

# Lowe Farm School

March 2013 Newsletter



lowefarm@rrvsd.ca

## PRINCIPAL'S MESSAGE

A great big thank you goes out to the I Love to Read Month committee for organizing such a wonderful month of reading and activities. Thank you to the families who have encouraged students to read at home as well. I would also like to thank the parents who supervised the students for the lunch hour while we had a staff appreciation lunch. It is rare and much appreciated to have all EAs, custodians and teachers together at the same time to enjoy a meal. Thank you.

March means that teachers will be working on report cards throughout the month. Watch for reports to come home just before spring break. We look forward to having parents join us after spring break to attend the student led conferences where students will have their work on display.

We look forward to having Spirit Week organized by student council on the last week before spring break (more details will be sent home closer to the time). Come join us for the pancake breakfast on Tuesday the 19<sup>th</sup>. We look forward to the many fun activities.

Have a great March! (and let's hope it comes in as a lamb and leaves like one too!!)

Mr. Rob Fiola

## Grade 7 & 8 MCI Trip

Our grade 7 & 8 students along with Mrs. Brown travelled to Gretna on February 27<sup>th</sup>. The class attended the dress rehearsal for **Fiddler on the Roof** at **MCI**. It was a great learning experience for the grade 7/8s as they are in the midst of preparing their own drama production which will be held in May.

## DATES TO REMEMBER:

February 1	School Inservice Day – no classes
February 18	Louis Riel Day – no classes
March 15	School Inservice Day – no classes
March 22	Last day of classes before Spring Break
April 1	Classes resume
April 11 & 12	Student Led Conferences
April 12	School Inservice Day – no classes
May 20	Victoria Day – no classes
June 27	Last day of classes
June 28	Admin Day – no classes

## I Love to Read Month

February is I Love to Read Month. It is a time to celebrate the joy of reading as well as encourage everyone to read more. This year's theme was **BOOK CAMP – Camping Out With Books**. A number of activities were planned for the month with DEAR Time (Drop Everything And Read), Buddy Reading and Teacher Read. With Buddy Reading students from different classes were put together to read to each other. Teacher Read is when the teachers switch classes and take turns reading to other grades.

To go along with our reading month activities students enjoyed **STAR DOME PRESENTATIONS**. With the idea of when you are camping out, you are under the stars. Star Dome is a **mobile planetarium** and each class enjoyed the presentations made on February 26<sup>th</sup>. Of course, you can't camp out without having breakfast. The **Manitoba Breakfast Program** from Agriculture in the Classroom provided a great breakfast.

## *Winnipeg Symphony Orchestra*

Our grade 1 – 4 students attended the Winnipeg Symphony Orchestra's (WSO) Musical Discoveries production of **The Magic Jukebox** on February 11<sup>th</sup>. In the production Mr. Mark and WSO mascot Manny Tuba discovered a magical jukebox that seemed to have inside it almost every piece of music ever composed. A magician, champion juggler, dancers and others joined the WSO to introduce young students to the wonderful world of orchestral music.

The Grade 5 & 6 students will be going to the WSO in March. Thank you to **Mrs. Colpitts** for organizing these experiences.

## *Thank you. . .*

. . . to **Marie Doell, Tara Falk, Michelle Ginter, Shannon Groening, Margaret Redekop and Anna Schmitt** for coming in on February 14<sup>th</sup> to help out with lunch supervision. Your help was much appreciated ladies!



## Made in Manitoba Breakfast

On February 28<sup>th</sup> Lowe Farm School students and staff enjoyed a **Made in Manitoba Breakfast**. The breakfast was sponsored by **AGRICULTURE IN THE CLASSROOM** and the **MONSANTO FUND**, who work together on increasing student awareness of the importance of agriculture in their everyday lives.

The morning began with a presentation made to Kindergarten to Grade 4 students and then one made to Grade 5 – 8 students. Breakfast followed the presentations and consisted of pancakes, pork sausage, hard cooked eggs, canola margarine, honey and chocolate milk, all Manitoba grown, produced or raised.

In attendance to cover the big event was the **EAGLE** radio station.

Thank you to **AGRICULTURE IN THE CLASSROOM** and the **MONSANTO FUND**. Thank you also to **Ms. Jessica Brady** and **Mrs. Brown** and the volunteers they lined up to help prepare and serve the breakfast: **Marie Doell, Helena Fehr, Michelle Ginter, Candice Martens, Susanna Neufeld and Anna Schmitt. What a TREAT!**

**In keeping with the Made in Manitoba and breakfast theme have your children pick out which ingredients in the following recipe can be grown or produced in our wonderful province. They'll be surprised at just how many there are.**

### Make-Ahead Whole-Wheat Blueberry Pancakes

Makes 12 servings

These pancakes are made with whole-wheat flour and flax for a good source of fibre and some heart-healthy omega-3. Freeze them for a quick breakfast (just pop them in the toaster) or for a great grab-and-go snack. You can also enjoy them right off the griddle.

#### Ingredients

- 2 cups (500 mL) buttermilk
- 1 tbsp. (15 mL) canola oil
- 2 tsp. (10 mL) vanilla extract
- 1/4 cup (50 mL) maple syrup

- 2 eggs
- 1 cup (250 mL) whole-wheat flour
- 1/2 cup (125 mL) ground flax seed
- 1/2 cup (125 mL) oat bran
- 1 tsp. (5 mL) baking soda
- 1 tsp. (5 mL) baking powder
- 1/4 tsp. (1 mL) salt
- 1/2 cup (125 mL) frozen wild blueberries

Top the pancakes off with apple butter.

#### Directions

1. In a large bowl mix together buttermilk, oil, vanilla, maple syrup, and eggs.
2. In a second bowl combine flour, flax, oat bran, baking soda, baking powder and salt.
3. Add dry ingredients to the wet ingredients and whisk together until you get a smooth batter. Gently stir in blueberries.
4. Preheat non-stick fry pan or griddle to medium heat. Use a cup measure to spoon the batter into the pan. When finished cooking, place on wax paper to cool. There should be 12 pancakes.
5. When fully cooled, stack pancakes with wax paper in between and place in a re-sealable freezer bag. Place in freezer.
6. To serve: Remove one pancake from the freezer and place in toaster on the darkest setting. When finished, cut in half, spread with apple butter and serve like a sandwich. Perfect for running out the door!

## SPORTS

#### BASKETBALL:

Our basketball season has been one of hits and misses. A couple of games were rescheduled due to poor weather conditions and rescheduling has been challenging to say the least. We had to really pull together enough players to make teams, especially the boys' team. Coming up against the larger schools with more students to draw from sometimes makes it difficult to compete and yet our players have come a long way.

For some students, this was their first try at competitive sports. All players have improved their skills over the season while coming head to head with some stiff competition. Although neither team won any games this season we wish to thank the players for working hard and representing Lowe Farm School's sportsmanship so well.

We would also like to say a **BIG THANK YOU** to our coaches: **Mrs. Brown** and **Mrs. Isaak** who coached the girls' team, **Ms. Pettapiece** and **Mrs. Landry** who coached the boys' team. Thank you for your time and dedication.

**CURLING:**

Our grade 8 students participated in the divisional curling bonspiel on February 13<sup>th</sup> at the Morris Curling Club. This was a first-time experience of curling

for our students and it was wonderful to see more experienced curlers from other schools show them the ropes. Thank you to Mrs. Brown who instructed and supervised our students for the day. They all had a great day.

**GRADE 5/6 FLOOR HOCKEY:**

Our grade 5 & 6 students will take part in the annual floor hockey tournament in Morris on Friday, March 8<sup>th</sup>. The tournament is a friendship format event where students from all schools are combined to create teams. Parents are more than welcome to attend and cheer the teams on. We are also looking for one parent to help out with coaching a team. If you are interested, please call the school as soon as possible and let us know.

## ***Report Cards & Student Led Conferences***

Second term report cards are scheduled to go home on Thursday, March 21, 2013.

### ***Student Led Conferences***

***will be held on***

***Thursday, April 11<sup>th</sup> from 4 – 8 p.m.***

***and***

***Friday, April 12<sup>th</sup> from 9 a.m. – 12 noon.***

***All parents are encouraged to phone the school***

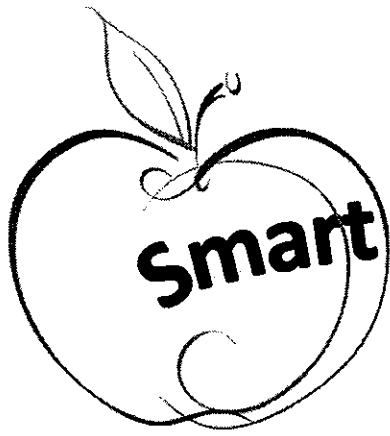
***at 204-746-8068 and***

***book their appointment times with Mrs. Ewbank.***

Students along with their parents attend the appointments. This is a wonderful opportunity for your child to show you the progress they have made throughout the school year.

Please take advantage of this opportunity by phoning to make your appointment as soon as possible.





# Smart Eating Makes The Grade

## "Plan, Shop, Cook, Enjoy"

### Grocery Shopping

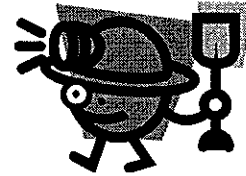
Change the way you think about grocery shopping; make it a fun experience for the whole family!

- Plan meals ahead of time and make a list of all the foods you need before going shopping.
- Ask your kids! Give them a choice of fruits and vegetables you plan on buying to get them involved.
- On a budget? Buy fresh fruits and vegetables in season. Try and look for ones that are locally grown.
- Choose foods that pack well for school lunches.



### Did you know?

- The outside edge of the store is where most of the fresh food is found.
- People who shop while they are hungry tend to buy more items that are not on their grocery list!
- What you buy is what you and your family will actually eat! Start by making wise food choices when you shop.



### Dig Deeper...

- <http://www.eatwise.ca> provides nutrition information on food items
- <http://www.eatracker.ca> to track activities, plan meals and record goals
- Check out more grocery shopping tips at [www.dietitians.ca](http://www.dietitians.ca)

**Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.**

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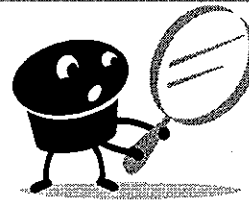
## Healthy Bodies Healthy Minds

Set a SMART goal to increase your physical activity. Smart goals are **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**imely.

1. What could you do to adopt healthier eating habits? 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:

I am going to cook two dinner meals per week at home on Sunday and Friday this month instead of going to fast food restaurants and ordering in pizza.



## Tastebud Challenge

### Kale!

- Is a leafy green vegetable with ruffled leaves and a fibrous stalk and is deep green in colour
- Kale is very high in beta carotene, vitamin K, vitamin C, lutein and rich in calcium
- Can be boiled, steamed, baked, stir fried or eaten raw
- Available throughout the year in grocery stores
- Try growing kale in your own garden!

## Kale Chips

Makes 4 servings

- Preheat oven to 350°F

**1 Head** kale washed, thoroughly dried  
**1Tbsp** Olive oil  
**Seasonings** (e.g. salt, garlic powder, chili powder)

- Remove the ribs from the kale and cut into 1 1/2-inch pieces.
- Lay kale on a baking sheet coated in cooking spray and drizzle with the olive oil and sprinkle on seasonings.
- Bake 10-15 minutes until crisp, turning the leaves halfway through.

Try packing some kale chips for lunch as an alternative to potato chips.

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

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## **RED RIVER VALLEY SCHOOL DIVISION**

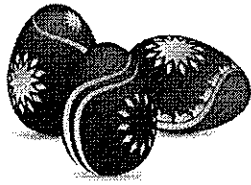


The Red River Valley School Division is currently looking for responsible people to train to drive school buses in all areas of the Red River Valley School Division. Drivers are needed for extra-curricular trips (day and evening trips) as well as to replace regular drivers when required. Training is paid by the Division.

Our spare drivers earn \$14.47 per hour. The satisfactory results of a Child Abuse Registry Check and Criminal Records Check are a condition of hire.

If you are interested in applying for Bus Driver training, please submit your resume to:

Lisa Bjerring, HR Coordinator  
Red River Valley School Division  
P.O. Box 400  
Morris, MB ROG 1K0  
Phone 204-746-2317, extension 222  
Fax 204-746-2785  
Email [lbjerring@rrvsd.ca](mailto:lbjerring@rrvsd.ca)



# March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 KIDS  Mini pizza/mac & cheese	5 Kindergarten	6 Preschool KIDS Gr. 7/8 Home Ec  Mini pizza/chips & salsa	7 Kindergarten  Soup Day	8 Kindergarten, Gr. 5/6 Floor Hockey in Morris  Hot dog	9
10 Daylight Saving Time begins	11 KIDS  Mini pizza/mac & cheese	12 Kindergarten	13 Preschool KIDS  Mini pizza/chips & salsa	14 Kindergarten, Wiggles, Gig- gles & Munch	15 Inservice Day -no classes	16
17 St. Patrick's Day	18 Spirit Week—PJ Day KIDS  Mini pizza/mac & cheese	19 Kindergarten, PTA Subway Tuesday, Pancake break- fast	20 Preschool, KIDS, Gr. 7/8 Home Ec, Gr. 5/6 WSO field trip, Topsy-turvy day, Mini pizza/ chips & salsa	21 Kindergarten, Report Cards go home, Oreo dunking  Last Soup Day	22 Kindergarten, last day of classes before Spring Break, Animal Day, Prairie Exotics visit, Hot dog	23
24	25	26	27	28	29 Good Friday	30
<b>Spring Break</b>						
31 Happy Easter					Classes re- sume on Monday, April 1, 2013	



**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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