

Lowe Farm School

June 2013 Newsletter

lowefarm@rrvsc.ca

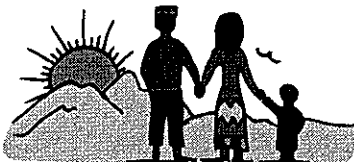


PRINCIPAL'S MESSAGE

May has not been too kind to us weather wise but Lowe Farm School continues to shine. Thanks to Mrs. Brown and her students for the great drama production at the beginning of the month. The PTA has broken ground on the climber/storage shed and taken delivery of the walls, ready to be painted. The students participated in the Hershey Track Meet in Carman, the softball tournament here in Lowe Farm and have watched the Morris Band perform in the gym. Many field trips were organized and all went very well. Thank you to all the teachers and staff for the hard work that goes into making all of these events available to our students.

June promises to be like all other Junes, super busy! Town clean-up will occur on the 4th of June. This is our 3rd attempt as the last two have been rained on. Grade 5 – 8 camp will be from June 5th – 7th and the RRVSD track meet for grades 6 – 8 will be on the 12th. The PTA is having a work day on June 10th at 3:30 p.m. Ms. Flynn and her class will be hosting Marion School students as they explore a farm and the town of Lowe Farm. We will be hosting a thank you event for our volunteers on the 13th of June. Student council is organizing a talent show for June 20th. Finally, we will have a community picnic on June 25th and a Day of Celebration for the K – 8 students the last day of school, on June 27th.

I would like to take this opportunity to thank all the volunteers in the community that have helped out all year long. It is this spirit of community that makes Lowe Farm School the special place it is. We look forward to having the opportunity to show our thanks at the volunteer appreciation event we are planning. Enjoy the beautiful weather we are going to have in June!



Student Council Report

Our student council organized a **TOWN CLEAN-UP** for May 21st but due to wet conditions had to postpone it until **June 4th**. Classes will be assigned a certain area of town, including the park and school grounds, and bag any garbage they can find. Thank you to the RM of Morris for supplying gloves and garbage bags for the clean-up. The RM will also pick up the bags of collected garbage and take them to the dump.

PTA Report

The final **Subway Tuesday** of the school year was postponed from May 28th to June 11th. Order forms will go home on June 4th and will be due on June 6th. Subway Tuesdays have been popular and we thank those who have placed orders throughout the year.

Dates to Remember:

June 5-7	Grade 5-8 Camp Experience
June 6	Grade 1-4 Assiniboine Park Zoo Field Trip
June 12	RRVSD Track Meet in Winnipeg
June 13	Grade 7/8 Science Exam
June 18	Marion School Visit
June 25	LFS School Picnic – more info to follow
June 27	Last day of classes – Day of Celebration – more info to follow
June 28	Admin Day – no classes

Bicycle Helmet Law

A reminder to all that effective May 1, 2013 children under the age of 18 are required to wear a bicycle helmet when riding their bikes. Please ensure that your children are wearing a helmet when bicycling to and from school as parents/guardians can be fined if their children are not properly equipped with a helmet. Parents/guardians can be ticketed if their child is under the age of 14 and not wearing a helmet. Children between the age of 14 and 18 can be fined directly. As noted in the brochure, the total fine for not wearing a bicycle helmet when cycling is \$63.10.

FIELD TRIPS

GRADE 5 & 6

Our grade 5 and 6 students enjoyed their trip to Rosenort School on May 2nd. They went to watch the drama "Sherlock Holmes" performed by the Rosenort School High School students as well as a number of grade 7 and 8 students. Rumour has it that a number of lead roles were played by former Lowe Farm School students – way to go Lowe Farm!

The Manitoba Museum was the next destination for grade 5 and 6 students. They travelled to Winnipeg on May 16th with Ms. Pettapiece, Ms. Harley and Mrs. Wiebe and enjoyed a day of exploring and learning while at the museum. They attended the Forces and Simple Machines and Exploring the Fur Trade programs.

KINDERGARTEN

Our Kindergarten class visited the Children's Museum on May 16th where they took in the Paper, Trees and Me program. The students learned the importance of trees and as well as the paper making process from start to finish. The program included creative dramatics, a story, and hands-on fun as they explored trees, paper, and the role of recycling. The students were excited to have the opportunity to make a piece of environmentally-friendly paper themselves!

Nutrition Newsletter

On an almost monthly basis we include a nutrition newsletter with our school newsletter courtesy of the Regional Health Authority/Southern Health. Southern Health has asked us to pass this message on:

To Parents:

It has been 6 years since the Manitoba School Nutrition Policy was put into action in the schools. The Regional Nutrition Team from Southern Health/Santé Sud has created around 60 nutrition newsletters to support the school nutrition policy and to help people have the facts on nutrition at their fingertips. We hope the newsletters are a helpful resource to you and your family. We want to make sure we provide a handout that makes sense and is useful. We would like to know what you think so we are asking you to please complete the survey (link below) by Friday, June 7th.

<http://www.surveymonkey.com/s/R2BZMCB>

Thank you!!

GRADE 7/8 EXAM SCHEDULE

Our grade 7 and 8 students will write two mandatory exams this year. The **Math exam** was written on **Friday, May 31st**. **Grade 7/8 parents please note that the date for the Science exam has been changed to the morning of Thursday, June 13th (not June 4th)**. Regular classes and/or school activities are held the afternoons of these exam days so students need to attend full days.

Thank You. . .

. . . to the **Morris School Grade 7 & 8 Band** who performed for us on May 30th. It was lovely!

SPORTS

HERSHEY TRACK MEET

Approximately twenty students from grades 3 – 8 travelled to Carman on Friday, May 24th to take part in the Hershey Track Meet. Ms. Pettapiece, Mrs. Braden and Mrs. Wiebe were there to supervise and cheer the students on. They had a great day.

SOFTBALL TOURNAMENT

Lowe Farm School hosted the Red River Valley School Division South Softball Tournament on Wednesday, May 29th. Students from grades 5 – 8 participated in the tournament. This is a big day at Lowe Farm School and without the help of many volunteers we would not be able to pull off the event. Umpires, scorekeepers and canteen workers all pitch in to make a success day. **Thank you to parents, community members and high school students who gave their time to help out. It is all very much appreciated.**

Five teams participated in the 5/6 girls and 7/8 boys divisions while six teams were in the 5/6 boys and 4 in the 7/8 girls. Domain School combined with Lowe Farm for all divisions and St. Malo and St. Pierre combined in the 7/8 division as well.

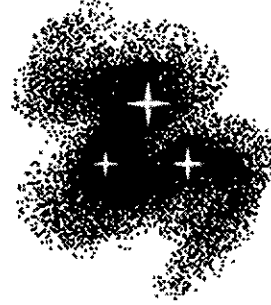
Rosenort School had an awesome day as they won the girls grade 5/6 and the girls and boys grade 7/8s draws while St. Pierre defeated Morris School in the grade 5/6 boys draw.

Thank you to the tournament convenor, Ms. Barb Pettapiece for a job well done.



Happy Father's Day

SUNDAY, JUNE 16TH, 2013



MARK YOUR CALENDARS God's Big Backyard, Under the Stars DVBS Program

will run from July 8-12, 2013
from 7 - 9 p.m.

All children entering Kindergarten to
entering Grade 7 are welcome to attend.

For more information contact
Marie Doell at (204) 746-6947

MARK THESE TWO IMPORTANT DAYS
ON YOUR CALENDAR:

School Picnic

Tuesday, June 25, 2013



Day of Celebration

Thursday, June 27, 2013

Early Years' Celebration 10:00 a.m.

Middle Years' Celebration 1:00 p.m.

(More details to follow on both)

R Biz Camp

Campers learn about
having a business,
are given \$20 to create a product,
and on the last day of camp
sell their creations.

9:00 a.m. to 4:00 p.m.
July 15 to the 19, 2013
Morris, Manitoba

Youth aged 9 to 13
For more information call
(204) 746-6180
or go to www.cftripler.ca

Have a great summer where
you learn, have FUN
& make money



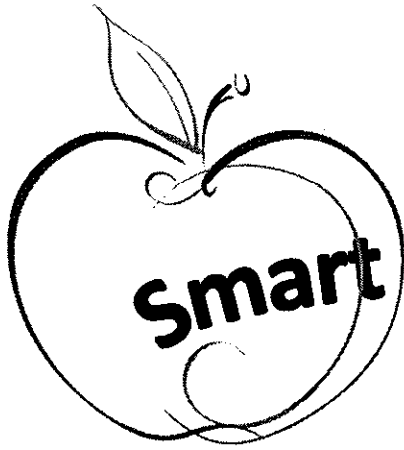
RED RIVER VALLEY SCHOOL DIVISION TENTATIVE SCHOOL CALENDAR 2013-2014

2013

Monday, September 2	Labour Day – no classes
Tuesday, September 3	Administration Day – no classes
Wednesday, September 4	Divisional Professional Development Day – no classes
Thursday, September 5	Classes Begin
Friday, September 20	Strong Beginnings
Monday, September 23	Strong Beginnings
Monday, October 14	Thanksgiving Day – no classes
Friday, October 25	S.A.G.E. Conferences – no classes
Friday, November 1	Divisional Professional Development Day – no classes
Monday, November 11	Remembrance Day – no classes
Friday, November 15	School Inservice / Administration Day – no classes
Friday, November 29	School Inservice / Administration Day – no classes
Friday, December 20	Last day of classes before Christmas Holidays

2014

Monday, January 6	Classes Resume
Friday, January 31	Administration Day – no classes
Monday, February 17	Lois Riel Day – no classes
Friday, March 21	School Inservice / Administration Day – no classes
Friday, March 28	Last day of classes before Spring Break
Monday, April 7	Classes Resume
Thursday, April 17	School Inservice / Administration Day – no classes
Friday, April 18	Good Friday – no classes
Monday, May 19	Victoria Day – no classes
Thursday, June 26	Last day of classes
Friday, June 27	Administration Day – no classes



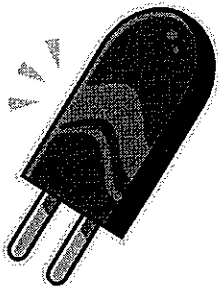
Smart Eating Makes The Grade

Healthy Summer Snacks

Healthy Hot Weather Snacks

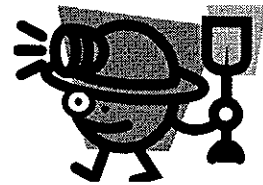
Healthy summer snacks are important to keep our energy up on busy days but some summer snacks can easily provide more fat, sugar and sodium than our bodies need! Here are a few suggestions for healthy summer snacks. Be sure to keep cold snacks "cold" in a cooler bag with an ice pack.

- Homemade fruit and yogurt pops made by blending low fat yogurt with fruit.
- Frozen grapes, fresh or frozen berries or other in-season summer fruit.
- Homemade trail mix made with popcorn, whole grain cereal and dried fruit.
- Sliced peppers and baby carrots with hummus or homemade yogurt dip.
- Mini whole wheat bagels with nut butter or pea butter.



Did you know?

- Pop has about 2 tsp of added sugar per ½ cup – more sugar than our bodies need and not healthy for our teeth!
- Water is best for hydration! Water is especially important on hot or humid days. Add berries or slices of lemon, lime or orange for a tasty change to plain water!



Dig Deeper...

- Like "Fruits and Veggies – Mix it up!" on Facebook
- Information on summer food safety: <http://www.hc-sc.gc.ca/hl-vs/securit/season-saison/summer-ete/food-aliments-eng.php>
- Dietitians of Canada – www.dietitians.ca

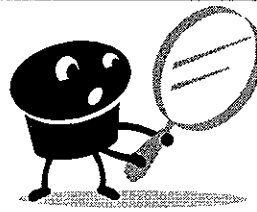
Healthy Bodies Healthy Minds

Set a SMART goal to increase your physical activity. Smart goals are Specific, Measurable, Achievable, Realistic and Timely.

1. What activities could you do to be more active? Pick one you enjoy.
2. When? What days of the week and what time?
3. Where?
4. What do you need to be able to do it?
5. After you set your goal, look at it and see if it's realistic. Then try it! If it doesn't work, adjust it to make it work!

Example of SMART goal:

- **Every Sunday, we will play an active game together as a family after lunch for one hour at the park.**



Tastebud Challenge

Chickpeas!

- Small, round, tan-coloured legume.
- Part of the Meat and Alternatives food group of Canada's Food Guide.
- Source of protein and fibre.
- Available canned or dried.
- Can be tossed into salads, blended into hummus and roasted for an easy snack, among other uses.
- For more chickpea recipes, check out pulsecanada.com.

Sweet Cinnamon Roasted Chickpeas

Makes 2 cups (500 mL)

Ingredients

- 1 can (19 oz / 560 mL) chickpeas, drained and rinsed
- 1 tbsp (15 mL) olive oil
- 2 tsp (10 mL) cinnamon
- 2 tsp (10 mL) sugar

Directions

1. Preheat oven to 350° F (180° C).
2. Drain and rinse the chickpeas and dry them really well in a paper towel. Place them in a large bowl and toss with olive oil. Set aside.
3. Mix together the cinnamon and sugar. Toss with the chickpeas and place them on an ungreased baking sheet.
4. Bake for 50 minutes or until crunchy. Store in an air tight container for 3 days.

Adapted from: *The Heart and Stroke Foundation* - <http://www.heartandstroke.com>

Pack a couple handfuls in lunches for a snack or enjoy on the go!

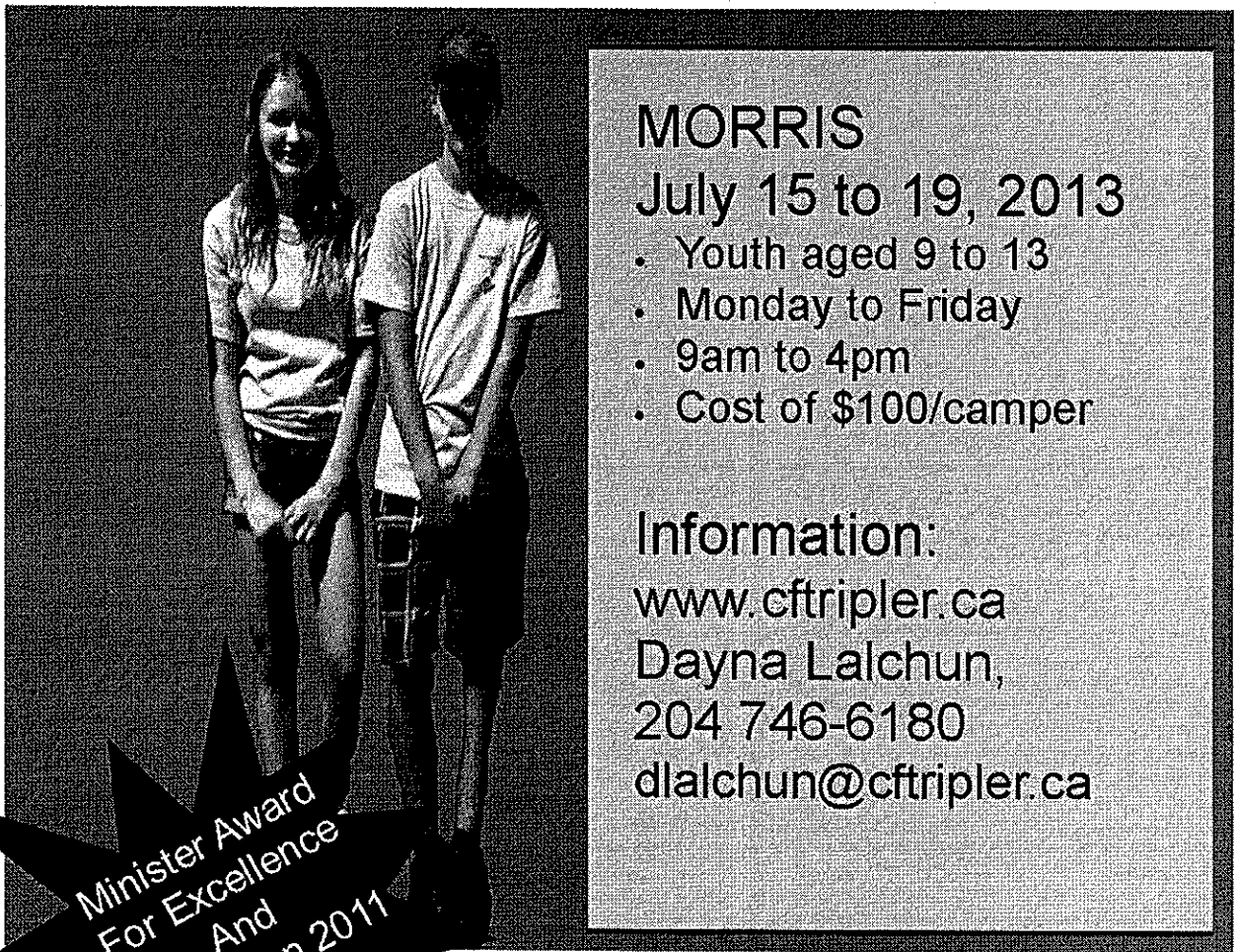
For more nutrition topics, go to the news and events section of www.rha-central.mb.ca or
Contact Health Links -1-888-315-9257
Nutrition Services Team
T 204-428-2736

May be photocopied in its entirety provided source is acknowledged.



You learn , Have fun, and make money!

R BIZ CAMP



MORRIS

July 15 to 19, 2013

- Youth aged 9 to 13
- Monday to Friday
- 9am to 4pm
- Cost of \$100/camper

Information:

www.cftripler.ca

Dayna Lalchun,
204 746-6180

dlalchun@cftripler.ca

**Minister Award
For Excellence
And
Innovation 2011**

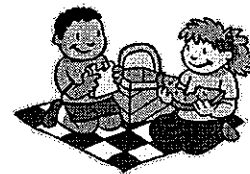


CDEM
www.cdem.com





June 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Mini pizza/mac & cheese	4 Kindergarten, Town Clean-up in PM	5 Preschool, Gr. 7/8 to Winkler Bible Camp, Mini pizza/chips & salsa	6 Kindergarten Wiggles, Giggles & Munch, Gr. 1-4 Field Trip, Gr. 5/6 to Winkler Bible Camp	7 Kindergarten Gr. 7/8s return from camp Hot dog	8
9	10 Grade 7/8 Home Ec Mini pizza/mac & cheese	11 Kindergarten PTA Subway Tuesday	12 Last Pre-school Class Divisional Track Meet, Mini pizza/chips & salsa	13 Kindergarten, Grade 7/8 Science Exam	14 Grade 7/8 Home Ec ALL LIBRARY BOOKS DUE Hot dog	15
16 Happy Father's Day	17 Mini pizza/mac & cheese	18 Kindergarten, Marion School visit	19 Mini pizza/chips & salsa	20 Kindergarten, Student Council Talent Show	21 Grade 7/8 Home Ec, LAST DAY FOR CANTEEN Hot dog	22
23	24	25 Kindergarten, School Picnic	26	27 Kindergarten, Last day of classes DAY OF CELEBRATION	28 Admin day -no classes	29
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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