

# Lowe Farm School

March 2011 Newsletter

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## PRINCIPAL'S MESSAGE

Wow! The first half of the school year is now over. What an action packed time. Teachers are celebrating 100 day with their students as we send this newsletter out.

In February, the grade 5–8 went to camp at Winkler Bible Camp. The temperatures were frigid, but the fun they had kept them toasty warm. The whole school celebrated I Love to Read Month and the hearts were created and "stolen" on Valentine's Day. The basketball teams also played their hearts out all season long.

In March, grade 5–8 students will be participating in the Scientists in the Classroom project by visiting the St. Boniface Research Centre and the IMAX. At this time, they will be planning visits from a scientist who will be teaching them about heart and lungs later this year. March will also bring trips to Morris for floor hockey (Grade 5 & 6) and for a Robert Munsch (K-6) performance. Student Council is planning a "Lucky Charm" event for St. Patrick's Day and Spirit Week for the last week before spring break. Kindergarten Registration is happening on March 9<sup>th</sup> and we conclude our Positive Attitude and Cheerfulness Character Ed theme. The play "Unwrapped" put on by the grade 7 and 8s looks like it's going to be spectacular!! Circle March 16<sup>th</sup> on your calendar because you won't want to miss it!! Tickets are available by calling the school.

Can you believe, there are only 4 more weeks until Spring Break and 6 more school weeks until Student Led Conferences. We're going to be busy!!

PS: Flood information is included in this newsletter. I will be attending an administrators' meeting on March 15<sup>th</sup> to collect more information on plans for the potential flood this spring.

Mr. Rob Fiola

*Thank you very much...*

...to all students, parents and community members who attended the **PTA Soup & Pie fundraiser** on February 6<sup>th</sup>. A very big **THANK YOU** to those who donated food for the meal and prizes for the silent auction. Your help is much appreciated. All proceeds from the fundraiser will go towards the natural playground project.

## Student Council

As you probably know, the Student Council organizes events throughout the year. The last event was on Valentine's Day, which was "Steal Your Heart." The event was entertaining and enjoyable. Although many people lost their heart. The first guy to get a heart was Justin and the guy with the most hearts was Jonathon Berg who had 4 hearts. The girl who lost her heart first was Annie Schmitt. The girls that kept their hearts were Elizabeth Klassen, Emily Issak, Jillana Groening, Jennifer Heidebrecht, Margie Giesbrecht, and Rayne Milne. Congratulations!

The Soup & Pie was a success and the soup and pie was by donation. The total money that we got from the tickets and the money from the donation for the supper was around \$1,700. The cost from the food was not subtracted from the \$1,700. The decorations looked AWESOME!

The next event that the Student Council are organizing is similar to the "Steal Your Heart", except the guys will get shamrocks. It is called; "Lucky Charm Day" and the rules might be a little different.

Another event that is coming up is the Clothing. The clothing event is that you can order T-shirts, Shorts, Sweats, Blue Jerseys, and Zipper Hoodies with the school logo printed on them. The Student Council will give you further information on that later on this month.

In May it will be Jump Rope for Heart month and there is going to be a day for a Skip-A-Thon. Closer to the date more information will be passed around.

As a tradition the Student Council organizes the Spirit Week and that will happen again this year. Some activities that will be organized are the Moo Off, Talent Show/Air band, Oreo Dunking, and more. Each day will be something different to dress up as.

Report by Margaretha Fehr



**Lowe Farm School  
Grade 7 & 8  
present**

# UNWRAPPED

***Dessert Theatre***  
**Wednesday, March 16, 2011**  
**7:00 p.m.**

**Tickets: \$5.00 each**  
**Pre-school FREE**

*Please call*  
**Mrs. Ewbank at the school (746-8068)**  
*to purchase your tickets.*

## Fundraiser Update

### CHOCOLATE FUNDRAISER

The final profit amount for our chocolate fundraiser is: \$1114.24! Our top fundraisers were: Timmy Froese (90 bars), Nancy Sawatzky (90 bars) and Megan Boulton (79 bars). Congratulations to Chloe Friesen who won the draw for the Lamontagne Monkey. All students who sold a box of chocolates had their names entered in the draw for the stuffed monkey. Thanks again to all who participated and supported this fundraiser.

We have had a very successful year with our fundraisers and have decided that there is no need to run a February one. Thank you for your support throughout the whole school year and we encourage you to support our PTA playground fundraisers. It is much appreciated and allows the students to enjoy many extras.

### DATES TO REMEMBER:

Fri., Mar. 25	Last day of classes before Spring Break
Mon., Apr. 4	Classes resume
Fri., Apr. 15	School Inservice – no classes
Fri., April 22	Good Friday – no classes
Mon., May 23	Victoria Day – no classes
Wed., June 29	Last day of classes
Thurs., June 30	Admin Day – no classes



## I Love to Read Month

February was **I Love to Read Month** and our students and staff participated in a number of reading activities throughout the month promoting this wonderful pastime. One favourite reading month activity we enjoyed is DEAR time – **Drop Everything And Read**. Students also participated in **Buddy Reading** with different grades, and **teachers** read to other classes. To end off Reading Month the students enjoyed **Flash Light Reading** in the gym on February 28<sup>th</sup>.

## Lowe Farm School KINDERGARTEN REGISTRATION



**Do you have a child or children  
born in 2006 or earlier?**

**If so, now is the time to register  
for the**

**2011-2012 KINDERGARTEN SESSION.**

**Please call Mrs. Ewbank at  
Low Farm School at 746-8068  
to register your child(ren).**

**If you have any questions please feel free to  
call us,**

**we'll be happy to help you.**

**Low Farm School offers your child(ren)  
quality education in a setting which strongly  
promotes community values.**

**A parent information meeting  
will be held on**

**WEDNESDAY, MARCH 9, 2011  
AT 5:30 P.M.**

**at the Lowe Farm School.**

**Low German translation will be available  
at the meeting.**

**The early registration deadline is April 30, 2011.**

# SPORTS



## **BASKETBALL**

January 31, 2011 in Sanford against J.A. Cuddy

Boys – lost 59 – 18

Girls – won 45 – 22

February 10, 2011 hosted Rosenort

Boys – lost 60 – 20

Girls – won 36 – 34

February 14, 2011 in Starbuck

Boys – lost 34-26

Girls – won 38-24

February 16, 2011 hosted Morris

Boys – won 47-44

Girls – won 48-30

February 22, 2011 girls' playoff game in Rosenort

Girls – lost 48 – 23 giving them 3<sup>rd</sup> place overall

The basketball season has now come to an end. The girls experienced quite a successful season and finished in third place overall. Although the boys did not have a lot of winning success it was wonderful to see them develop and improve their skills throughout the season. They were very excited about their win over the Morris team in their last game. Well done to both teams!

We would like to say a big **THANK YOU** to our basketball coaches: **Mrs. Trina Landry, Mrs. Angie Isaak, Mrs. Alice Brown and Mr. Rob Fiola.** Your time and dedication to the teams was much appreciated.



## **GRADE 5 & 6 FLOOR HOCKEY**

Our grade 5/6 students will participate in the divisional floor hockey tournament on Thursday, March 3<sup>rd</sup> in Morris. The tournament will be held in a friendship format where students from all schools will be mixed together to form teams. Parents are more than welcome to attend the tournament to help cheer on the students.

## Take Steps To Reduce Your Sodium Intake

Many families are not aware that they can cook quick, nutritious meals at home, and instead turn to store bought, processed meals, which are often high in sodium.

Our bodies need a certain amount of sodium (salt is made up of sodium) in order to stay healthy. However, most people get far more sodium than they need, which is a direct result of the processed foods that have become so commonplace. In fact, experts say that only about 10 per cent of our sodium intake comes from the salt we cook with and use during meals, and nearly 80 per cent comes from processed and restaurant foods. While taking the salt shaker off the table is a good start, it is also necessary to limit the amount of processed foods you eat.

The Heart and Stroke Foundation of Manitoba recommends that Canadians consume 2,300 mg or less of sodium per day, which is approximately one teaspoon of salt or less.

Ready-made lunch packages, processed meats, and fast food are high in sodium, and generally have little nutritional value.

"Many ready-made lunches are convenient, but not very nutritious," says Christine Houde, Nutrition Manager at the Heart and Stroke Foundation of Manitoba. "It's better to buy your own containers, and make your own lunches."

Here are some ways you can reduce sodium in your diet:

- Try to choose sandwich meats that are lower in sodium. Salami, pepperoni and bologna tend to be high in sodium, so choose lower sodium alternatives whenever possible. Some examples are roast turkey, chicken or lean roast beef.
- Grill slices of boneless, skinless chicken once a week for sandwiches, pitas or tortillas.
- Try "batch cooking", by doubling a recipe and freezing the leftovers for an easy meal later on.
- Make mealtime a family affair. If everyone pitches in, it will be easy, fun and a good way to teach kids healthy eating and bond as a family.
- Purchase pre-cut vegetables to save time.
- Use healthier fats, such as canola oil, herbs for flavouring instead of salt, add more fibre whenever possible and decrease the amount of sugar used in recipes.

# Grade 5-8 Winkler Bible Camp Pictures

- Include a regular thermos meal. Prepare extra food for dinner, and then put it in a thermos for tomorrow's lunch. Try a low-sodium stir fry with lots of vegetables, or a low-sodium soup and crackers with unsalted tops.
- Choose healthy snacks to help keep energy levels up, such as fruits, vegetables with dip or a yogurt parfait.

Including too much sodium in your diet can eventually lead to high blood pressure, which puts you at a higher risk for heart disease or stroke. For more information, visit [www.heartandstroke.mb.ca](http://www.heartandstroke.mb.ca)

***Below is a quick and easy supper recipe for busy families on the go. Hope you enjoy!***

## GROUND BEEF OR GROUND TURKEY CASSEROLE

- 1 lb. lean ground beef
- 1 medium onion
- 1 large potato
- 1 carrot sliced thin
- 1 tsp. garlic salt mixed into meat
- 1 tsp. black pepper mixed into meat
- 1 can tomatoes
- 5 or 6 slices American cheese (optional)
- 1 tsp. salt mixed into meat

Shape meat and seasonings into round balls. Press top flat. On top layer onions, potatoes and carrots and cheese. Add tomatoes. Bake in 1 quart covered casserole dish at 350 degrees for 1 hour.



# March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> <i>KIDS program</i>	<i>2</i> <i>Preschool, Grade 5-8 Science field trip</i>  <i>Mini pizza/chips &amp; salsa</i>	<i>3</i> <i>KIDS program. Grade 5/6 Floor Hockey in Morris</i>	<i>4</i> <i>K-6 Robert Munsch in Morris in AM</i>  <i>Hot dog</i>	<i>5</i>
<i>6</i>	<i>7</i> <i>Grade 7/8 Home Ec</i>  <i>Mini pizza/Mac &amp; cheese</i>	<i>8</i> <i>KIDS program</i>	<i>9</i> <i>Preschool, Kindergarten Info Night 5:30 p.m.</i>  <i>Mini pizza/chips &amp; salsa</i>	<i>10</i> <i>KIDS program</i>  <i>Soup Day</i>	<i>11</i>  <i>Hot dog</i>	<i>12</i>
<i>13</i> <i>Daylight Saving Time begins</i>	<i>14</i>  <i>Mini pizza/Mac &amp; cheese</i>	<i>15</i> <i>KIDS program, Alphabet Soup program</i>	<i>16</i> <i>Preschool, Lowe Farm School Drama/Dessert Theatre 7:00 p.m. Mini pizza/chips &amp; salsa</i>	<i>17</i> <i>Grade 7/8 Home Ec, Last KIDS program day</i>	<i>18</i>  <i>Hot dog</i>	<i>19</i>
<i>20</i> <i>First day of Spring</i>	<i>21</i> <i>Spirit Week</i>  <i>Mini pizza/Mac &amp; cheese</i>	<i>22</i>	<i>23</i> <i>Preschool</i>  <i>Mini pizza/chips &amp; salsa</i>	<i>24</i> <i>Learn to Play program</i>  <i>Soup Day</i>	<i>25</i> <i>Last day of classes before Spring Break</i>  <i>Hot dog</i>	<i>26</i>
<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>		<i>Classes resume on April 4th, 2011</i>