

# LOWE FARM SCHOOL

January 2016 Newsletter Website: <http://lowefarm.rrvsd.ca/>

E-mail: [lowefarm@rrvsd.ca](mailto:lowefarm@rrvsd.ca)

## PRINCIPAL'S MESSAGE

Wow! What a beautiful Fall / beginning of Winter we have been experiencing! Hooray for El Nino! (We hope we don't pay for this in the Spring!)

December went by very quickly! Thank you so very much for all the parents and family who came out to our Christmas Concert. It was a pleasure to see so many families. Many of the students participated in caroling at the Senior Apartments over the last week of school. It was a pleasure to see the students giving back to the community. The last day of school was a celebration of Christmas with Christmas carols in the gym for the last hour. What a nice way to kick off our Christmas Holidays. A big thank you goes out to Ms. Harpelle for organizing this activity.

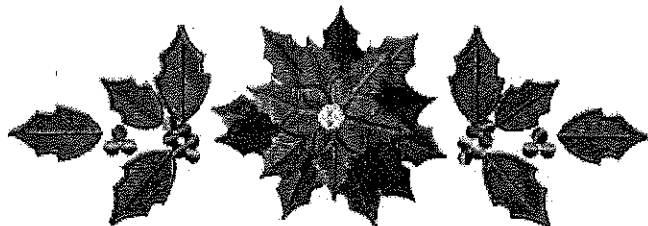
January 4<sup>th</sup> we begin classes again. I hope families will have had a chance to spend family time, have a vacation or rest over the holidays. We look forward to continuing an excellent year of learning into the New Year.

I would like to wish everyone a safe, happy and fulfilling Christmas Holiday. Happy New Year!!

Mr. Rob Fiola

## Low Farm School Priorities:

- Student Achievement in Literacy
- Student Achievement in Numeracy
- Aboriginal Culture Awareness
- Student Conflict Management



## School Cancellation

Just a reminder to all that 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](http://www.rrvsd.ca)

## NO CANTEEN

THE SCHOOL CANTEEN  
WILL BE CLOSED

JANUARY 18 – 20, 2016

AS OUR GRADE 5-8 STUDENTS  
WILL BE AWAY AT CAMP CEDARWOOD.

## TOWN BUS

Town Bus morning pick-ups will begin on **Monday, January 4, 2016 at 8:25 – 8:30 a.m.** at the following locations:

**6<sup>th</sup> Street West & 1<sup>st</sup> Avenue**

**3<sup>rd</sup> Street West & 1<sup>st</sup> Avenue**

**1<sup>st</sup> Street East & 2<sup>nd</sup> Avenue**

If you are a town student and wish to catch a ride on the bus to school in the morning, please be at one of the above locations between 8:25 and 8:30. Ms. Sarah Reimer will be the bus driver. **The bus will NOT take students home at the end of the day.**

## Nobody's Perfect Parenting

Lowe Farm School will once again be holding Nobody's Perfect Parenting sessions. These sessions are an opportunity for parents to meet with other parents of young children (birth to age five); share questions, concerns and ideas about being a parent; learn about child development, safety, health and behaviour; discuss real-life parenting situations; work together with the support of a trained facilitator; and discover positive ways of parenting. Please see the attached poster for further information.

## Fundraising Update

Our chocolate fundraiser will close right after Christmas holidays. If your child participated in the fundraiser they should submit their money and/or leftover chocolates on Monday, January 4<sup>th</sup>, 2016.

## SOUP DAYS

Thanks to the help of parent volunteers, Soup Days will begin in the new year on **Thursday, January 14** and will continue to be held every second Thursday until Spring Break. Order forms will go home a couple of days prior to the day and should be sent back to school along with money the morning of Soup Day if your child wishes to have soup. Please make sure that your child comes to school with a labelled mug and spoon on Soup Days if they are ordering.

### Dates to Remember:

Mon., Jan. 4/16	Classes Resume
Sun., Jan. 24/16	PTA Soup & Pie Fundraiser
Fri., Feb. 5/16	In-service Day – no classes
Mon., Feb. 8/16	Divisional In-service Day – no classes
Mon., Feb. 15/16	Louis Riel Day – no classes
Fri., Mar. 18/16	In-service/Admin Day – no classes
Thurs., Mar. 24/16	Last day of classes before Spring Break
Fri., Mar. 25/16	Good Friday – no classes
Mon., Apr. 4/16	Classes resume
Fri., Apr. 15/16	In-service/Admin Day – no classes
Mon., May 23/16	Victoria Day – no classes
Wed., June 29/16	Last day of classes
Thurs., June 30/16	Admin Day – no classes

## SPORTS

### BASKETBALL

Our boys' and girls' teams have begun preparations for the 2016 Basketball Season. Miss Harpelle and Mrs. Landry are coaching the girls, while Mrs. Brown and teacher candidate, Mr. Parker Stevenson are coaching the boys. This year's schedule is as follows:

Mon., Jan. 25	J.A Cuddy at Lowe Farm
Wed., Jan. 27	Starbuck at Lowe Farm
Wed., Feb. 3	Lowe Farm at St. Malo
Wed., Feb. 10	Lowe Farm at Rosenort
Thurs., Feb. 11	Lowe Farm at Morris

Unless prior arrangements are made, girls will play first, immediately followed by the boys. Games begin at 4:00 p.m. Playoffs are scheduled to be played the week of February 22 (or earlier if possible). The third place team will play at the second place finisher. Winner of that game will play at the first place team for the championship. Season should be completed before February 26.

*Are you looking for something a little different to try this holiday season? Try the following recipe out for something belly warming after some outdoor winter fun!*

### Mozzarella Tortilla Stack

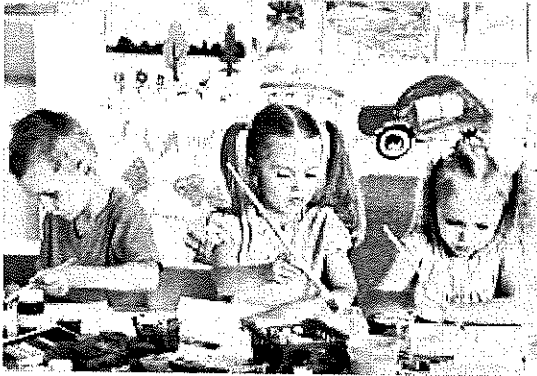
- 1 lb. (450 g) lean ground beef
- 1 onion, chopped
- 4 cloves garlic, chopped
- 1/2 tsp. (2 mL) ground cumin
- 1/2 tsp. (2 mL) chili powder
- Salt and freshly ground pepper, to taste
- 2 cups (500 mL) sweet potatoes, peeled and shredded
- 1/2 cup (125 mL) fresh coriander (cilantro), chopped
- 6 10-inch (25 cm) whole wheat tortillas
- 2 tomatoes, diced
- 3 cups (750 mL) Mozzarella, shredded

Preheat oven to 400 °F (200 °C).

In a large skillet, brown ground beef with onion, garlic, spices, salt and pepper. Add sweet potatoes and cook 5 minutes. Remove skillet from heat and add coriander.

Place 1 tortilla on a baking sheet lined with parchment paper. Top with about 3/4 cup (180 mL) of meat mixture, 1/5 of tomatoes and 1/2 cup (125 mL) of Mozzarella. Cover with another tortilla and repeat with the rest of tortillas; top with cheese.

Bake in the oven for 20 minutes, broil for last 2 minutes if desired. Cut into wedges and serve with store-bought salsa verde, sour cream and a green salad.



# CLUBS PROGRAM

for  
**Kindergarten to Grade 5  
 Students**  
 at the  
**Bergthaler Church  
 in Lowe Farm**  
**Monday Evenings**  
**Starting January 18, 2016**  
**'til March 21, 2016**  
**from 7:00 – 8:30 p.m.**  
**Activities to include:**

*Bible Story*

*Craft*

*Snack*

*Games*

**For further information,  
 please contact**

**Mrs. Crystal Unger  
 at 204-746-2628**

**or e-mail [acunger@xplornet.ca](mailto:acunger@xplornet.ca)**

# JUNIOR YOUTH

## ATTENTION GRADE 6-8 STUDENTS:

Low Farm Junior Youth for grade 6 – 8 students will be held every Friday evening beginning January 8<sup>th</sup>, 2016 from 7:00 p.m. – 9:00 p.m. at either the Low Farm School or the Low Farm Community Centre. This program will run every Friday through until March 18<sup>th</sup>, 2016. Please bring clean gym shoes. For more information, please contact Dulaney Blatz at 204-746-5121 or [lowefarmball@gmail.com](mailto:lowefarmball@gmail.com) or Kristen Doell at 204-626-3342 or [kristendoell@gmail.com](mailto:kristendoell@gmail.com).

The following schedule shows where Junior Youth will be held each Friday night:

DATE	LOCATION
January 8, 2016	Low Farm Community Centre
January 15, 2016	Low Farm School
January 22, 2016	Low Farm Community Centre
January 29, 2016	Low Farm School
February 5, 2016	Low Farm School
February 12, 2016	Low Farm Community Centre
February 19, 2016	Low Farm School
February 26, 2016	Low Farm Community Centre
March 4, 2016	Low Farm Community Centre
March 11, 2016	Low Farm Community Centre
March 18, 2016	Low Farm School

MEET with other parents of young children; SHARE questions, concerns and ideas about being a parent; LEARN about child development, safety, health and behaviour; DISCUSS real-life parenting situations; WORK together with the support of a trained facilitator; DISCOVER positive ways of parenting.



# Nobody's Perfect Parenting

*Support for moms and dads with  
children from birth to age five.*

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*For more information:*

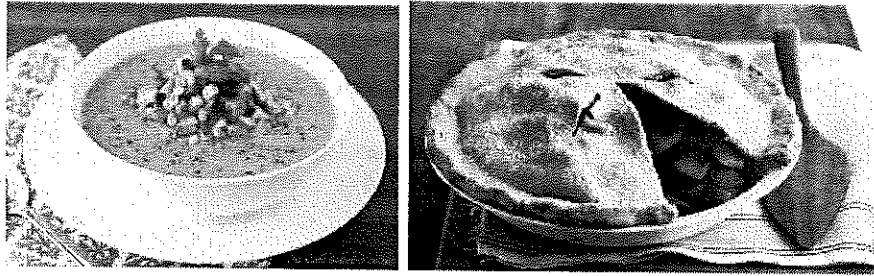
**WHEN:** Jan. 14, 21 and 28, 2016

Feb. 4, 11 and 18, 2016

**TIME:** 9:15 - 10:30 a.m.

**WHERE:** Lowe Farm School

**\* CHILD CARE PROVIDED \***



Lowe Farm School PTA  
**SOUP & PIE**  
**FUNDRAISER**

Sunday, January 24<sup>th</sup>, 2016

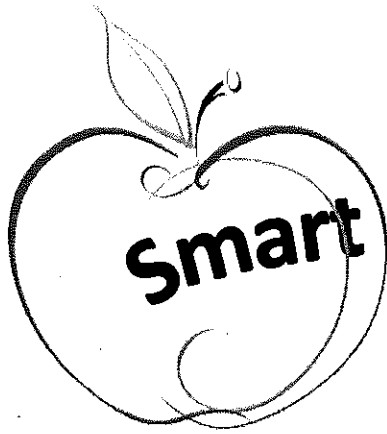
11:00 a.m. - 2:00 p.m. at the

Lowe Farm Community Centre

Admission by donation.

Silent Auction to also be held.





# Smart Eating Makes The Grade

## Quench Your Thirst!

### How do I quench my thirst?

Active children and youth need enough fluids to have energy and focus in school. The healthiest fluid options are water or milk –choose one of these most often.

- Sugary drinks such as pop, iced tea, or energy drinks often have little nutritional value and may be high in caffeine. Choose less often.
- Choose juice as a 'sometimes' drink. Avoid 'fruit drinks' which often contain added sugars. Limit unsweetened juice to ½ cup daily and look for '100% fruit juice'. A healthier choice is to have a piece of fruit with a glass of water.
- Sports drinks often contain added sugars. Sports drinks are intended for athletes (those who are active for 90 minutes or longer). Make water your first choice!

### How do I get enough fluids at school?



- Try packing a reusable water bottle in your child's lunch kit each day
- Get creative – add slices of fruit, vegetables or herbs to water (such as lemons, limes, cucumbers, or mint)
- Pack drinks that contain no added sugar most often. For more information on making healthy drink choices visit:  
[http://www.dietitians.ca/Downloads/Public/sugary-drink\\_parents\\_may2012.aspxhttp](http://www.dietitians.ca/Downloads/Public/sugary-drink_parents_may2012.aspxhttp)

## Fluid Fun Facts

It is important to drink enough fluids through the day for many reasons. Did you know.....

- Water makes up 80% of our brain and is very important to how the brain works
  - Fluids help us to concentrate better and feel less tired – this will help children study and learn at school and home
- Water helps our bodies do our best in sports and other activities:
  - it helps muscles and joints work the best that they can
  - cools us off through sweating
  - it helps us have more energy



So remember to drink your fluids! Bring a reusable water bottle to school and after school sports and activities to help you to do your best!

## Banana Berry Wake-up Shake

Makes 2 servings

Ingredients:

- 1 banana
- 1 cup fresh or frozen berries (any combination)
- 1 cup milk or vanilla-flavored soy beverage
- $\frac{3}{4}$  cup lower-fat vanilla yogurt (or other flavor that compliments berries)\*

Instructions:

In a blender liquefy fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick add extra milk or soy beverage to achieve desired consistency.

Source: *Cook Great Food – Dietitians of Canada. 2001.*

\*For milk allergy replace with alternative such as soy or coconut milk yogurt.



**\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more nutrition topics, go to the news and events section of [www.southernhealth.ca](http://www.southernhealth.ca) or

Contact Health Links -1-888-315-9257

Nutrition Services Team T 204-428-2736

Created by Registered Dietitians from Southern Health - Santé Sud

May be photocopied in its entirety provided source is acknowledged.








*May the peace and blessings of Christmas be yours;  
and may the coming year be filled  
with good health and much happiness.*

*Merry Christmas  
and Happy New Year  
from the staff at  
Lowe Farm School!*

**Mr. Rob Fiola  
Miss Madisson Siemens  
Miss Rachel Lee  
Miss Betsy Bergen  
Mrs. Amber Haliuk  
Mrs. Alice Brown  
Miss Leah Harpelle  
Mrs. Marla Brandt  
Mrs. Ann Harder  
Mrs. Trina Landry  
Mrs. Gloria Matthies  
Mrs. Laura Rempel  
Mrs. Betty Resler  
Mrs. Cheryl Thiessen  
Mr. Peter Harder  
Mrs. Tracie Jones  
Mrs. Rose-Marie Ewbank**

# JANUARY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3	4 Classes resume, Town Bus starts AM pick-ups, Mini pizza/mac & cheese	5 Kindergarten, Preschool	6  Mini pizza/chips & salsa	7 Kindergarten, Preschool, Gr. 7/8 Home Ec, PTA Taco in a Bag	8  Hot dog	9
10	11  Mini pizza/mac & cheese	12 Kindergarten, Preschool	13  Mini pizza/chips & salsa	14 Kindergarten, Preschool, Nobody's Perfect 9:15-10:30 Soup Day	15 Kindergarten, Grade 7/8 Home Ec  Hot dog	16
17	18 Grade 5-8 Camp Cedarwood field trip <b>NO CANTEEN</b>	19 Kindergarten, Preschool, Grade 5-8 Camp Cedarwood field trip <b>NO CANTEEN</b>	20 Grade 5-8s return from Camp Cedarwood field trip <b>NO CANTEEN</b>	21 Kindergarten, Preschool, Nobody's Perfect 9:15-10:30 PTA Café Day	22  Hot dog	23
24	25 Basketball—J.A. Cuddy at Lowe Farm, Mini pizza/mac & cheese	26 Kindergarten, Preschool	27 Basketball—Starbuck at Lowe Farm, Mini pizza/chips & salsa	28 Kindergarten, Preschool, Nobody's Perfect 9:15—10:30, Soup Day	29 Kindergarten  Hot dog	30
31						

**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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