

LOWE FARM SCHOOL

June 2015 Newsletter

Website: <http://lowefarm.rrvsd.ca/>

E-mail: lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

June has arrived!!! Just over 4 weeks left!

May has been very busy! The grade 3/4 students raised money by selling bracelets for the play structure. Grades 5 – 8 attended camp in Winkler, we hosted a very successful grades 5-8 softball tournament and grades 3-8 participated in the Carman Hershey Track meet. We had 3 students place 1st in Long Jump, and Ball throw. Congratulations! The Spring Drama put on by Mrs. Brown and the grade 7/8 students was a huge success. Thank you to all who were able to attend. The grade 2 students attended the Steinbach Museum. A group of grade 5/6 students attended an activity at the University of Manitoba called CANU. Thanks to all the staff who helped make these events happen.

There is some very exciting news about our playground structure. The PTA have made a deposit on a play structure that will hopefully be installed over the summer. Starting in the fall, we will have a brand new play structure!!! The PTA could still use some donations in order to get the 1st phase completed and borders around the structure, but they are well on their way. If you wish to make a donation, please contact Marie Doell. Congratulations to the PTA for an outstanding job of raising over \$33,000.00 so far!!!

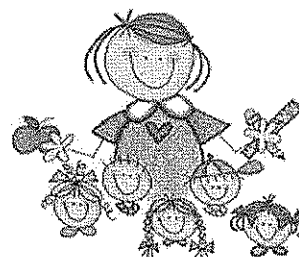
Mr. Rob Fiola



Music Monday

An exciting MUSIC event was held at the end of the day on Monday, May 4th. The grade 1-8 students and staff all gathered in the gym to sing the song "We Are One". Students all across Canada joined together in their own schools to sing this song on the same day, May 4th. It was fun to celebrate music as a school in this way, and to celebrate our country and the opportunities to express our ideas through music and through singing!

Miss Betsy Bergen



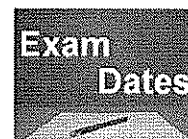
Day of Celebration

Staff are preparing to celebrate this school year's successes with the students. Our Day of Celebration will be held on **Friday, June 26th** and will take on a different look than in the past. The Early Years classes (Kindergarten to Grade 4) will celebrate in their classrooms while the Middle Years classes (Grade 5 to 8) will have an assembly in the afternoon.

In order to make it possible for you to enjoy the celebrations of all of your children we have devised the following schedule:

9:00 a.m.	Kindergarten/Grade 1 Celebration in their classroom
9:45 a.m.	Grade 2 Celebration in their classroom
10:30 a.m.	Grade 3 & 4 Celebration in their classroom
BREAK	
1:00 p.m.	Grades 5 – 8 Celebration in the gym.
2:30 p.m.	Grade 5 & 6 Reception in their classroom, Grade 7 & 8 Reception in the gym.

All students received a purple letter recently with this information as well as a number of other bits of info regarding year-end events.



Grade 7/8 Exam Schedule

The grade 7 and 8 students will write their **Math exam on Friday, June 5** and their **Science exam on Tuesday, June 9**. These are regular school days and students are expected to attend for the whole day.



Grade 2 Field Trip

The grade 2 students along with Miss Bergen, Mrs. Landry and parent volunteers, Michelle Ginter, Angela Sawatzky, Crystal Unger, Susana Neufeld and Monica Harder visited the **Mennonite Heritage Museum** in Steinbach on May 26, 2015. What a beautiful day with so much to see and learn. The students learned how people lived in olden days: what their homes were like (sod houses/log cabins), how they grew their own food, farmed the land, how they travelled by horse and wagon and what it was like for the children at school. They also had the opportunity to make a small cloth doll, reminiscent of toys from long ago. Much of this fell into the grade 2 Social Studies curriculum.

Thank you to our parent volunteers for helping out with supervision.

DATES TO REMEMBER:

Fri., June 5 Grade 7/8 Math Exam
Tues., June 9 Grade 7/8 Science Exam
Thurs., June 11 Divisional Track Meet
Wed., June 17 Grade 3-6 Field Trip
Thurs., June 18 K/1 Field Trip
Sun., June 21 Father's Day
Fri., June 26 Day of Celebration
Mon., June 29 School Picnic
Mon., June 29 Last day of classes
Tues., June 30 Admin Day – no classes

CANTEEN

The last day that the school canteen will be open is **Friday, June 19th, 2015**. We would like to take this opportunity to thank everyone for their support over the school year.



SPORTS

SOFTBALL TOURNAMENT

Lowe Farm School hosted the divisional south softball tournament on a beautiful Wednesday, May 20th. The grade 5/6 teams played a friendship format tournament with no playoffs. Grade 7/8s played a round robin and then playoff format. Thank you to those who helped in any way to help make the tournament a success: high school students who umped, parent volunteers in the canteen, staff who coached, organized, set-up for and ran the tournament.

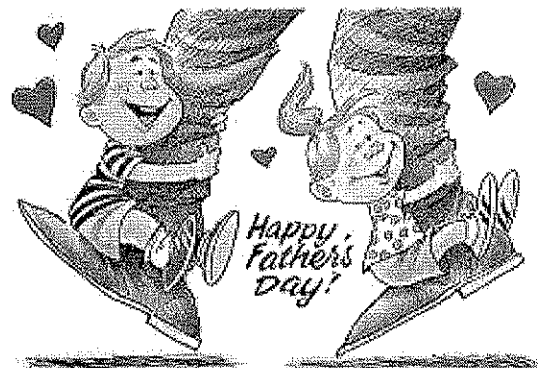
HERSHEY TRACK MEET

Students from grades 3 – 8 participated in the Hershey Track Meet in Carman on May 21, 2015. This is a big meet with students from Border Valley, St. Eustache, St. Francois Xavier, Crescentview, Morris, Roland, Elmwood, Parkland, Westpark, Miami, Emerado, Morden, Prairie Mountain, Winkler, Carman, Lowe Farm Schools and possibly more, as the list is very long.

Congratulations to the students who participated and a special congrats to **Awstin Suwala** who placed 1st in Grade 3/4 Boys' Ball Throw where he blew away the competitors with a 35.48m throw (next closest was 29.81m); **Kayla Rietze** who placed 1st in Grade 7/8 Girls' Standing Long Jump with 2.10m and **Jaysin Funk** who placed 1st in Grade 7/8 Boys' Standing Long Jump with 2.53m.

DIVISIONAL TRACK MEET

The Red River Valley School Division Grade 6-8 Track Meet will be held on **Thursday, June 11** at the **University of Manitoba**. All grade 6 – 8 students are expected to attend as it is a regular school day. Parents are welcome to attend to cheer on their children.



DAVE GRANLOND © www.davegranlond.com

Happy Father's Day
Sunday, June 21, 2015

**RED RIVER VALLEY SCHOOL DIVISION
SCHOOL CALENDAR – 2015 – 2016**

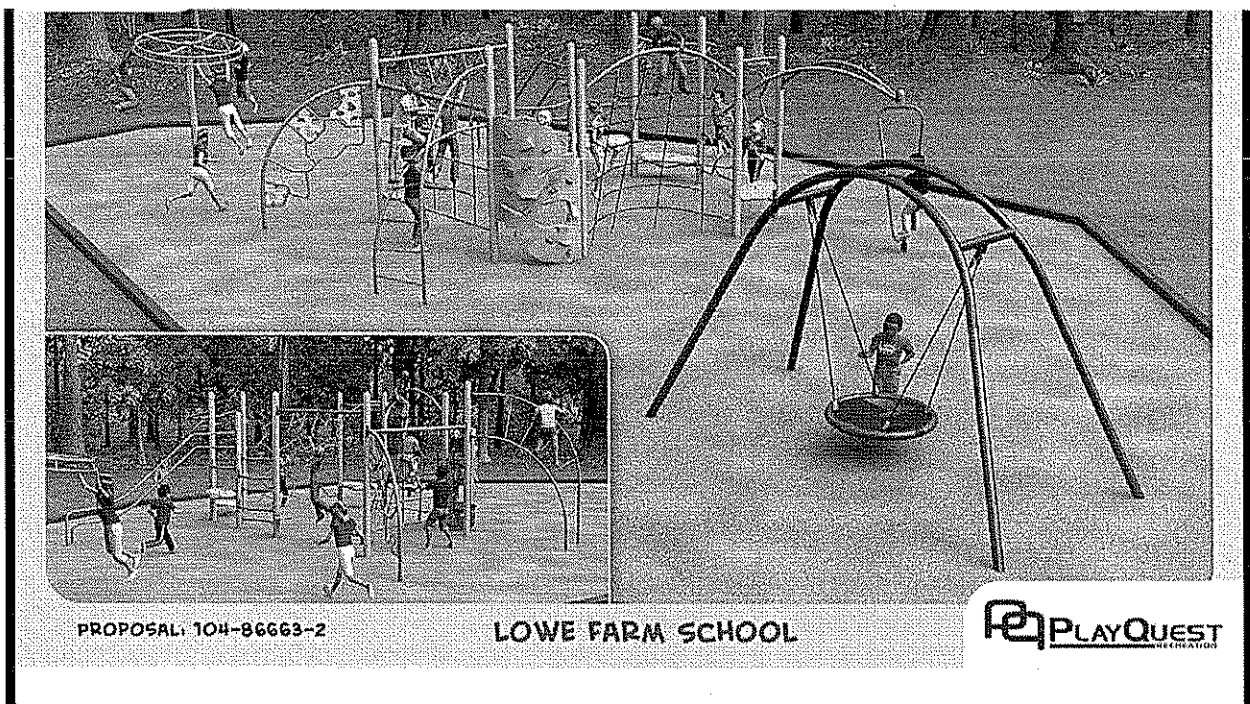
2015

September 7	Labour Day – No Classes	Monday
September 8	Administration Day – No Classes	Tuesday
September 9	Classes Begin	Wednesday
September 11	Strong Beginnings	Friday
September 14	Strong Beginnings	Monday
October 2	Divisional PD day – No Classes	Friday
October 12	Thanksgiving Day – No Classes	Monday
October 23	S.A.G.E. Conferences – No Classes	Friday
November 6	School In-service / Administration Day – No Classes	Friday
November 11	Remembrance Day – No Classes	Wednesday
November 27	School In-service / Administration Day – No Classes	Friday
December 18	Last day before Winter Break	Friday

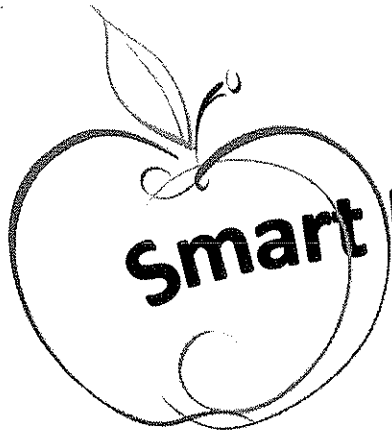
2016

January 4	Classes Resume	Monday
February 5	Semester Turn-around / School In-service – No Classes	Friday
February 8	Divisional PD day – No Classes	Monday
February 15	Louis Riel Day – No Classes	Monday
March 18	School In-service / Administration Day – No Classes	Friday
March 24	Last day before Spring Break	Thursday
March 25	Good Friday – No classes	Friday
April 4	Classes resume	Monday
April 15	School In-service / Administration Day – No Classes	Friday
May 23	Victoria Day – No Classes	Monday
June 29	Last day of classes	Wednesday
June 30	Administration Day	Thursday

The Lowe Farm School PTA has nearly raised enough money for a play structure. We have ordered the play structure in the picture. The cost of the play structure is \$46000. We need \$8000 to complete the project.



The play structure will be complete before the 2015-2016 school year. If you are able to help us with a donation, please contact Marie Doell at 204-746-6947 or 204-712-5977 or jmdoell@sdnet.ca or cheques may be mailed to the Lowe Farm School – Box 250 – Lowe Farm MB – ROG 1E0. For a tax receipt please make cheques payable to the Red River Valley School Division with a memo Lowe Farm School.



Smart Eating Makes The Grade

"Sports Nutrition"

Taking nutrition from the bench to the starting lineup

The Fuel of Champions

Carbohydrates fuel the body for physical activity. Carbohydrates are found in grain products, milk products and their alternatives, and in fruits and vegetables.

The body stores carbohydrates as glycogen, a molecule in our muscles and liver. Glycogen provides 'quick energy' for muscle activity and is used up during intense exercise.

Carbohydrate foods refill and keep up glycogen stores.

Use them before and after exercise.

Protein in food helps to build, repair, and maintain muscle tissue. Good sources of protein include milk, yogurt, cottage cheese, meat, fish, legumes, nuts, seeds and eggs. Protein is great to have after exercise for muscle recovery. It works best when combined with carbohydrates.

You can get enough protein from food. Protein powders can be handy and appeal to high level athletes but it is important to focus on food first to meet your nutritional needs!



Can I get enough protein from whole foods?

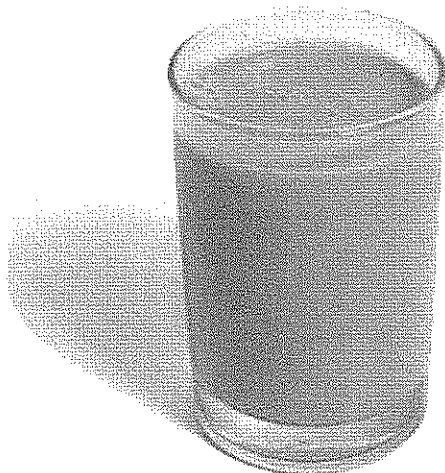
A peanut butter sandwich with chocolate milk provides more nutrition than a scoop of protein powder.

Peanut butter sandwich with 1 cup of chocolate milk:

27 g of protein
71 grams of carbohydrate
773 mg of potassium
391 mg of calcium
3.2 mg of iron
Plus 17 additional nutrients

One scoop of protein powder:

27 g of protein
1 g of carbohydrate
160 mg of potassium
169 mg of calcium
0.5 mg of iron

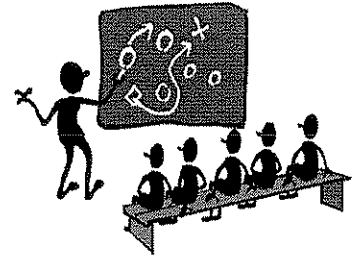


Cook and Enjoy! Cooking Tips!

Don't leave your health to chance; plan for success!

Light activity can be enjoyed by just about everyone and does not require extra food as fuel. However if someone is very active for more than one hour, a recovery snack may be helpful.

Plan for success by bringing a healthy snack from home rather than using vending machines and canteens.



Fuel up before a game or tournament with a light energy-filled snack such as:

- Fresh or dried fruit
- Multigrain toast with sliced bananas
- And make sure you are well hydrated!! Drink water!

Refuel with these protein & energy snack ideas after vigorous physical activity:

- Yogurt parfait made by mixing Greek yogurt, fruit, and granola
- Sliced apples with 2 tablespoons of peanut butter
- A banana berry fruit smoothie made by blending 1 small banana, 1/2 cup of fresh or frozen berries, 1/2 cup of milk or fortified soy beverage, and 1/3 cup Greek yogurt

Energy Bites

These easy to make snacks are great for on-the-go, whether after a game or after a practice!

INGREDIENTS:

- 1 cup dry old-fashioned oats (large flake or steel cut)
- 2/3 cup toasted almonds or other nut or toasted coconut flakes
- 3/4-1 cup creamy or chunky peanut butter or almond butter* or soy butter*
- 1/2 cup ground flaxseed or wheat germ or oat bran
- 1/4 cup honey
- 1 tsp. vanilla extract
- 1/2 cup mini dark chocolate chips, or raisins, or walnuts, or dried blueberries, *optional*

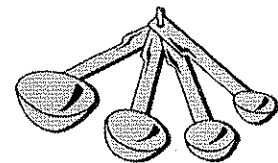
DIRECTIONS:

Stir all ingredients together in a medium bowl until thoroughly mixed. Chill in refrigerator for half an hour. Once chilled, roll into balls about 1 inch in diameter.

Store in an airtight container and keep refrigerated for up to 1 week. Enjoy!

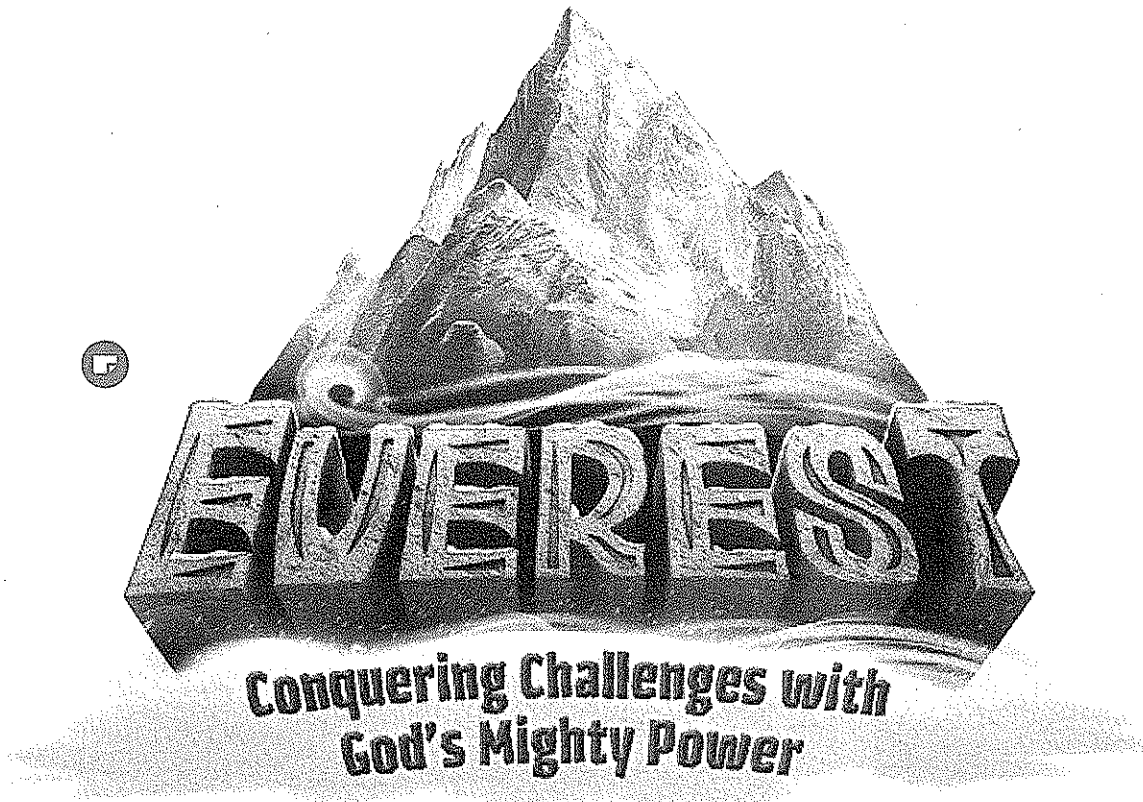
*Peanut alternative

Adapted from www.thecomfortofcooking.com



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





The Coolest Week of the Summer!

- ▲ New friends
- ▲ Amazing experiments
- ▲ Glacier games
- ▲ Lip-smacking snacks
- ▲ Surprising adventures
- ▲ Incredible music

Location: Low Farm Bergthlater Mennonite Church
(church name)

VBS will last from: July 6-July 10
(VBS dates)

Each day's fun begins at: 7pm
(VBS starting time)

The VBS day ends at: 9pm
(VBS ending time)

For more information, call: 204-746-8135
(church phone number)



JUNE 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Mini pizza/ Mac & cheese	2 Kindergarten, Preschool #1	3 Grade 7/8 Home Ec Chips & salsa	4 Kindergarten, Preschool #2	5 Grade 7/8 Math Exam Hot dog	6
7	8 Mini pizza/ Mac & cheese	9 Kindergarten, Preschool #1 (last one), Grade 7/8 Science Exam	10 Morris Band 10:20 a.m.	11 Kindergarten, Preschool #2 (last one), Divisional Grade 6-8 Track Meet	12 Kindergarten Hot dog	13
14	15 Mini pizza/ Mac & cheese	16 Kindergarten	17 Grade 3-6 Field Trip, Grade 7/8 Home Ec	18 Kindergarten, K/1 Field Trip	19 Talent Show (part 2), Last day for school canteen Hot dog	20
21 FATHERS DAY Summer Solstice	22	23 Kindergarten	24	25 Kindergarten	26 Kindergarten, Day of Celebration 	27
28	29 School Picnic, Report Cards go home, last day of classes	30 Admin Day -no classes				

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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