



Lowe Farm School

March 2012 Newsletter

lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

Wow, 4 weeks until Spring Break! Students and staff have just enjoyed a very busy month of February. We are just completing Spirit Week with Farm day, Sports day, Pyjama day, Recycle, Reuse, Reduce day, and Freaky Friday. We also had a Moo – Off, talent show and the traditional Oreo Dunking contest. Great Fun! In addition to Spirit Week, we had Randy Guest join us to teach us how to use iPads to film and edit videos in the Grade 2 – 8 classes. Basketball season is now over and we are getting ready for Floor Hockey (grade 5 & 6) and Badminton. We also had a whole month of reading activities that really challenged the children to read. We had the Adventure in Reading show to culminate our successful reading month. Thank you to the parents for supporting student reading at home. Let's continue to do so beyond February.

Amber Loewen, our KIDs instructor invited 3 special guests, Josiah, Jackson and Eric to our school to talk to our grade 5 – 8 students about their experiences growing up and living in Africa. The students learned first-hand the challenges of moving from a war torn country into Canadian culture. Students were so motivated that they are planning some initiatives that will likely occur prior to the end of the school year. Watch for more information to come.

In March we are happy to continue our Wiggle, Giggle and Munch program every Thursday morning in the gym. If you know of anyone who has young children and would be interested in joining in, please contact the school. Also, the Kindergarten information evening will be March 7th at 5:30 pm. Please pass the word around. We are hoping to have a new sound system in time for the upcoming Drama on March 21st. We are very excited to be able to practice with the microphones several days sooner thanks to the fact that we don't need to rent them anymore.

The Parent Teacher Association continues to work hard on the playground. The next meeting is Monday, April 2nd at 5:30 pm. They have just ordered 3 drop shot basketball fixtures that will be sure to excite the children when they are installed once the snow disappears.

Enjoy the next four weeks and then be sure to enjoy a week of relaxation (Spring Break) to get ready for the home stretch of the school year.

Mr. Rob Fiola

Cancellation Reminder

This is just a reminder of our school cancellation policy. The superintendent of the school division is responsible for the cancellation of school. **When listening for school cancellations you are listening for the RED RIVER VALLEY SCHOOL DIVISION.** Wind chill, road conditions, and visibility are all considered. **The decision to close schools will be aired on CJOB (AM 680), CFAM (AM 950), CBC (990).** The first announcement is usually on the air by 7:00 a.m. and repeated during morning broadcasts. School cancellations are also posted on the **RED RIVER VALLEY SCHOOL DIVISION** website www.rrvsd.ca

Dates to Remember:

Wed., Mar. 21	Lowe Farm School Drama/Dessert Theatre
Fri., Mar. 23	Last day of classes before Spring Break
Mon., Apr. 2	Classes resume
Thurs., Apr. 7	Lowe Farm School Science Fair
Fri., Apr. 6	Good Friday – no classes
Wed., Apr. 11	RRVSD Divisional Science Fair in Morris
Apr. 12 & 13	Student Led Conferences
Fri., Apr. 13	Inservice Day – no classes
Mon. May 21	Victoria Day – no classes
Thurs., June 28	Last day of classes
Fri., June 29	Admin Day – no classes

Student Led Conferences

will be held on

Thursday, April 12th

from 4:30 – 8:30 p.m.

as well as

Friday, April 13th

from 9:00 a.m. – 12:00 noon.

Please call Mrs. Ewbank at

746-8068 to set up your

appointment(s).



J Love to Read Month Report

February is I Love to Read month and it has been a busy one. Students enjoyed **DEAR** time (Drop Everything and Read) several times during the month of February. Our **teachers rotated** to different classrooms once a week to read to the different grade levels. We also had **students read excerpts** from different books over the intercom and then students **guessed the title** of the book. Each time this was done it did not take very long at all for the title to be guessed, a matter of seconds each time. Well done students!

Each classroom set a reading goal for the month of February and will enjoy a cake celebration if the goal is met. A school-wide **Read-a-thon** was also held with sponsorship and everything. Money raised from the Kindergarten to grade 4 classes will go towards the purchase of **Discovery Toys** for their classrooms. Money raised by the grade 5-8 students will help pay for the cost of "**A Reading Adventure**" presentation that the whole school will enjoy on February 29th. This presentation includes a lot of audience participation, puppetry, magic as well as a couple of animal visitors. The presentation will take audience members around the world with books.

CLASS FIELD TRIPS

Grade 2-4 Field Trip to the WAG – February 16:

The grade 2 and 3 class had a great time at their field trip to the **Winnipeg Art Gallery**. The students were very excited to count city buses (we counted 28!) and see the **Golden Boy** on the way to and from the Gallery. Our day started off great in the classroom at the Art Gallery where we learned about the seasons as portrayed in art. Some of the highlights that the students loved were finding fossils in the floor and walls on the Gallery, the wiggly string art, the beautiful paintings, learning about horizon lines and getting to make our own multi-media art project!

Miss Jessica Flynn

The grade 3/4s enjoyed their day at the **Winnipeg Art Gallery**. In the morning we participated

in an interactive tour of Inuit Art. We coloured pictures, did searcher, made tableaus and played Inuit games. In the afternoon we did our own art using an Inuit art technique called **Print Making**. We chose a picture that was meaningful and simple. We drew our picture on paper then poked holes of our picture into a Styrofoam block. We rolled paint onto our Styrofoam block and pressed it onto a black paper. The results turned out very nice! It was a very valuable educational experience.

Mrs. Lori Penner

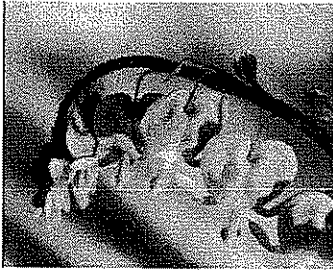
Grade 5-8 Field Trip to IMAX – February 17:

Our field trip was awesome! Apart from the fact that most of us fell asleep on the way back. Who knew sitting was so tiring!?! The ride there was long. It seemed as though you could drive around the world and back. But...It was only an hour long bus ride. When we **finally** got to the **HUGE** building we walked around a bit, looking at the **massive**, cool fountain and **sat** waiting for the doors to open. After we were let in the IMAX some people went to get their snacks and the other people that didn't order snacks had to sit down. Then we could go into the theater and **sit**. But the movies were great. The 3D Tornado Ally was about two teams. One team wanted to know why some storms made tornados and others didn't. Another guy made a T.I.V. (a.k.a. a tornado tank). That movie wasn't scary. Then came Born to Be Wild. There were elephants and orangutans and they were really cute. One orangutan was bathing himself on his arm then ate some soap. Yummy! We ate at the food court and then we went home. Well, to school.

By Savannah Siemens, Grade 5

On Feb. 17, Grades 5 to 8 went to the **IMAX** theatre. They watched Tornado Alley and Born to be Wild. Students were required to bring food from home or buy lunch at the food court at the Portage Place Mall. The movies were great. The research information about tornados and the power of the wind were awesome. The storm chasing was cool. To be in the heart of the tornado looked exciting and dangerous. **Born to Be Wild** showed two women who dedicated their lives to saving animals. One of the women established an orphanage for baby elephants whose mothers had died or had been killed by hunters. The other lady rescued baby orangutans. The babies shown were very cute. The humans working with them were loving and kind, and treated the animals like children. **We had a super day in Winnipeg.**

By Nettie Buhler & Tristan Landry, Grade 7



Thank you. . .

. . . to **Mrs. Stephanie Fehr, Mrs. Lillian Groening, Mrs. Angie Isaak and Mrs. Gaylene Siemens** who looked after lunch supervision for us on February 13th while all the staff enjoyed a staff appreciation lunch. **YOUR help was much "APPRECIATED"!**

SPORTS

Basketball

On February 2nd our basketball teams played two very strong teams from Sanford. Although the outcome of each game was unfavourable, our teams did play their hearts out. The boys lost 55-8 and the girls lost 62-26.

A trip to Rosenort on February 8th to play basketball proved to be a challenge as well. The boys lost 62-36 and the girls lost 64-16.

Morris hosted our teams on February 13. Lowe Farm boys lost 53-25 and the girls lost 36-19.

The teams were to travel to Oak Bluff on February 21st but this trip was cancelled due to the schools being closed because of road conditions. It is uncertain at this time whether this game will be made up or not. Should this be the last report of our basketball season we would like to extend a big **THANK YOU** to our coaches: **Alice Brown, Rebecca Harder, Angie Isaak and Trina Landry.**

Curling

Mrs. Brown took our grade 8 student to Morris on February 15th to take part in the divisional curling bonspiel. Lowe Farm School entered 2 teams: Jackson Blatz, Jennifer Heidebrecht, Joshua Harder and Brielle Martens on team 1; Samuel Suderman, Annie Schroeder, Benny Goertzen, Margie Giesbrecht and Robbie Young-Hamilton on team 2. Their cheerleaders were Emily Isaak and Rayne Milne.

The "curlers" had a great time. They played 2 end games, back to back. One team played 7 games and the other played 6 games. The students were very tired at the end of the day but had a lot of fun socializing and learning some curling skills.

Mrs. Alice Brown

Grade 5/6 Floor Hockey

Our 5/6s will participate in the floor hockey tournament in Morris on March 16th. Parents are more than welcome to attend to cheer on the teams or if they wish, we are also looking for parent volunteers to help with supervision at the tournament.

BOOK ORDERS

**March book orders are due on
Monday, March 19th, 2012**

Hearty Tuscan Soup

There is nothing like a bowl of hot homemade soup to take the chill off a day of winter outdoor activity.

- 15 mL (1 tbsp.) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 10 mL (2 tsp.) dried oregano leaves
- 5 mL (1 tsp.) dried basil leaves
- 2 mL (1/2 tsp.) hot pepper flakes
- 125 mL (1/2 cup) brown rice
- 1 can (796 mL/28 oz.) no salt added stewed tomatoes
- 750 mL (3 cups) sodium reduced chicken or vegetable broth
- 1 can (540 mL/19 oz.) mixed beans, drained and rinsed
- 1 pkg. (300 g/10 oz.) frozen chopped spinach

In soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes for about 10 minutes or until softened. Stir in rice to coat. Add tomatoes, broth, beans and spinach; bring to boil. Cover and simmer for about 40 minutes or until rice is tender. Slow cooker variation: Combine all the ingredients in slow cooker and cook on low for 6 to 8 hours or on high for 3 to 4 hours. Frozen vegetable option: Omit spinach and add 500 mL (2 cups) frozen mixed vegetables.

Lowe Farm School

KINDERGARTEN REGISTRATION



Do you have a child or children
born in 2007 or earlier?



If so, now is the time to register them for the
2012-2013 KINDERGARTEN SESSION.

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

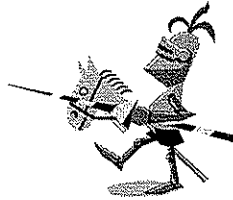
If you have any questions please feel free to call us,
we'll be happy to help you.

Lowe 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 7, 2012 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, 2012.



Lowe Farm School
presents

The Knights of the *RAD* Table

Written by Pat Lydersen
Directed by Mrs. Alice Brown
Performed by the Grade 7 & 8 Class

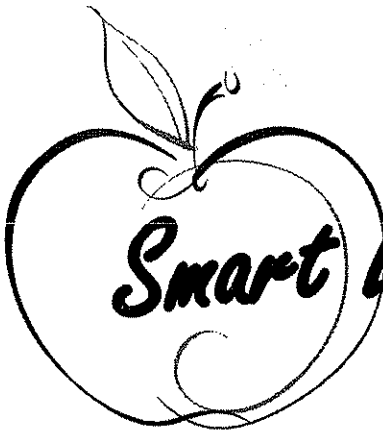
Dessert Theatre

Wednesday, March 21, 2012 at 7:00 p.m.

Lowe Farm School Gymnasium

Cost is \$5.00/person, Preschoolers FREE

Please call the school at 746-8068 for your tickets.



Smart Eating Makes The Grade!

"Get the Real Deal on Your Meal"

Nutrition Myth Busters

When it comes to food and nutrition, it is very easy to get confused about what is fact and fiction.

Myth: Frozen and canned vegetables and fruit are not as healthy as fresh.

Truth: Nothing beats the taste of fresh produce in season. But frozen and canned produce can be just as nutritious since it's usually picked and packed at the peak of ripeness when nutrient levels are highest. It is sometimes more affordable than fresh produce too! Read the label - look for products without added sugar, fat or salt.

Myth: If a food is low in fat or fat-free, it must be healthy.

Truth: Just because a food is low in fat or fat-free doesn't mean it's healthy. In fact, a lot of foods that are low in fat are definitely not healthy choices, such as candy, pop, and low-fat cookies. While these foods may have little fat, they can still be high in sugar and offer few, if any, nutrients. There are, however, some foods that are higher in fat and still a healthy choice, such as fish and nuts. Don't judge a food by fat alone!

Did you know?

March is Nutrition Month!

The theme for Nutrition Month 2012 is... ***Get the real deal on your meal*** and is all about busting up food and nutrition myths.

Check out www.dietitians.ca for more info.

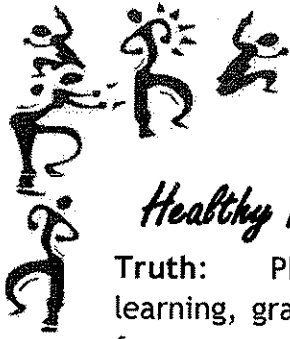


Breakfast Bites

Kids who eat breakfast do better in school and tend to eat healthier overall.

Try a fun microwaved egg for a quick breakfast.

- ◇ Spray coffee mug with canola oil
- ◇ Crack egg into mug and pierce yolk with fork
- ◇ Cover mug with plastic wrap, fold over a small space for steam to escape
- ◇ Microwave for 45-60 seconds
- ◇ Serve with toast and fruit



Healthy Bodies Healthy Minds

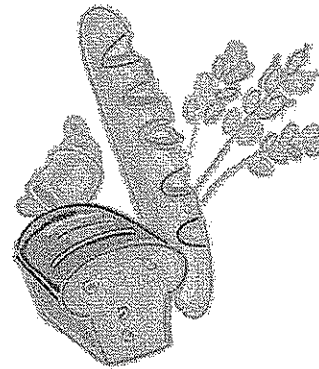
Truth: Physical fitness improves learning, grades, test scores, memory, focus, attention span, health and self-esteem. Children aged 5-11 and youth aged 12-17 should get at least 60 minutes of medium- to high-intensity physical activity every day. But more is even better!

One way to help encourage activity is to limit screen time - the number of hours spent watching television, playing video games and online activities. You may consider a limit of one to two hours a day. For a better night's sleep, also try limiting screen time one hour before bedtime.

Multi-grain vs Whole grain?

Myth: "Multi-grain" is the same as "whole grain."

Truth: Multi-grain isn't always whole grain. Multi-grain products include different grains, but they may not be whole. Whole grains include all parts of the grain - endosperm, bran and germ. To make sure a food is made with whole grains, look on the food label's ingredient list. The words "whole grain" should be in front of each grain in a whole grain product.



Oatmeal Pancakes

1 ½ cups	rolled oats	1 Tbsp.	baking powder
2 cups	milk	1 tsp.	salt
½ cup	whole wheat flour	½ tsp.	cinnamon
½ cup	all-purpose flour	2	eggs, beaten
1 Tbsp.	brown sugar	¼ cup	vegetable oil

1. In a large mixing bowl, blend rolled oats and milk; let stand 5 minutes.
2. Stir together flours, sugar, baking powder, salt and cinnamon. Add dry ingredients, eggs and oil to oats, stirring until combined.
3. Pour ¼ cup batter for each pancake onto a hot, lightly greased griddle or frying pan. Cook each pancake until edges become dry and surface is covered with bubbles. Turn to cook second side until golden brown.

Source: Bake Better Bites: Recipes and Tips for Healthier Baked Goods

For more nutrition topics, go to the news and events section of www.rha-central.mb.ca.
Regional Nutrition Services Team



March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Recycle, Re-use, Reduce day for Spirit Week, Wiggle, Giggle & Munch program 10:00 a.m., 12:15 Moo Off	2 Freaky Friday for Spirit Week, KIDS program, Talent Show 12:50 p.m., Hot Dog	3
4	5 Mini pizza/mac & cheese	6	7 Preschool, KIDS program Kindergarten Information Night 5:30 p.m., Mini pizza/chips & salsa	8 Grade 7/8 Home Ec Wiggle, Giggle & Munch program 10:00 a.m. Soup Day	9 Hot Dog	10
11 Daylight Saving Time Begins (spring forward 1 hour) 	12 Mini pizza/mac & cheese	13	14 Preschool KIDS program Mini pizza/chips & salsa	15	16 Grade 5-8 Silent Shamrock event, Grade 5/6 Floor Hockey in Morris Hot Dog	17
18	19 Spring Begins Mini pizza/mac & cheese	20	21 Preschool LFS Drama 7:00 p.m. Mini pizza/chips & salsa	22 Wiggle, Giggle & Munch program 10:00 a.m., Grade 7/8 Home Ec Last Soup Day	23 Last day of classes before Spring Break Hot Dog	24
25	26	27	28	29	30	31
Spring Break						

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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