



LowE Farm School

February 2012 Newsletter

lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

February has arrived! Students and staff have been working hard on the most productive time of the year. The report cards you will be receiving on Thursday are a good reflection of this hard work.

In January, everyone came back refreshed and ready to work. The basketball season is now underway. A big thank you to Mrs. Brown, Mrs. Landry, Mrs. Isaak and Becca Harder for doing a great job coaching our students. Players are having fun and learning skills and sportsmanship. The Parent Teacher Association had a very successful Soup and Pie lunch at the Community Centre. It was delicious!

In February, the Student Council is preparing two events. For Valentine's Day, they are doing a "Steal Your Heart" day. At the end of the month they are preparing a spirit week that will include a pancake breakfast that parents can come and enjoy. I hope you are able to take some time out of your busy day to come and share some breakfast with us. The breakfast will be served from 8:00 to 9:30 a.m. On February 21-23 Randy Guest will once again work with students on a video project.

The Parent Teacher Association continues to work hard on the playground. The next project is to construct a storage/covered picnic building. Plans are being prepared with a building construction teacher in Winnipeg to make this happen. Please come to the next meeting on the 6th of February at 5:30 pm to join in on the excitement.

Enjoy another beautiful (hopefully) winter month.

Mr. Rob Fiola

REPORT CARDS

Parents can expect the report cards to come home on **Thursday, February 2nd**.



Dates to Remember:

Thurs., Feb. 2	Report Cards go home
Fri., Feb. 3	Divisional Inservice – no classes
Mon., Feb. 20	Louis Riel Day – no classes
Fri., Feb. 24	Inservice Day – no classes
Fri., Mar. 23	Last day of classes before Spring Break
Mon., Apr. 2	Classes resume
Fri., Apr. 6	Good Friday – no classes
Apr. 12 & 13	Student Led Conferences
Fri., Apr. 13	Inservice Day – no classes
Mon. May 21	Victoria Day – no classes
Thurs., June 28	Last day of classes
Fri., June 29	Admin Day – no classes



Fundraising update

CHOCOLATE FUNDRAISER

Well, our Chocolate fundraiser has wrapped up for another year. This year we introduced a healthy alternative as well. We tried a few boxes of healthy cereal bars and they seemed to be a hit. Perhaps next year more will be ordered.

Congratulations to our top sellers: **Alexis Johnstone** who sold 180 bars and **Bobby Froese** and **Nancy Sawatzky** who each sold 120 bars. We netted a profit of **\$1284.40** for this fundraiser! Funds will be used for class field trips, etc. Thank you very much to everyone who supported it.

That brings us to the end of school initiated fundraising for this school year. We would like to take this time to say a **BIG THANK YOU** to all students who participated in the various fundraisers, parents for their support and to community members who have so willingly supported our students. The funds raised from these fundraisers truly do allow students to be enriched with extra activities such as field trips and camp. We encourage you to support our PTA in any of their upcoming fundraising efforts.

Spirit Week

Lowe Farm School **SPIRIT WEEK** will be held Monday, February 27th to Friday, March 2nd. Student council has been busy with ironing out the details for the week's activities. This is a week full of fun, games and some food! Students and staff are encouraged to participate in the dress up themes for the week. Student council tried to select themes that would be easy for all students to get involved with and to find clothes for. The themes this year are as follows:

- **Monday, February 27 – Pajama Day (come to school in your pajamas)**
- **Tuesday, February 28 – Sports Day (come dressed as your favourite sports figure or even just wear a shirt with a sport on it)**
- **Wednesday, February 29 – Farm Day (dress up like a farmer or farm animal)**
- **Thursday, March 1 – Recycle, Reuse, Reduce Day (dress up in recyclable materials or use your imagination with whatever you have around the house)**
- **Friday, March 25 – Freaky Friday (dress up in something unusual but appropriate for the school environment)**

Other activities are being planned for the week:

- An **Oreo-Dunking contest** will be held on Tuesday, February 28th during the noon hour.
- Student council is going to host a **PANCAKE BREAKFAST** on Wednesday, February 29th! All students will be fed pancakes and sausages when they arrive at school that morning. **This year we would like to invite parents to join the students from 8:00 a.m. to 9:30 a.m.**
- A **Moo-Off** will be held Thursday, March 1st during the noon hour.
- A **Talent Show** will be held in the afternoon on Friday, March 2nd. Students can sing on their own or karaoke style, lip sync, play an instrument, or show us some fancy foot work. Any appropriate talent they wish to show off. Parents are welcome to join us at 12:50.

We are looking forward to a great week with a lot of fun. We hope that all students will participate in the activities to show their true school spirit. If you have any questions regarding Spirit Week, please feel free to contact the school.

Bike Helmets

The Minister of Healthy Living, Youth and Seniors as well as the Minister of Education are once again making **bicycle helmets** available for parents and students at a cost of less than \$15 per helmet. If you are interested in receiving an order form please contact Mrs. Ewbank by phone at 746-8068 by February 3rd, 2012. Order forms and payment will be due by February 10th, 2012. If you are ordering, cheques are to be made payable to **MDA**.

SPORTS

BASKETBALL

Basketball practices started in a flurry just before Christmas holidays and continued at the beginning of January. **Rebecca Harder** and **Trina Landry** are coaching our boys' team this year, while **Alice Brown** and **Angie Isaak** are coaching the girls.

On January 17th Lowe Farm School hosted Starbuck School. Both our boys' and girls' teams played very well and were in tight right through to the third quarter. Unfortunately, the opposing teams gained strength in the last quarter and took the lead in both matches. The boys lost 46-28 and the girls lost 38-31.

The teams were in action again on January 19th as they hosted St. Malo. Lowe Farm came up against a couple of strong teams from St. Malo. Both the boys and girls lost, boys 48-29, girls 48-18.

The first road trip of the basketball season was scheduled for January 25th to Oak Bluff but was postponed due to weather. No new date is available at this time.

The remainder of the league schedule is as follows:

Make-up game in Oak Bluff TBA
February 2 J.A. Cuddy at Lowe Farm
February 8 Lowe Farm at Rosenort
February 13 Lowe Farm at Morris
Playoffs to follow.

We encourage parents to come to all games to cheer on the teams. Games begin at 4:00 p.m.

Thank You. . .

. . . to **Mrs. Anna Schmitt** and her group of volunteer "soup ladies" for preparing and serving students and staff delicious homemade soups and hot chocolate on our **Soup Days!** What can we say but – **DELICIOUS and thank you very much ladies!**

Low Farm School PTA
wishes to thank all those who supported their
Soup & Pie Fundraiser on January 22, 2012.
Thank you also to those who donated and helped out
that day. They raised \$1400.

PLEASE NOTE THAT THE
SCHOOL CANTEEN
WILL BE CLOSED ON
FRIDAY, FEBRUARY 17TH, 2012.
Sorry for any inconvenience this one day
closing may cause.



CLUBS PROGRAM

Beginning February 1, 2012 and running
every Wednesday for 6 weeks.

7:00 – 8:00 p.m. at the Low Farm Emmanuel Church

Kindergarten to Grade 6 students invited to attend.

Please call Michelle Ginter at 746-2775 for further information.

Wiggle, Giggle & Munch

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 & a healthy snack.

Cost: FREE

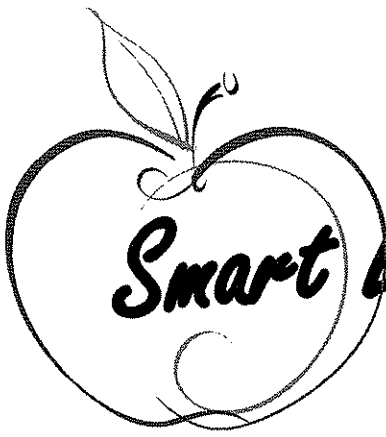
Location: LOWE FARM SCHOOL

Day: THURSDAY MORNINGS

(February 2, 9, 23 and March 1, 8, 22)

Time: 10:00 – 11:00 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.



Smart Eating Makes The Grade!

"Raising Healthy Eaters of All Ages"

Mealtime Modeling

Children learn meal time behaviour from their parents. Age plays a role in kids' food habits.

- Toddlers are learning about food. Be patient, kids may need to be exposed to a new food 15 times before they try it.
- School age children want to make their own choices, but still need structure. Provide healthy options at regular times. Let children choose how much and what foods to eat, that have been offered.
- Teens are busy, but try to make family meals a priority. Teens that eat with their family will eat healthier when they leave home.
- All children need regular meals and snacks that meet all 4 food groups.

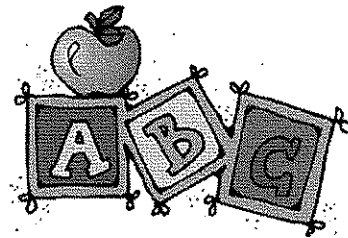


Did you know?

Kids that eat in front of TV choose more high fat foods and less fruits and vegetables.

Teens that eat together with their parents do better in school.

Mealtime conversations with preschoolers improve their language skills.

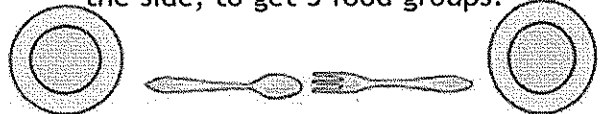


Breakfast Bites

Start the day off right. Give your children the fuel they need to stay alert and energized in class.

Try a fruit smoothie. In a blender mix equal parts fresh or frozen fruit and dairy product (yogurt or milk).

Add some whole wheat toast on the side, to get 3 food groups!



Healthy Bodies Healthy Minds

Physical fitness improves learning, grades, test scores, memory, focus, attention span, health and self-esteem. Children aged 5-11 and youth aged 12-17 should get at least 60 minutes of medium- to high-intensity physical activity every day. But more is even better!

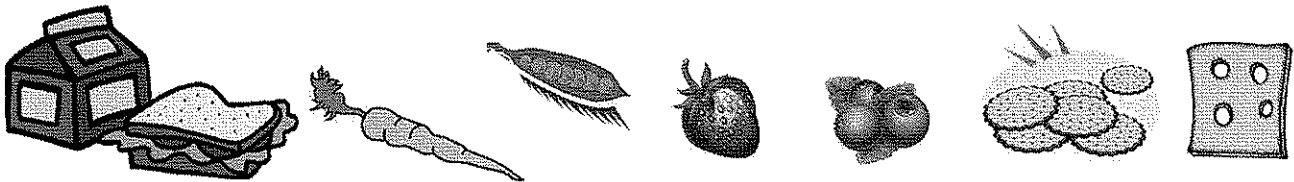
- Take the dog for a walk
- Go ice skating with family or friends
- Learn how to curl
- Join a bowling team



What's in Your Lunch?

Make healthy choices easy for children packing their own lunch.

- Have bowl of fruit on the kitchen counter.
- Stock the fridge with cut up raw veggies, yogurt, and cheese.
- Place whole grain crackers and breads within reach. Make healthy "grab and go" snacks ahead. (see recipe below)



Bunny Munchies

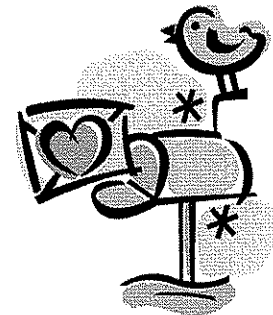
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| ½ cup honey | ¼ teaspoon salt |
| ½ cup butter | ½ teaspoon cinnamon |
| 2 eggs | ½ cup quick cooking rolled oats |
| 1 teaspoon vanilla | 1 cup shredded carrots |
| 1 ¼ cup whole wheat flour | ½ cup raisin |
| 2 teaspoon baking powder | |

1. In a large bowl beat butter and honey. Add eggs, vanilla and beat again.
2. In a smaller bowl, mix flour, cinnamon, salt, oats and baking powder. Stir dry ingredients into egg mixture.
3. Add shredded carrots, raisins and stir into dough.
4. Drop tablespoons full of cookie dough onto oiled cookie sheet. Bake in a 375°F oven for 10-12 min until they begin to brown. Makes 24-26 cookies.

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



February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Report Cards go home Basketball—J.A. Cuddy at LFS	3 Divisional In- service day -no classes	4
5	6 Mini Pizza/Mac & Cheese	7 Gr. 7/8 Home Ec	8 Basketball—LFS at Rosenort Mini Pizza/ Chips & Salsa	9 Soup Day	10 Hot dog	11
12	13 Basketball—LFS at Morris Mini Pizza/Mac & Cheese	14 	15 Gr. 7/8 Curling in Morris Mini Pizza/ Chips & Salsa	16 Gr. 2-4 Field Trip	17 Gr. 5-8 Field Trip NO CANTEEN	18
19	20 Louis Riel Day -no classes	21 Randy Guest working with K-8 students	22 Gr. 7/8 Home Ec Mini Pizza/ Chips & Salsa	23 Soup Day	24 Inservice day -no classes	25
26	27 SPIRIT WEEK Pajama day Mini Pizza/Mac	28 Sports day	29 Farm Day Pancake Break- fast 8-9:30 Mini Pizza/ Chips & Salsa	March 1 Recycle, Reuse, Reduce day	March 2 Freaky Friday	

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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