letter at the beginning of March with the appointment time. We encourage all parents to take advantage of this opportunity to meet with your child's teacher and have your child share their progress throughout the school year with you.

Low Farm School SMART Goals

- By June of 2015, Low 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, Low 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, Low 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, Low Farm School will research, adopt and implement a common behavioural system based on Restitution principles.



Indoor Recess Temps

Our winter temperatures can sometimes be rather challenging at recess times. We want to make sure that students are safe and yet at the same time, we do not want to be over cautious realizing that it is always good to get out for some fresh air and exercise.

In reviewing our Indoor Recess policy, students will go outside for recess if the temperature is -25 or warmer and/or the wind chill is -30 or warmer. If it is colder than either of these temperatures then students will remain indoors with a variety of activities being held for them in the school. We also want parents to understand that our supervising staff have the right to bring the students in or shorten the time outside if they feel the weather warrants it.

Fundraising Update

Our Chocolate Fundraiser was very popular again this year. The fundraiser wrapped up at the beginning of January and we are very pleased to say that we made a profit of over **\$1200.00**. Thank you to the students who so eagerly sold chocolates and to all who supported them. Thank you to Mrs. Ewbank for her hard work in organizing these fundraising efforts.

I Love to Read Month

February is "I Love to Read" month and this year's theme is **Literacy is a Human Right**. Staff have received a booklet from our Reading Month committee with a list of resources available for them to share with their classrooms. Special activities are being planned for the month such as: Reading Month kick-off with special guest, **MLA Mr. Shannon Marten**, visit from Manitoba author, **Harriet Zaidman**, Book Responses and Teacher Read. Teachers are encouraged to use the theme as they see fit for their students throughout the month.



G.I.R.L.S.

Girls in Real Life Situations (G.I.R.L.S.) is a noon hour group open to girls in grade 5-8 who will meet on February 2 and 23, March 2 and 23 and April 6 and 27. Topics covered in the group are self-esteem and positive self-image. The girls will eat, play games, do fun activities together and reflect on how they see themselves. The group will be facilitated by Cheryl Crick (RRVPCC), Jacqueline Tymchuck (RRVSD Social Worker) and Marla Brandt (Guidance). For more details, please contact Marla Brandt at the school.

Dates to Remember:

- Wed., Feb. 11 Kindergarten Registration/Info Night 5:30 p.m.
- Mon., Feb. 16 Louis Riel Day – no classes
- Thurs., Mar. 19 Student Led Conferences 4 – 8 p.m.
- Fri., Mar. 20 Student Led Conferences 9 a.m. – 12 noon
- Fri., Mar. 20 Inservice Day – no classes
- Mar. 30 – Apr. 3 Spring Break
- Mon., Apr. 6 Classes Resume
- Fri., April 17 School Inservice / Administration Day – no classes
- Mon., May 18 Victoria Day – no classes
- Mon., June 29 Last day of classes
- Tues., June 30 Administration Day – no classes

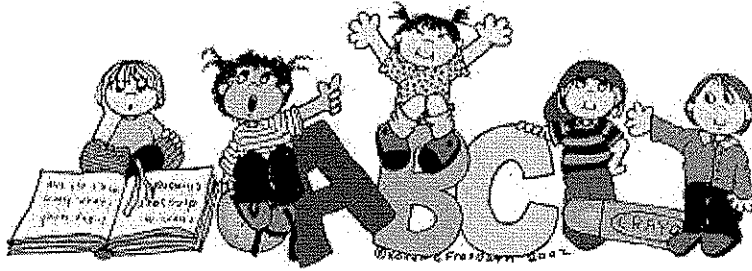
SPORTS

BASKETBALL

Our basketball teams travelled to Sanford for their first games on Monday, January 19th. Both teams lost, but the girls score was a close 32-26. This is a big step for some of our students as it introduces them to their first experiences in competitive sports.

On January 26th the teams travelled to Starbuck. Lowe Farm girls won 45-37 and the boys also won by a score of 49-17.

The next three games will be home games in our local gym beginning at 4:00 p.m. On February 2nd St. Malo will visit, Rosenort on February 9th and Morris on February 17th. Come on out and cheer on the teams!



A GYM TALE

A Parent-Child Preschool Gym & Story Time Program

Ages 0-5 years welcome to attend with their parents.

*Being held at the Lowe Farm School from
10:00 – 11:30 a.m. on the following dates:*

February 2 & 23, 2015

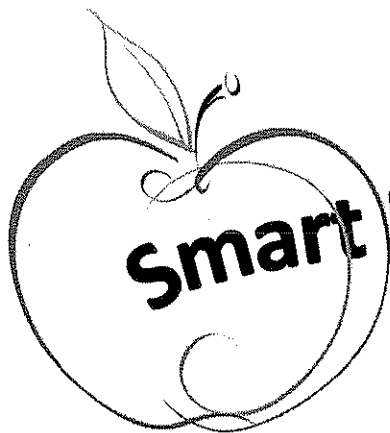
March 2 & 23, 2015

April 6 & 27, 2015

Gym Time, Crafts, Games, Stories,

Bookmaking, Fun!

**Please contact Lowe Farm School for more information at
204-746-8068 or lowefarm@rrvsd.ca**



Smart Eating Makes The Grade

Eating Out

Healthy Eating at Restaurants

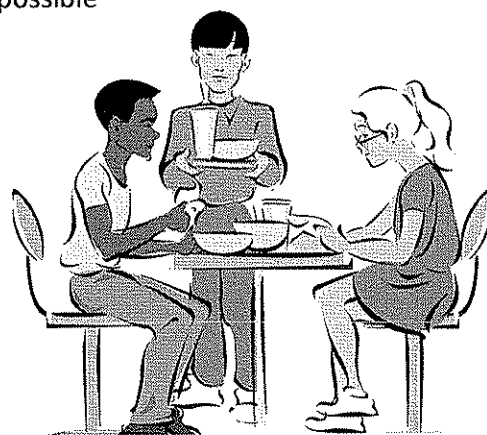
Eating at restaurants can be a common event for families today! It is possible to enjoy a healthy meal out. Try these tips:

- Broiled, baked, or steamed options have less fat than fried foods.
- Choose whole-wheat toast, rolls, tortillas, and brown rice.
- Order a side of cooked vegetables or a mixed dark green salad.
- Ask for sauces (salad dressing, gravy, margarine) on the side.
- Choose water, milk, or 100% juice to drink.
- Have fruit for dessert!
- Order a small appetizer instead of a meal.
- Share a meal or dessert with a friend.
- Helpful Websites:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/out-exterieur-eng.php>

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Lunches/Fast-Food-Options.aspx>

(Health Canada, 2007; Dietitians of Canada, 2013)

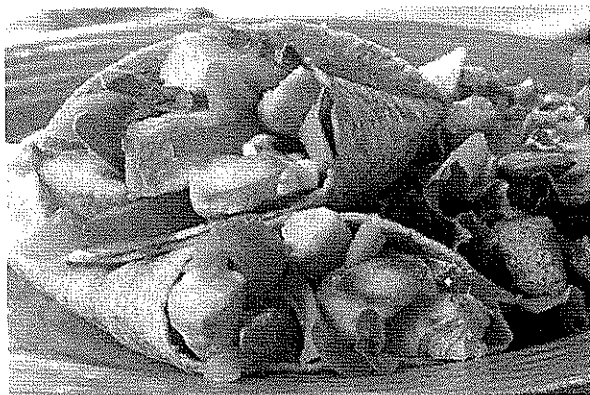


Is it hard to choose a healthy restaurant meal?

There are a wide range of menu choices, and it can be tempting to choose something indulgent. Try these tips to help you stick to a healthy eating plan:

- Look at the menu online before you go. Check out the healthy options that are available.
- Eat until you feel full, and save the rest for later. Restaurants often serve larger-than-necessary portions.
- Enjoy! Savor each bite.

(Health Canada, 2007; Dietitians of Canada, 2013)



Cook and Enjoy! Cooking Tips!

Looking for healthier and budget friendly options to eating out? Make your favourite restaurant dishes at home! Cooking at home can be better on the wallet and let you make some healthier choices too!

Making restaurant type dishes at home can help lower your intake of sodium, fat, sugar, and increase fibre! Ideas to try:

- Oven roasted potatoes tossed in oil and herbs instead of fries
- Make your own spaghetti sauce using low sodium canned tomatoes
- Pizza: whole wheat crust and partly skimmed mozzarella cheese instead of white flour crust and full fat cheese
- Oven baked breaded chicken instead of fried chicken
- Replace ½ the fat in muffin recipes with mashed fruit or vegetables (e.g. unsweetened applesauce or carrots)
- Reduce sugar in baking recipes by up to 1/3 without changing the flavour
- Go meatless! Use beans or lentils to replace meat in a recipe

Quick and Easy Lentil Tacos

Makes 4 servings

1 ½ cups	cooked green lentils**	¼ cup	finely diced plum (Roma) tomatoes
2 Tbsp	finely minced red onion	½ cup	shredded Cheddar or light Cheddar cheese
2 Tbsp	finely minced red bell pepper	½ cup	light sour cream (optional)
¼ cup	salsa	1	avocado, cubed (optional)
4	taco shells	½ cup	sliced black olives (optional)
¾ cup	finely shredded romaine or iceberg lettuce		



**You can use 1 can (19 oz/540 ml) lentils, drained and rinsed, instead of cooked lentils

1. In a medium saucepan, over medium heat, combine lentils, onion, red pepper and salsa; cook, stirring often, for 3 to 4 minutes or until bubbling and hot.
2. Fill each taco shell with one-fourth of the lentil mixture, lettuce tomatoes and cheese. If desired, top with sour cream, avocado and olives.



Source: Dietitians of Canada: Cook!

For more nutrition topics, go to the news and events section of www.southernhealth.ca, or Contact Health Links -1-888-315-9257 or Contact Dial-A-Dietitian at 1-877-830-2892
Nutrition Services Team T 204-428-2736





FEBRUARY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 KIDS A Gym Tale 10—11:30 a.m. G.I.R.L.S. 11:30—12:30 Basketball—St. Malo at LFS Mini pizza/ Mac & cheese	3 Kindergarten Preschool #1 Ham & Cheese Wraps	4 No KIDS Chips & salsa	5 Kindergarten Preschool #2 Soup Day	6 Hot dog	7
8	9 KIDS Basketball— Rosenort at LFS Mini pizza/ Mac & cheese	10 Kindergarten Preschool #1 PTA Taco in a Bag	11 KIDS Kindergarten Registration/ Info Night 5:30 p.m. Chips & salsa	12 Kindergarten Preschool #2 Gr. 7/8 Home Ec	13 Kindergarten Gr. 7/8 Curling Hot dog	14 
15 National Flag Day 	16 Louis Riel Day -no classes	17 Kindergarten Preschool #1 Ham & Cheese Wraps Basketball— Morris at LFS	18 KIDS Chips & salsa	19 Kindergarten Preschool #2 Gr. 3-6 Field Trip to Festival du Voyageur	20 Hot dog	21
22	23 A Gym Tale 10—11:30 a.m. G.I.R.L.S. 11:30—12:30 Mini pizza/ Mac & cheese	24 Kindergarten Preschool #1	25 Chips & salsa	26 Kindergarten Preschool #2 PTA Sub Day	27 Kindergarten Gr. 7/8 Home Ec Hot dog	28

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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