



Lowe Farm School

January 2012 Newsletter

lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

Wow, Christmas Break is here already!! I hope you enjoyed the Christmas Concert. The staff and students worked hard to bring you the story of Christmas. As busy as we were with the concert, other business has continued on as well.

Due to our increased enrollment and needs, we would like to welcome **Miss Keiralee Friesen** to our staff. Miss Friesen is working as a classroom educational assistant in the mornings. She is familiar with our school and students as she has been in our school to sub several times. We also welcomed 4 new students in December. That's now 113 students, and counting. ☺

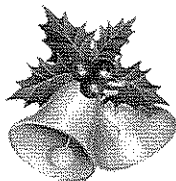
In January we welcome back **Mrs. Heidi Driedger** who has been on maternity leave. Mrs. Driedger will be sharing the duties as the grade 5/6 teacher with Mr. William Jones. Mrs. Driedger will also be teaching grade 7/8 Social Studies.

Our **KIDS (Kindergarten Instruction for Developing Strengths) Program** will begin in January. The purpose of the program is to provide additional support for Kindergarten children who would most benefit from individual attention in their language arts and numeracy skills. **Miss Amber Loewen** has been hired for this position. She will meet with the selected students for 20 different afternoon sessions. You may remember Miss Loewen from last year as she co-taught in the grade 3/4 classroom for part of the school year last year.

Our **PTA** will meet again on Monday, January 9, 2012. We welcome new members at all times.

We wish you all a wonderful Christmas and a Happy New Year! ☺

Mr. Rob Fiola



Soup Days

Once again we are fortunate to have a group of parent volunteers who are willing to organize some soup days for our students. As in the past, these days will be every second Thursday from the start of January to the end of March. **The first SOUP DAY will be Thursday, January 12th, 2012.** Order forms will go home with students a couple of days before. The order forms should come back to school the morning of the soup day if your child wishes to place an order. Parents should also send soup mugs, spoons and money for their child's order. Please label your child's soup mug.

NEW SIGNS

If you have been to the school lately you may have noticed some nice new signs on the school property informing visitors of the entrance, exit and fire lanes at school. You will notice a large **NO PARKING, FIRE LANE** sign right in front of the school. Please **DO NOT** park right in front of the school at **any time**. Please note the slight change, where the **North driveway** onto school property is to be used as an **ENTRANCE** only and the middle access is to be used as an **EXIT** only. **The most south access is to be used by BUSES ONLY.**

Parents dropping off or picking up their children enter the most North access and exit using the middle access. If you are visiting the school and need a parking spot you may park along the fence north of the bike racks. If this area is full please park your vehicle near the ditch area between the north and middle accesses. We very much appreciate your co-operation in trying to keep our school grounds a safe area.

DATES TO REMEMBER:

Mon., Jan. 9	Classes Resume
Fri., Jan. 27	Inservice Day – no classes
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

School Cancellation

This is just a reminder of our school cancellation policy. The superintendent of the school division 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).** 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.



Town Bus Reminder

During the colder months of the school year the **Low Farm School town bus** makes the rounds. Mrs. Suzanne Hiker picks up town students at the following locations between **8:20 – 8:25 a.m.:**

5th Street West & 1st Avenue
3rd Street West & 1st Avenue
1st Street East & 2nd Avenue

If you wish to have your child picked up at one of these stops, please make sure they are at one of the locations at the above mentioned time. The pick-ups are for the **mornings only**. There will be **no drop off** at the end of the day.

Fundraising Update

MOM'S PANTRY PRODUCTS FUNDRAISER

CORRECTION – we made a profit of **\$1501.70**, not \$1333.70. Thanks again for your support!

FALL SUPPER

Now that the dust has settled from the Fall Supper and all of our expenses accounted for we did make a profit of **\$1840.87** at this year's Fall Supper.

CHOCOLATE FUNDRAISER

Right now we are in the middle of our chocolate fundraiser and they seem to be a hot commodity. This year we also tried just a few boxes of healthy cereal bars which seem to have gone over well. Next year we may increase the amount that we order. This fundraiser will wrap up on January 9th so an update should be available in the next issue of our newsletter.

Thank you so very much for your continued support of our fundraisers. The money raised will pay for camp and field trip fees throughout the year. We are very proud to say that no extra fees are charged to parents all year long. ☺



Christmas Concert

It was nice to see so many out to attend our annual Christmas Concert on December 14th. What a wonderful way to get together and celebrate the Christmas Season. The students and staff did a wonderful job. Thank you students, thank you staff and thank **YOU** for coming. We would also like to send out a **BIG THANK YOU** to the **Low Farm Recreation Committee** for sponsoring and distributing treat bags to all children who attended the concert. The children were delighted to receive them.

Artist in the School/

LFS Film Fest

Low Farm School invited parents and community members to attend their first Film Fest the morning of December 21st. We hosted Artists in the School Randy Guest and Leigh-Anne Kehler for several days prior to the Film Fest. Students had the opportunity to learn about filming and editing as well as storytelling. The students thoroughly enjoyed this opportunity. To wrap up the Artists in the School segment we celebrated with a Film Fest where the students showed off their final product. As a special treat, Ms. Kehler also did some storytelling for those in attendance.



MORE INFORMATION REGARDING THE ARTIST IN THE SCHOOL PROGRAM:

Tooz a Crowd Productions is an independent film production company with several film shorts and music videos to its credit. The company, comprised of filmmaker Randy Guest and actor/screenwriter Leigh-Anne Kehler, has worked in schools for the past 10 years and co-created over 300 student films. Two of those films garnered top prizes at the national Panasonic Student Film Competition in Toronto. Randy has over 75 production credits to his name and Leigh-Anne performs around the world as a storyteller. The pair works as a husband-and-wife team and endeavours to bring a sense of artistry, creativity, and kindness to the classroom.

Students were treated from beginning to end like professional filmmakers. K-Grade 3 focused on using the camera to tell a story by choosing creative compositions. Grades 4-6 worked as a team, taking the roles of director, the talent, assistant director, director of photography, art department, and locations manager. Junior high learned the process of going from idea to script, working in a writers' workshop setting with the knowledge of all possible shots and angles.



Low Farm School is offering a Low German Nursery Program for parents and pre-school children

**Each Tuesday morning from 10:00 –
11:30 a.m. come and enjoy nursery
rhymes, games and activities,
all offered in Low German!**

**Enjoy a special treat and whip up a batch of these
over the holidays with your children.**

Peanut Butter-Oatmeal Chocolate Chunk Cookies

1-1/2 cups Crunchy Peanut Butter
1/2 cup butter, softened
3/4 cup granulated sugar
2/3 cup packed brown sugar
2 eggs
1-1/2 tsp. vanilla
1 cup quick-cooking oats
3/4 cup flour
1/2 tsp. baking soda
1 pkg. (8 squares) Semi-Sweet Chocolate, chopped

HEAT oven to 350°F.

BEAT peanut butter and butter in large bowl with mixer until creamy. Add sugars; beat until light and fluffy. Blend in eggs and vanilla.

MIX oats, flour and baking soda. Add to peanut butter mixture; beat until blended. Stir in chocolate. Drop teaspoonfuls of dough, 1 inch apart, onto baking sheets.

BAKE 10 to 12 min. or just until centres are set. Cool on baking sheets 3 min. Remove to wire racks; cool completely.



Season's Greetings

from Lowe Farm School Staff.

We wish you all a

Merry Christmas

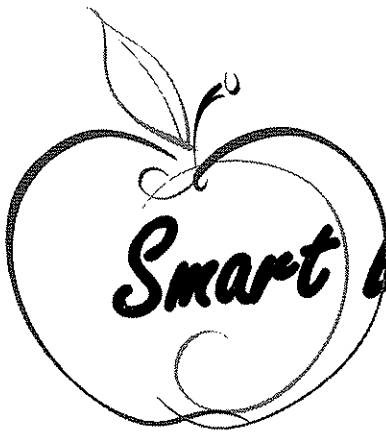
May you enjoy the holiday season with those you love.



Mr. Rob Fiola
Mrs. Melinda Colpitts
Mrs. Heidi Driedger
Miss Jessica Flynn
Miss Amber Loewen
Mrs. Lori Penner
Mr. William Jones
Mrs. Alice Brown
Mrs. Jennifer Johnston
Mrs. Marla Brandt
Miss Keiralee Friesen
Mrs. Ann Harder
Mrs. Trina Landry
Mrs. Diane Lilke
Mrs. Betty Resler
Mrs. Sharmen Wiebe
Mr. Peter Harder
Mrs. Rose-Marie Ewbank
and the support staff from RRVSD



Have a happy 2012!



Smart Eating Makes The Grade!

"Giving Your Body Good Fuel"

Fuel for Life!

Just as a plane needs fuel to fly, your body needs energy to do its work. Your body is at work every day building bone, muscle, thinking, making blood, pumping the heart, fixing bumps and bruises, and so much more! In order to keep working, your body needs the good fuel that you get from eating healthy foods.

Did you know?

There is no "super food" that gives your body everything it needs. Your body needs a variety of foods that are found in Canada's Food Guide.

Choose good fuel

Eating food found in Canada's Food Guide gives your body good fuel that helps you think better, play longer, fight sickness, and grow well.

Keep the Body working on Good Fuel

Skin

- Vegetables & Fruit
- Meat and Alternatives

Brain

- Grain products
- Vegetables & Fruit
- Milk & Alternatives
- Meat and Alternatives

Muscles

- Grain products
- Milk & Alternatives
- Meat & Alternatives

Eyes

- Vegetables & Fruit

Immunity

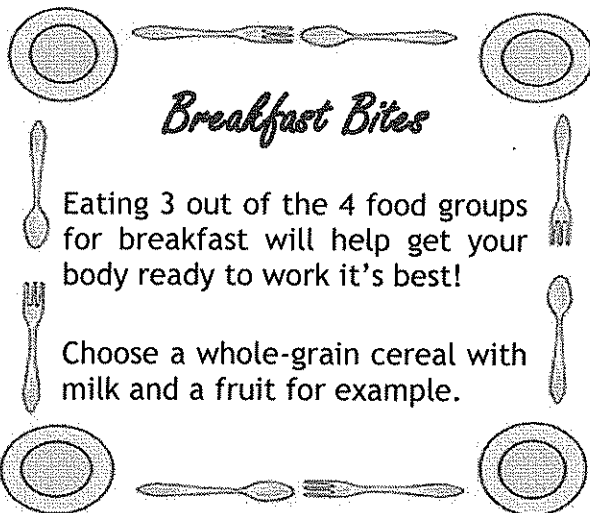
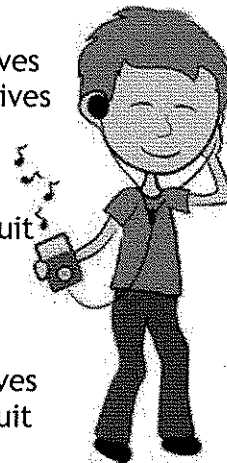
- Vegetables & Fruit

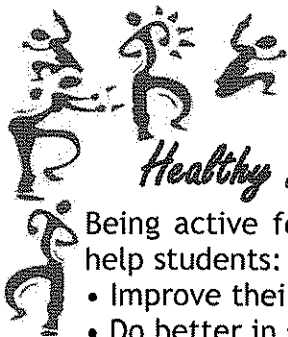
Bones

- Milk & Alternatives
- Vegetables & Fruit

Heart

- Grain products
- Vegetables & Fruit





Healthy Bodies Healthy Minds

Being active for 60 minutes every day can help students:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills
 - Hit the slopes! Try skiing, snowboarding or tobogganing
 - Try ice skating, hockey or ringette
 - Make a snowman or snow-angel!
 - Walk in a winter wonderland!



Choosing Good Foods to Fuel Energy

Foods that give long-lasting energy	Foods that only give short-lasting energy
Whole fruit with the skin	Fruit juice or fruit bars
Fresh, frozen or canned vegetables	Vegetable juices
Whole grain bread, pasta or rice	White bread, pasta or rice
Couscous, barley, sweet potato	Croissants, pastries and muffins
Whole-grain cereals	Sugary cereals
Lentils, kidney beans, pinto beans, baked beans	Cookies, cakes and candies
Eggs, meat & peanut butter	Pop, energy drinks
Milk, yogurt and cheese	Granola bars, chips

Tasty Taco Salad

Prep: 20 min. Cook: 10 minutes
(6 servings)

- 12 oz **lean ground beef** 340 g
- 2 cups **tortilla chips** 500 mL
- 1/2 cup **salsa** 125 mL
- 1 cup **shredded lettuce** 250 mL
- 1 cup **grated cheddar cheese** 250 mL
- 1/4 cup **sour cream** 50 mL
- 1 **small tomato**, diced 1
- 1/2 tsp **oregano** 2 mL

Reference:

Healthy U. The Amazing Little Cookbook

1. Cook ground beef in a skillet on medium high for about 10 minutes, until meat is no longer pink.
2. Stir frequently to break up the meat.
3. Remove from heat and drain fat.
4. Stir salsa and oregano into the meat and cover.
5. Cook on medium heat for another 5 minutes, stirring once or twice.
6. Divide up tortilla chips onto serving plates or bowls.
7. Scoop the meat mixture over top, then add cheese, lettuce, tomatoes, sour cream and extra salsa.

Serve with raw veggies for munching.

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





January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year</i>	2	3	4	5	6	7
8	9 <i>Classes Resume</i> <i>PTA Meeting 5:30 p.m.</i> <i>Mini pizza/mac & cheese</i>	10 <i>Low German Mommy & Me 10:00 a.m.</i>	11 <i>Preschool</i> <i>Mini pizza/chips & salsa</i>	12 <i>Soup Day</i>	13 <i>Hot dog</i>	14
15	16 <i>Mini pizza/mac & cheese</i>	17 <i>Low German Mommy & Me 10:00 a.m.</i> <i>Basketball - Starbuck @ LF</i>	18 <i>Preschool</i> <i>Mini pizza/chips & salsa</i>	19 <i>Basketball - St. Malo @ LF</i>	20 <i>Gr. 7/8 Home Ec</i> <i>Hot dog</i>	21
22	23 <i>Mini pizza/mac & cheese</i>	24 <i>Low German Mommy & Me 10:00 a.m.</i>	25 <i>Preschool</i> <i>Basketball— LF @ Oak Bluff</i> <i>Mini pizza/chips & salsa</i>	26 <i>Soup Day</i>	27 <i>Inservice Day -noclasses</i>	28
29	30 <i>Mini pizza/mac & cheese</i>	31 <i>Low German Mommy & Me 10:00 a.m.</i>				

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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