

Lowe Farm School

June 2016 Newsletter

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

E-mail: lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

Wow! June has arrived already! What a great school year we are having!

May was a super busy month. We kicked off the month of May by having a Music Monday song to celebrate Music Day. Thanks to Ms. Bergen for organizing the assembly. Thanks to the Thiessens and Candice Sawatzky and family for helping make it possible for our students to attend Peter Pan in Winnipeg. Grades 5/6 students attended three sessions of CanU at the University of Manitoba. We hosted the divisional softball tournament at Lowe Farm. Thanks to the Parent Teacher Association for organizing and running the canteen. The day after our grades 3 – 6 students participated in the Hershey Track Meet in Carman, Manitoba. Thanks to Ms. Harpelle for organizing and the parents who came to help supervise. We finished off the month with the 2nd of 4 Friday afternoons of Aboriginal Activities, set up by teachers.

I would like to give huge congratulations to Chelise, Halle and their helper, Lisa for coming up with the plan to make a path in the front of the school. They have managed to organize the material, student volunteers and the mechanical talents of Ed Landry to complete a beautiful path that is well used by students. Next step is to place a bench along the path. These forward thinking students are well on their way to making that happen as well.

June is promising to be just as busy. We start off the month with some students performing a piano recital. June 9th, the grades 6 – 8 will be participating in the divisional track meet. We'll have two more Aboriginal Activities this month as well. You can expect classrooms to be participating in field trips, so please watch for more information on those. Finally, there will be graduations and celebrations and the school picnic over the last two weeks.

We have some staffing announcements to make. Mrs. Johnston is returning to do .5 Kindergarten and .5 Resource. We have hired Ms. Hylin McLaren for grade 1. Ms. McLaren has 12 years of experience as a teacher. Ms. Lee has accepted a permanent position and will be teaching grades 2/3 next year. Miss Bergen has also accepted a permanent position and will be teaching grade 4. Ms. Siemens will be moving from Kindergarten to grade 5/6. Mrs. Brown will continue as the grade 7/8 teacher and Ms. Harpelle will continue to teach Physical Education. Mrs. Brandt will return to becoming our Guidance Counselor for the 2016-2017 school year.

It's hard to believe that we have less than 5 weeks of school left. Let's enjoy it! Mr. Rob Fiola

Lowe Farm School Priorities:

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

The following link is for parents to register for making online payments to the Red River Valley School Division or Lowe Farm School in KEV. <https://rrvsd.schoolcashonline.com/>

Thank You . . .

. . . to **Mr. Ed Landry** who came to help a group of students work on the path created at the southwest corner of the school. Mr. Landry has also helped out with a couple of other small projects on our playground.

. . . to **James & Candice Sawatzky and D-Way Builders (Doug & Cheryl Thiessen)** for sponsoring the tickets for our grade 3-8 students, staff and parent volunteers to attend the Royal Winnipeg Ballet production of Peter Pan on May 4th. By all accounts, it was a wonderful experience. Thank you so much.

. . . to the parent volunteers who went along to Peter Pan to help with supervision: **Judy Penner, Tara Falk, Crystal Unger, Mary Blatz, Shannon Groening, Danelle Reimer, Lillian Groening and Candice Sawatzky.**

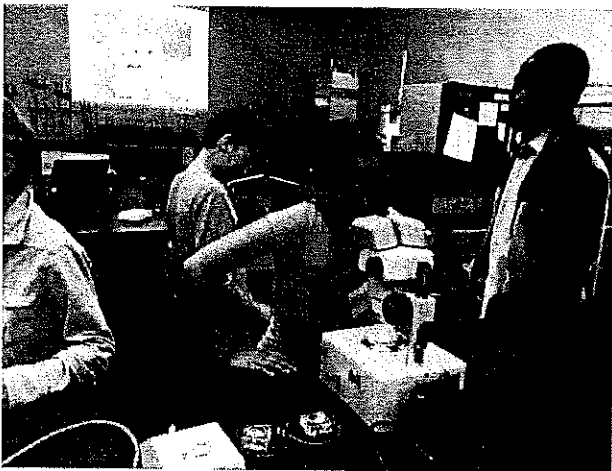
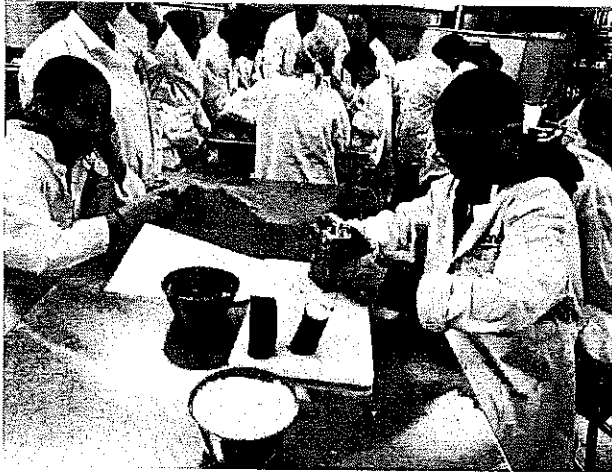
. . . to the parent volunteers who came in to do a lunch time supervision on May 10th. They were: **Marie Doell, Tara Falk, Shannon Groening, Judy Penner, Angela Sawatzky and Crystal Unger.**

PIANO RECITAL

Mrs. Cheryl Thiessen's piano students will be holding a **PIANO RECITAL** on **June 1st, 2016 at 2:50 p.m.** in the gym at Lowe Farm School. Everyone is welcome to attend.

CanU

A number of our grade 5 and 6 students were excited to participate in the CanU program at the University of Manitoba on May 10th, 17th and 24th. We told you about this program in our last newsletter issue. Here are some pictures of them enjoying the experience.



Piano Lessons

If you are interested in having your child take piano lessons for the 2016-2017 school year please contact Cheryl Thiessen at 204-746-6149 for further information. Please contact her as soon as possible so that she can begin work on scheduling, etc.

CANTEEN CLOSURE

The last day for the school canteen will be **Friday, June 17th**. School microwaves will still be available for the students to use until the end of the school year. Thank you to all for your support throughout the school year.

Dates to Remember:

June 9	Preschool Program Graduation
June 19	Father's Day
June 23	Kindergarten Graduation
June 28	Lowe Farm School Picnic
June 29	Day of Celebration (Last day of classes)
June 30	Administration Day – no classes

SPORTS

SOFTBALL

Lowe Farm School held the annual RRVSD South Grade 5-8 Softball Tournament on Wednesday, May 18th. The weatherperson was very kind to us as all enjoyed the day in the warm sunshine. Teams from Rosenort, Morris, St. Malo and St. Pierre as well as Lowe Farm School all participated. Thank you to the high school students who helped out with umping and to parents who helped out in the canteen. Thank you to our PTA who ran the canteen in the park.

HERSHEY TRACK

On Thursday, May 19 many of the grade 3-6 students headed to Carman for the Hershey Track and Field Meet. Our students represented our school well by trying their best at the many events they had entered. Some highlights of the meet included top ten finishers, Jordan Herkert getting first in the 3/4 girls standing long jump, Abigail Voth placing second and Hailey Sawatzky placed sixth! Awstin Suwala placed third in the 5/6 boys standing long jump! Thank you to all the staff and parents that helped out with supervision and cheering, it was much appreciated.

K-4 MINI TRACK MEET

A Mini Track Meet is planned for our Kindergarten to Grade 4 students at Lowe Farm School on Tuesday, May 31st with these events: Ball Throw, Timed Square Run, Sprint, Standing Long Jump, Water Relay and Tug-of-War. The rain date for the event is the afternoon of June 2nd. Thank you to Miss Harpelle for organizing the event and the grade 7/8 students for manning the stations.

DIVISIONAL TRACK

The grade 6-8 Divisional Track Meet will be held at the University of Manitoba on June 9th, 2016. All students are expected to participate. Parents are more than welcome to attend to cheer on the students.

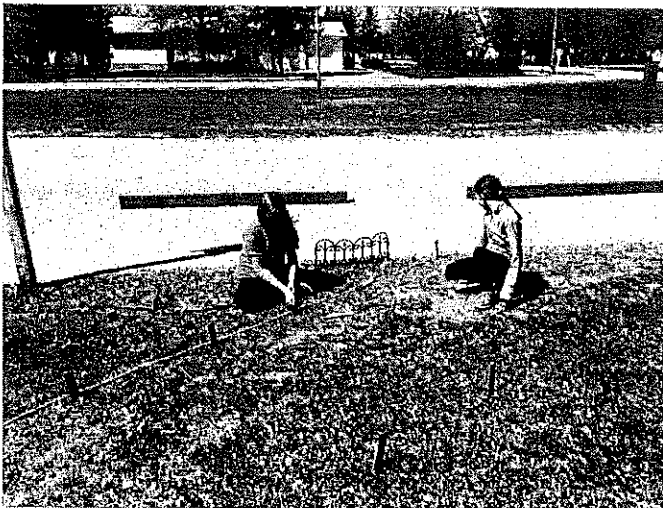
IMPORTANT EVENTS

All students will receive information in the first week of June regarding our end of school year events; **Kindergarten Graduation, School Picnic and Day of Celebration**. As well as, each family will receive their **Strong Beginnings** appointment letters. Please make sure to watch your child's backpack for these important notes.

School Grounds

Beautification

The beginning stages of the path created at the southwest corner of our school.



Working together on the path.



Now, we all know that dads LOVE bacon. Here is a special treat that you can prepare for your dad for breakfast on **Father's Day!**

Maple Bacon Pancakes

Adapted from *Better Homes and Gardens*

6-8 pieces bacon, cooked and chopped into small pieces
1 3/4 cups all-purpose white or whole wheat flour
2 tablespoons granulated sugar
1 tablespoon baking powder
1/4 teaspoon salt
1 egg, slightly beaten
1 1/2 cups milk
3 tablespoons applesauce
1/2 cup cottage cheese
1/2 teaspoon vanilla extract
1 tablespoon maple syrup

Cook bacon and chop into small (1/4 inch) pieces, set aside.

In a large bowl stir together flour, sugar, baking powder, and salt. In another bowl use a fork to combine egg, milk, and applesauce. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be slightly lumpy). Stir in cottage cheese, vanilla, and maple syrup.

For standard-size pancakes, pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet, spreading batter if necessary. For dollar-size pancakes, use about 1 tablespoon batter. After batter is spread, cover with chopped bacon, then flip. Cook over medium heat for 1 to 2 minutes on each side or until pancakes are golden brown, turning to second sides when pancakes have bubbly surfaces and edges are slightly dry. Serve warm, topped with more bacon and syrup. Makes 12 standard-size pancakes or 40 dollar-size pancakes.



Happy Father's Day!

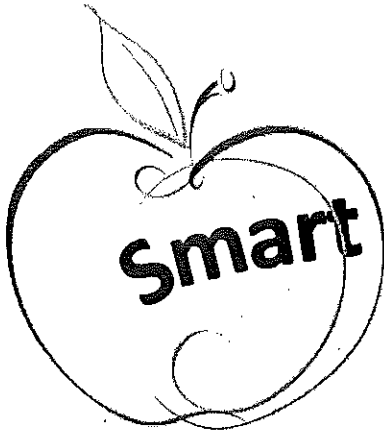
**RED RIVER VALLEY SCHOOL DIVISION
SCHOOL CALENDAR – 2016 – 2017**

2016

September 5	Labour Day – No Classes	Monday
September 6	Administration Day – No Classes	Tuesday
September 7	Classes Begin	Wednesday
September 16	Strong Beginnings	Friday
September 19	Strong Beginnings	Monday
October 5	Divisional PD day – No Classes	Wednesday
October 10	Thanksgiving Day – No Classes	Monday
October 21	MTS PD Day – No Classes	Friday
November 11	Remembrance Day – No Classes	Friday
November 18	School In-service/Administration Day – No Classes	Friday
November 25	School In-service/Administration Day – No Classes	Friday
December 22	Last day before Winter Break	Thursday

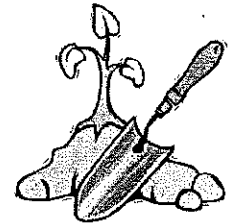
2017

January 9	Classes Resume	Monday
February 3	Semester Turn-around/School In-service – No Classes	Friday
February 15	Divisional PD day – No Classes	Wednesday
February 20	Louis Riel Day – No Classes	Monday
March 24	Last day before Spring Break	Friday
April 3	Classes resume	Monday
April 7	School In-service/Administration Day – No Classes	Friday
April 14	Good Friday – No Classes	Friday
April 21	School In-service/Administration Day – No Classes	Friday
May 22	Victoria Day – No Classes	Monday
June 29	Last day of classes	Thursday
June 30	Administration Day – No Classes	Friday



Smart Eating Makes The Grade

Gardening for Good Health



From the Soil to Your Plate

Why Gardening is Good for Your Health

- Mental health – keeping a garden can help relieve stress and improve mood.
- Fresh vegetables and fruits – growing food yourself means you can get more variety of foods, and since they won't need to travel very far they will be much fresher.
- Lowers your grocery bill – growing vegetables and fruit in your garden means you won't need to purchase as many.
- Being outside and active – having a garden is the perfect excuse to get outside and get moving.
- Environment – food grown close to home won't need to travel as far, producing less green house gas emissions.
- Learning – planting a garden can teach children about plant growth, nutrition, nature, culture, and the environment, all while learning important life skills.

Health Benefits of Vegetables and Fruit



- Fibre is important for digestion, and overall health.
- Might help children perform better in school.
- Antioxidants can help protect your body from infection.
- Vitamins have many different jobs in keeping your body healthy.
- HINT: eat at least one dark green (asparagus, broccoli, spinach) and one orange vegetable (carrot, pumpkin, sweet potato) each day.

What Can I do to Get Started with a Garden?

Not so many years ago, keeping a garden was essential to getting food on the table. Today, most of us rely on producers, manufacturers, and suppliers for our food. Growing our own food is an important cultural food tradition that plays a role in our all parts of our health. Overwhelmed by the thought of starting your first garden? Here are some simple tips to get you started:

1. Grow things that you already enjoy eating and know how to prepare
2. Start small with a "container" or "square space" garden
3. Find out about gardening or canning workshops in your community
4. Team up with a friend to share the work and harvested goodies
5. Join or start a community garden in your area, they are a great place for knowledge sharing

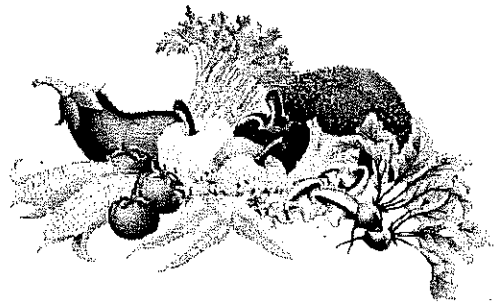
Check out *Food Matters Manitoba* at www.foodmattersmanitoba.ca, or *Seeds of Diversity* at www.seeds.ca for more gardening info.

VEGGIE KABOBS!

These are great for adding to a meal, or as part of a snack.
Makes 12 servings

Suggested ingredients (feel free to change these based on preferences or what is growing at the time):

- 2 peppers (green, yellow, or red)
- ½ pound mushrooms
- 2 cucumber
- ½ pound grape tomatoes
- ½ sugar snap peas or snow peas



You will also need 12 6-inch bamboo skewers.

Adults can cut the peppers into 1 inch squares and the cucumbers into slices ¼ inch thick. Leave it up to the child to decide which vegetables they want for their kabob and encourage them to place around 5 pieces on their skewer.

**** Refer to the Allergy Newsletter (September issue) for substitutions**

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

Created by Registered Dietitians from Southern Health - Santé Sud


May be photocopied in its entirety provided source is acknowledged.





June 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 2:50 p.m. Piano Recital Mini pizza/ chips & salsa	2 Kindergarten, Preschool, K-4 Mini Track Rain Date, 5:15 p.m. Grade 4 One to the World parent meeting	3 Kindergarten, Kindergarten field trip, Aboriginal Activities 2:20 p.m. Hot dog	4
5	6 Mini pizza	7 Kindergarten, Preschool	8 Mini pizza/ chips & salsa	9 Kindergarten, last day of Preschool—Preschool Grad, Gr. 6-8 Divisional Track Meet	10 Gr. 7/8 Home Ec, Morris Band performance 1:15 p.m. Hot dog	11
12	13 Mini pizza	14 Kindergarten	15 Grade 1/2 field trip Mini pizza/ chips & salsa	16 Kindergarten	17 Kindergarten, Aboriginal Activities 2:20 p.m., All library books due back Hot dog	18
19 	20 Gr. 7/8 Home Ec Mini pizza PTA meeting at 4:30 p.m.	21 Kindergarten	22 Mini pizza/ chips & salsa	23 Kindergarten Graduation	24 Last day for school canteen Hot dog	25
26	27	28 Last day of Kindergarten, School Picnic, Kindergarten report cards go home	29 Last day of classes, Day of Celebration, Gr. 1-8 Report cards go home	30 Admin day—no classes		Have a GREAT summer, classes begin Wednesday, Sept. 7th, 2016!

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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