

Lowe Farm School

January 2013 Newsletter

lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

What a wonderful Christmas Concert. Thank you to all the family and community members who joined us to celebrate the beginning of the holiday season. We are really proud of the way the students sung their hearts out. Way to go students and all staff involved. It was truly a team effort.

Congratulations go out to Mr. Groening and Mr. Blatz and the rest of the rink committee for getting the ice ready to skate. We have received our hockey helmets from the Manitoba Coalition for Active and Safe Kids. We also bought an extra dozen helmets so that all children will have access to safe skating. In all, we now have 36 helmets at our disposal. Now our next challenge is to round up some skates. If you have good used skates that no longer fit, please consider donating them to the school or the rink.

Our special Christmas wishes go out to the families of Lowe Farm and we thank them for the opportunity to enjoy the privilege of teaching your children. Merry Christmas and a Happy New Year!

Mr. Rob Fiola

PTA Report

The PTA is excited to plan the 4th annual Soup and Pie fundraiser for January 20, 2013. All money raised will go towards our third and final phase of the Natural Playground which consists of the shed/picnic shelter. We are looking for anyone interested in baking buns, pies or soups. We are also looking for donated items for our silent auction. If you have any items you would like to donate feel free to let a PTA member know. For any more information contact Michelle Ginter at 204-746-2775 or email at rmginter@sdnet.ca

I would like to take this opportunity to thank the staff at Lowe Farm School for directing an amazing Christmas program. Your dedication to our students is truly visible in everything you do and we THANK YOU!

Stay tuned for more details in the new year regarding Subway Sub Days.

The next PTA meeting will be held on Monday, January 14, 2013 at 5:30 p.m. at the school. Everyone is welcome to join us, new members are always welcome to join.

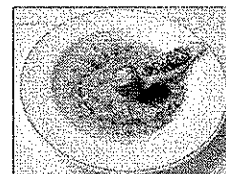
I hope everyone has a blessed Christmas season and I look forward to new beginnings in 2013.

Mrs. Michelle Ginter
PTA Chairperson

Report Card Parent Survey Link

Parents are encouraged to visit the following link and provide feedback on the new provincial report cards:

<https://docs.google.com/spreadsheet/viewform?formkey=dGdabFQtTFpLY1M4eHIPYV8yTjQxTmc6MQ>



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 10th, 2013.** 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.

Fundraising Update

Our chocolate and cereal bar fundraiser is winding down. It is pretty clear that chocolates are the big seller and this is something that will be considered for another year. All money and left over chocolate bars or cereal bars should be returned to Mrs. Ewbank at the school no later than January 7th (the day students return after Christmas holidays). That wraps up our school fundraising efforts for this year. An update on our profit from this last fundraiser will be in the next issue of the newsletter. Thank you to all who have supported the fundraisers this year. A big thanks also goes to the students who have worked hard in these efforts.



Christmas Concert

Our annual Christmas Concert was held on Tuesday, December 18th. It was wonderful to see such a large crowd come out and enjoy "The Christmas Chronicles" play put on by Kindergarten to Grade 6 students. The students did an all-round great job with the play, sound, lighting and stage help. The Kindergarten students played the angels and sang "Glory, Glory, Hallalu". Major roles were taken on by some students in grades 3-6 while the grade 1 and 2 students along with the rest of the 3-6 students were part of the play choir. The evening also featured our grade 7 and 8 guitar players, a duet by Katrina Boulton & Savannah Siemens (who sang "Hope is Born Again") as well as our grade 5-8 German choir. To conclude the evening parents were asked to join in the singing of "Stille Nacht" and students and attending preschool children all received a treat bag courtesy of the Lowe Farm Recreation Commission.

Thank you to the students and staff (including our guitar teacher, Mr. Tittlemier) for the hard work preparing for the evening. Thanks also to Mrs. Val Comtois for accompanying the German choir and to the Lowe Farm Recreation Commission for the treat bags. Mrs. Comtois is student teaching at Lowe Farm School at different times throughout the school year.



A carolling we will go. . .

Lowe Farm School students treated residents of the Prairie View Apartments to some Christmas Carols the last week before Christmas. Our grade 1 & 2, 5 & 6 and 7 & 8 classes sang on December 19th, while the Kindergarten, grade 3 & 4 and grade 7 & 8 classes visited on December 20th. Thank you to the teachers for taking their students and thanks to Mrs. Brown for arranging the visits. I'm sure the residents really appreciated them.



PTA Soup & Pie Fundraiser

will be held on
Sunday, January 20, 2013
from **11:00 a.m. - 2:00 p.m.**
at the
Lowe Farm Community Centre

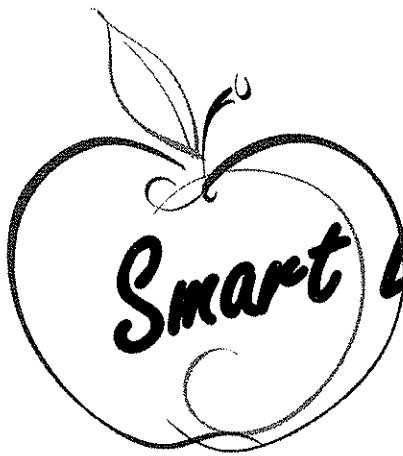
Dates to Remember:

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

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

Also, we would like to again remind parents to please make sure their children are dressed for the cold weather. This means that students need to be dressed warm with toques, mitts, scarves, jackets, snow pants and boots.



Smart Eating Makes The Grade

What's the Real Deal on Your Meal?

Nutrition Myth Busters

When it comes to food and nutrition, it is easy to get confused about what is fact and fiction.

Myth: If a food is low in fat or fat-free it must be healthy

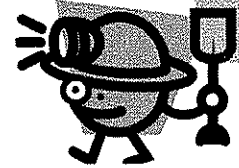
Truth: "Low fat" or "fat-free" doesn't always mean it is healthy. Some foods low in fat are less healthy choices such as candy, pop, and low fat cookies. While these foods may have little fat, they can still be high in sugar and offer few, if any, nutrients. There are some foods that are high in fat and still a healthy choice. Don't judge by fat alone!

- Include 2-3 tablespoons of healthy fats (non-hydrogenated margarine, mayonnaise, canola oil, salad dressings) per day.
- Include fish and nuts more often to increase healthy omega-3 fat.
- Add ground flax to cereal, yogurt, smoothie and muffin recipes to increase healthy omega-3 fat.

Did you know?

"Multigrain" isn't always the same as "whole grain"!

Multi-grain products include different grains, but they may not be whole. Whole grains include all parts of the grain - endosperm, bran and germ. When reading the ingredient list on labels look for the words 'whole grain' in front of each grain listed.



Dig Deeper...

Check out these websites for recipes using whole grains such as wheat, oats, quinoa, flax and more!

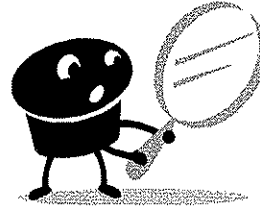
- www.wholegrainscouncil.org/recipes
- www.flaxcouncil.ca

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

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
-
- **Go cross country skiing or skating**
 - **Build a snow fort or snowman**
 - **Try something new like snowshoeing!**



Tastebud Challenge

Quinoa (pronounced *KEEN-wah*)

Quinoa is a small, light coloured grain that has a nutty flavour. It contains carbohydrate, fibre, and is a 'complete' protein, having all of the essential amino acids. Known as an 'ancient grain' it first came to us from the the Incas in the Andes Mountains.

The quinoa grain is cooked much like rice, and can be ready in 15 minutes! It is also used in salads, soups, granola and more!

Source: www.wholegrainscouncil.org

RECIPE

Flax Blueberry Banana Loaf

Makes 1 loaf

1 1/3 cup	Whole wheat flour	1	Egg
2/3 cup	Flax, milled (ground flax seed)	1 cup	Mashed banana
2 1/2 tsp	Baking powder	3/4 cup	Skim milk
1/2 tsp	Salt	1 tsp	Lemon peel, grated
1/3 cup	Sugar	3/4 cup	Blueberries (fresh or frozen)
		1/3 cup	Pecans chopped (optional)

1. Pre-heat oven to 350°F. Combine dry ingredients (flour, milled flax, baking powder and salt); mix well and set aside.
2. In a separate bowl, beat sugar and egg until sugar is dissolved and then add banana, skim milk and grated lemon peel, mixing well. Add in dry ingredients and fold until moistened. Fold in blueberries and pecans.
3. Pour batter into a 4 1/2 "x 8 1/2 " loaf pan that has been sprayed with a non-stick vegetable spray. Level out batter. Bake for 60 minutes or until inserted toothpick comes out clean. Cool on wire rack for 5 minutes. Remove loaf from pan and cool to room temperature.

Source: Healthy U (Government of Alberta) www.healthyalberta.com/healthyeating (Courtesy of Flax Council of Canada)

Pack a slice of this loaf in your child's lunch bag for a snack along with a piece of fruit, or use as an after school snack!

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. 10 & 24, Feb. 14 & 28, Mar. 14, Apr. 11, May 9 & 23, June 6 & 20 plus 2 other dates to be determined)

Time: 9:45 – 11:15 A.M.

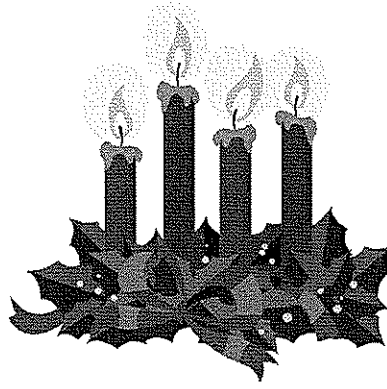
**Please contact Lowe Farm School
at 746-8068 or e-mail lowefarm@rrvsd.ca
for more information and/or to register
for this amazing program.**



January 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy New Year	2	3	4	5
6	7 Classes Resume Gr. 7/8 Home Ec Mini pizza/mac & cheese	8 Kindergarten	9 Preschool Mini pizza/	10 Kindergarten, Soup Day, Wiggles, Gig- gles & Munch & Storytime 9:45 a.m.	11 Kindergarten Hot Dog	12
13	14 Mini pizza/mac & cheese	15 Kindergarten	16 Preschool Mini pizza/	17 Kindergarten Gr. 7/8 Home Ec	18 Hot Dog	19
20 PTA Soup & Pie Fundraiser	21 Mini pizza/mac & cheese	22 Kindergarten Basketball— Oak Bluff at Lowe Farm	23 Preschool Mini pizza/mac & cheese	24 Kindergarten, Soup Day, Wiggles, Giggles & Munch & Sto- rytime 9:45 a.m., Basket- ball—Lowe Farm at Starbuck	25 Kindergarten Hot Dog	26
27	28 Mini pizza/mac & cheese	29 Kindergarten Basketball - Rosenort at Lowe Farm	30 Preschool Gr. 7/8 Home Ec Mini pizza/ chips & salsa	31 Kindergarten		



Merry Christmas
from the
Lowe Farm School Staff:

Mr. Rob Fiola
Mrs. Courtney Braden
Mrs. Marla Brandt
Mrs. Alice Brown
Mrs. Melinda Colpitts
Miss Jessica Flynn
Ms. Linda MacKenzie
Ms. Barb Pettapiece

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

May 2013 be the best year ever!



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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