

# LOWE FARM SCHOOL

June 2012 Newsletter

lowefarm@rrvsd.ca

## PRINCIPAL'S MESSAGE

June has arrived!! Hard to believe that this is the last month of a very busy and successful school year. As you are reading this Newsletter, the grade 5 – 8 students will be preparing to go to Camp Assiniboia to participate in Outdoor Education. The grade 3 – 8 students will have just returned from participating in the Hershey Athletics in Carman Manitoba.

In May, students participated in the first of many field trips to come. Students also participated in the annual divisional softball tournament hosted by Lowe Farm. A huge thank you to all the student and adult volunteers who helped make the tournament a huge success Lowe Farm can be proud of. Student Council did an excellent job of organizing a town/school grounds clean up on May 14<sup>th</sup>. Kathy Montgomery met with teachers to continue the excellent work staff has been doing with Literacy and finally Athletes in Action came out to do activities with students to show them what summer opportunities they have.

June is promising to be very busy! There are field trips, camp, exams, track and field and guest speakers happening, all while teachers are preparing report cards and year end activities like the picnic and awards day.

Over the next 4 weeks, we will be looking at classroom placements and planning for the next year. I attended an administrators' workshop on the new provincial report cards coming out next fall. It looks like they will be very similar to the present report cards Lowe Farm has designed. This is a tribute to the hard work Lowe Farm staff has done over the last several years.

Please remember to prepare students for all Phys. Ed. Classes and field trips to be outside, including; sun screen, hats, water bottles and proper footwear based on the weather and conditions. As you may have already noticed, the roof of the gym is being repaired, so we are outside for Phys. Ed. classes. Have a great last 4 weeks!

Mr. Rob Fiola



## *Students & Bicycles*

'Tis the season of children and bikes! With that comes a number of safety concerns. Are the children riding their bikes on the proper side of the streets? Are they watching for oncoming traffic? Are they properly protected – are they wearing bike helmets?

We encourage parents to teach their children the rules of the road so that all students travel safely on their bikes. Here are a number of bike safety tips to help you guide your child into becoming a safer cyclist:

- Ride a bike that is the right size for you.
- Always ride with traffic and stay close to the curb.
- Always be alert – watch out for potholes, parked cars, sewer grates and anything else that will get in your way.
- Always obey traffic signals and signs.
- Before you cross the street, look left, then right. If you can't get across the street without injuring yourself, then don't go.
- Always walk your bike across streets.
- Keep both hands on the handle bar so you don't go out of control.
- Stay alert of the changing conditions because rain could make the road and your bike slippery.
- At night always wear something reflective so others can see you.
- Have a light on the front of your bike so you can see in the dark.
- If you are a beginner, have a bike with four wheels so you don't get hurt on a two wheeler.
- Wear sunglasses so if the sun is in your eyes, you can see around you better and you don't go out of control. Sunglasses will also provide your eyes with protection from anything that could get into your eyes such as dirt, dust and flying rocks from vehicles passing as well as bugs.
- **WEAR A BIKE HELMET.**

The Manitoba NDP government has introduced a new law which would make bicycle helmets mandatory for those under the age of 18. This law is likely to come into effect in the very near future.



# BOOK ORDERS

ARE DUE

THURSDAY, JUNE 7<sup>TH</sup>

## STORYTELLING

Artist in the School, **Leigh Anne Kehler** will visit Lowe Farm School on June 19<sup>th</sup> at 2:45 p.m. for some storytelling. Parents are welcome to attend.

## School Presentation

**Emily Lane** from the **Alzheimer's Society of Manitoba** visited the Grade 3/4 and Grade 2/3 classes on May 17<sup>th</sup>. Ms. Lane spoke to the students about Alzheimer's Disease and how it effects certain people as well as their families. The students learned the symptoms, who gets Alzheimer's and how we can be supportive to those who do get it. She had hands on activities for the students to participate in and information booklets for them to take home.

### Dates to Remember:

- Fri., June 1 Grade 7/8 Social Studies Exam
- Mon., June 4 Grade 5/6 Camp Assiniboia Field Trip
- June 4-6 Grade 7/8 Camp Assiniboia Field Trip
- Thurs., June 7 Grade 5/6 Manitoba Museum & Aviation Museum Field Trip
- Fri., June 8 Grade 7/8 E.L.A. Exam
- Tues., June 12 Grade 2/3 Farm & Food Discovery Centre Field Trip
- Wed., June 13 Grade 6-8 Divisional Track Meet in Winnipeg
- Fri., June 15 All library books are due back
- Wed., June 20 Grade 7/8 Portage Aquatic Centre and Eastman Reptile Gardens Field Trip
- Fri., June 22 Last day for School Canteen
- Mon., June 25 Kindergarten/Grade 1 Boonstra Farm Field Trip
- Tues., June 26 Lowe Farm School Picnic
- Thurs., June 28 Lowe Farm School Day of Celebration, Last day of classes
- Fri., June 29 Admin Day – no classes

## GRADE 7/8 EXAM SCHEDULE

- **Social Studies exam Friday, June 1, 2012**
- **English Language Arts exam Friday, June 8, 2012**

# SPORTS

### SOFTBALL

Lowe Farm School hosted the Red River Valley School Division South Grade 5 – 8 Softball Tournament on Wednesday, May 16, 2012. Students from Domain, Morris, Rosenort, St. Malo and St. Pierre (and Lowe Farm, of course) participated. Grade 5 and 6 students played a friendship format of tournament with students from each school all mixed together to form teams. Grade 7 & 8 students played school against school, girls versus girls and boys versus boys. Results from the grade 7/8 tournament are as follows:

### **BOYS**

- 1st Rosenort with 12 points
- 2nd Morris with 10 points
- 3rd St. Pierre with 7 points (tied with St. Malo, but had given up least amount of runs)
- 4th St. Malo with 7 points
- 5th Lowe Farm/Domain with 4 points

### **GIRLS**

- 1st Rosenort with 8 points
- 2nd St. Malo with 7 points
- 3rd Morris with 5 points
- 4th Lowe Farm/Domain with 4 points

The weatherman co-operated and we had lovely, sunny skies and mild temperatures. We'd like to thank parents and high school students who helped us out in the canteen, scorekeeping and umping. Your help was much appreciated.

### TRACK & FIELD

Approximately 40 of our grade 3 to 8 students participated in the **Hershey's Track and Field Games** in Carman on **May 31<sup>st</sup>**. This gave students the opportunity to compete at a level not all are able to take advantage of on a regular basis. They participated for the experience and had a wonderful time. Mr. Fiola, Mrs. Penner, Mrs. Wiebe and Mrs. Landry accompanied our students.

The next meet will be the **Red River Valley School Division** meet in Winnipeg for the grade 6-8 students on **June 13<sup>th</sup>**. Parents are welcome to attend and cheer them on.

# RRVSD 2012-2013 Calendar

## 2012

Mon. Sept. 3	Labour Day – no classes
Tues. Sept. 4	Admin Day – no classes
Wed. Sept. 5	Divisional Inservice Day – no classes
Thurs. Sept. 6	Classes Begin
Fri. Sept. 21	Divisional Strong Beginnings
Mon. Sept. 24	Divisional Strong Beginnings
Mon. Oct. 8	Thanksgiving Day – no classes
Tues. Oct. 9	Divisional Inservice – no classes
Fri. Oct. 19	Provincial S.A.G.E. Day – no classes
Fri. Nov. 16	Inservice Day – no classes
Fri. Nov. 30	Inservice Day – no classes
Fri. Dec. 21	Last day of classes before Christmas Break

## 2013

Mon. Jan. 7	Classes Resume
Fri. Feb. 1	Inservice Day – no classes
Mon. Feb. 18	Louis Riel Day – no classes
Fri. Mar. 15	Inservice Day – no classes
Fri. Mar. 22	Last day of classes before Spring Break
Mon. Apr. 1	Classes Resume
Fri. Apr. 12	Inservice Day – no classes
Mon. May 20	Victoria Day – no classes
Thurs. June 27	Last day of classes
Fri., June 28	Admin Day – no classes

Remembrance Day falls on **SUNDAY**, November 11<sup>th</sup>  
Good Friday falls on March 29<sup>th</sup> – **DURING** Spring Break



*Happy Father's Day*

**Sunday, June 17<sup>th</sup>, 2012**

**Dear Parents:**

Wow, the end of the school year is coming quickly and we are beginning to plan our year end activities. The following is information regarding a couple of year end events that we wish to invite parents to.

**Lowe Farm School**

# **SCHOOL PICNIC**

**Tuesday, June 26, 2012**

**Lowe Farm Park**

**Festivities (games, etc.) begin at approximately 9:00 a.m.**

**Lunch will begin at noon or shortly before.**

**Students and parents/guests may either bring a bagged lunch or purchase lunch at the park canteen.**

**The tentative menu and prices are as follows:**

Taco in a Bag \$3.00

Cheeseburger \$2.50

Hamburger \$2.00

Hot Dogs \$1.50

Canned Fruit & Juice Beverages \$1.00

Juice Boxes \$ .50

Other Miscellaneous items will also be available

**KINDERGARTEN STUDENTS will become the responsibility of their parents at 11:50.**

**They are welcome to stay for lunch with their parents.**

\*\*\*\*\*

**Lowe Farm School**

# *Day of Celebration*

**Thursday, June 28, 2012**

**Lowe Farm School Gymnasium**

**10:00 a.m. Kindergarten Graduation  
Grade 1 presentations  
Grade 2/3 class musical presentation  
Grade 2/3 class presentations  
Grade 3/4 class musical presentation  
Grade 3/4 class presentations**

**All students will return to their classrooms.**

**Kindergarten students will be dismissed at 11:50 a.m.**

**1:00 p.m. Grade 5 & 6 students' musical presentation  
Grade 5, 6 & 7 presentations  
Grade 7 & 8 guitar students to play  
Grade 8 presentations**

**A couple of notes regarding the Day of Celebration:**

- Grade 5 – 8 students will be invited to attend the morning activities.
- Kindergarten students will be dismissed at 11:50 a.m. and should be picked up by their parents at that time. Kindergarten students may only attend the Grade 5 – 8 Celebration in the afternoon if they are with their parents.
- Grade 1 – 4 students will be able to attend the afternoon festivities only if attending with their parents, otherwise grade 1 – 4 students will spend the afternoon in their classes with their teachers.

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## Upcoming Community Events:

# Vareneki & Nshima

**WHEN:** Sunday, June 10, 2012  
Meal at 12:30 p.m.  
Presentation at 2:00 p.m.

**WHERE:** Lowe Farm Community Centre

**COST:** Adults - \$10  
Children under 13 - \$8  
Children under 5 – FREE

**MENU:** An ethnic feast featuring vareneki, farmer sausage, nshima, rice, goat stew, fried chicken, African donuts and more.

Come enjoy an ethnic feast and hear about a community in Burundi, Africa that is caring for children who have suffered the effects of violence by providing food, education and a series of small businesses.

Sponsored by CEEDAY (a group of Canadians and Burundians with a vision to help equip not only the youth of Burundi, but whole communities as they use their creative resources to shelter, care for and educate youth at risk. See more at [ceeday.org](http://ceeday.org))

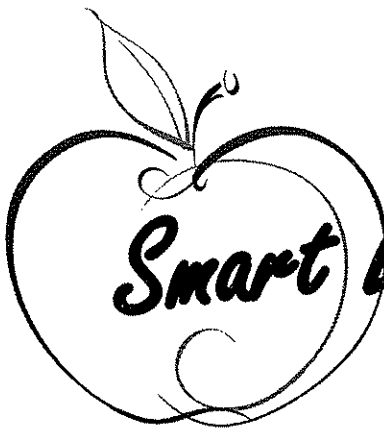
**Contact:**

Alice Brown at [abrown@rrvsc.ca](mailto:abrown@rrvsc.ca) or (204) 746-8370  
Josiah Neufeld at [josiah@ceeday.org](mailto:josiah@ceeday.org) or (204) 221-0511

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## DVBS

**July 9th – 13<sup>th</sup>, 2012 from 6:00 p.m. – 7:00 p.m.**  
***at the Lowe Farm Community Centre***  
***for children entering***  
***Kindergarten and up to grade 7***



# Smart Eating Makes The Grade!

## "What's in your beverage?"

### Choices Choices Choices.....

Today, there are many beverage options to select from. Remember these simple tips when choosing which ones to drink:

- To quench your thirst, water is your best choice. It's sugar-free, caffeine-free, sodium-free, and has no calories.
- Milk is a healthy alternative. When choosing milk, make sure it's fortified with vitamins A and D and has 30% daily value from calcium.
- Sports drinks are meant for high endurance athletes to stay hydrated during practices/games that last more than 60 minutes.
- Limit juice to ½ cup per day. When buying juice, choose 100% juice or unsweetened juice.
- Avoid Energy Drinks. They are not recommended for children or adolescents.
- Limit high sugar drinks such as kool aid, pop, iced-tea, to 1 cup per week.



### Did you know?

- We get about 20% of our water from food and 80% from beverages.
- It's a myth that we need to drink 8 cups water per day. Water is the best choice, but tea, coffee, juice, milk, soup, counts as fluid too.

### Recommended Fluid Amounts per day

1 - 3 years old	~ 4 cups
4 - 8 years old	~ 5 cups
9 - 13 years old	~ 6 - 7 cups
14- 18 years old	~7 - 11 cups

Reference: Sugar Shocker Kit  
Capital Health 2007

### Breakfast Bites

Breakfast provides children with a great start to the day! It helps them concentrate better during class and have energy for physical activity!

Choose 3 of the 4 food groups for a healthy breakfast.

- Peanut butter and banana sandwich
- Fruit & yogurt smoothie and a piece of toast

## 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!

- Skip or jump rope
- Go for a bike ride
- Go for a walk



## What's in your beverage?

Let's take a look at what's in some common beverages:

Beverage*	Sugar	Sodium	Caffeine	Vitamins
Gatorade®	3.75 tsp	105 mg	-	-
Vitamin Water	3.5 tsp	0 mg	-	B, C, E
Apple Juice	7.5 tsp	20 mg	-	C
Pepsi	7.25 tsp	11 mg	37 mg	-
Red Bull®	7 tsp	200 mg	80 mg	B
Slurpee®	4+ tsp	5+ mg	-	-
Cappucino (with non-fat milk)	1.75 tsp	60 mg	75 mg	Calcium, A, D

\*In 250ml (1 cup) serving. This information is for 250 ml (1 cup), but be aware bottles & cans are often double (or more) in size.

- Be aware of hidden sugars, sodium and caffeine in some drinks.
- Children and adolescents should limit caffeine to 2.5 mg/kg body weight. (Health Canada)

## Lip-Smacking Good Smoothies

Create your own smoothie sensation!  
Makes 2 smoothies (1 cup each)

### Ingredients:

1 cup	(250 ml)	Fresh, frozen or canned fruit in juice (drained)
2 Tbsp	(30 ml)	100% frozen juice (from concentrate) of your choice
½ cup	(125ml)	Yogurt, flavour of your choice
½ cup	(125ml)	1% or 2% milk

### Directions:

1. Place all ingredients in blender.
2. Blend.
3. Drink.

Possible combinations: Berries, vanilla yogurt & orange juice; Peaches, strawberry yogurt & apricot nectar.

Source: My Amazing Little Cookbook ([www.healthyalberta.ca/healthyeating](http://www.healthyalberta.ca/healthyeating)).  
Recipe courtesy of the David Thompson Health Region

For more nutrition topics, go to the news and events section of [www.rha-central.mb.ca](http://www.rha-central.mb.ca).  
Regional Nutrition Services Team



## Universal Student Accident Insurance Program

(available to Manitoba Public School Divisions)

The **Red River Valley School Division** participates in this program, which provides coverage for **all** full-time students registered in the **Red River Valley School Division** while:

- 1) in or on school buildings or premises by reason of attending classes on any regular school day;
- 2) in attendance at or participating in any school activity approved and supervised by a proper school authority, whether at school or elsewhere;
- 3) traveling directly to or from any regularly scheduled and approved school activity under the direction or supervision of a proper school authority;
- 4) traveling directly to or from their residence and school for the purpose of attending classes or participating in any school sponsored activity;
- 5) participating in physical activities taking place as part of the grades 9 to 12 Physical Education Curriculum as approved by proper school authority;
- 6) engaged in the performance of the duties assigned to the Insured Person while he/she is participating in a school approved work experience program.

### Key Benefits:

Benefit	Benefit Amount
Loss of Life – Accident Only	\$20,000 per Student
Dismemberment or Total and Permanent Loss of Use – Accident Only	Various up to \$40,000 per Student
Accidental Medical Reimbursement Benefit (“AMRB”)	\$10,000 Maximum per Student per Accident
Registered Nurse – Accident Only	Covered as part of AMRB
Hospital Charges – Accident Only	Covered as part of AMRB
Wheelchair Rental – Accident Only	Covered as part of AMRB
Prescription Drugs – Accident Only	Covered as part of AMRB
Ambulance – Accident or Sickness	Maximum \$2,000 per Student per Incident
Emergency Transportation other than Ambulance – Injury or Sickness	\$50 per Incident
Dental Expense – Accident Only	\$2,500 per Student within 5 years
Eyeglasses and Contact Lenses – in conjunction with bodily injury arising out of accident	per Student: New \$300 Replacement \$200

**Aggregate Limit of Indemnity:** \$1,000,000 any one accident.

Underwritten by: Industrial Alliance Pacific

Term of coverage: September 1, 2011 to September 1, 2012

Coverage is provided subject to the Terms and Conditions of master Policy number 100005613 on file with The Manitoba School Boards Association.

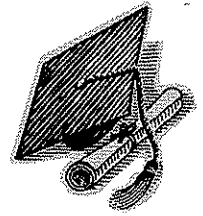
**THIS COVERAGE COMPLIMENTS (NOT REPLACES) THE VOLUNTARY STUDENT ACCIDENT INSURANCE COVERAGE, AND IS EXCESS OF BENEFITS PROVIDED BY MANITOBA HEALTH AND EXCESS OF BENEFITS AVAILABLE TO THE STUDENT UNDER ANY GROUP BENEFITS PROGRAM**

Claims forms are available at [www.westernfgis.ca](http://www.westernfgis.ca) or by emailing [smgcy@iapacific.com](mailto:smgcy@iapacific.com)  
 Claims information is available by calling 1-800-556-7411





# June 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Grade 7/8 Social Studies Exam  Hot dog	2
3	4 Grade 5/6 Camp Assiniboia trip Grade 7/8 Camp Assiniboia Over- night Field Trip  NO CANTEEN	5	6 Grade 7/8s return from Camp Assiniboia  Mini pizza/chips & salsa	7 Grade 5/6 Field Trip	8 Grade 7/8 E.L.A. Exam  Hot dog	9
10 Vareneki & Nshami lunch 12:30 p.m. Lowe Farm Community Centre	11  Mini pizza/mac & cheese	12 Grade 7/8 Home Ec Grade 2/3 Field Trip	13 Grade 6-8 Divisional Track Meet  Mini pizza/chips & salsa	14	15 All Library Books due back  Hot dog	16
17 Happy Father's Day	18  Mini pizza/mac & cheese	19 Storytelling with Artist in the School, Leigh Anne Kehler 2:45 p.m.	20 Grade 7/8 Field Trip  Mini pizza/chips & salsa	21	22 Last day for school canteen  Hot dog	23
24	25 Kindergarten/ Grade 1 Field Trip	26 School Picnic, Grade 7/8 Home Ec	27	28 Day of Celebra- tion, Last day of classes	29 Admin Day -no classes  Have a WONDERFUL Summer!	30

**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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