

# Lowefarm School

March 2016 Newsletter

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

E-mail: [lowefarm@rrvsd.ca](mailto:lowefarm@rrvsd.ca)

## PRINCIPAL'S REPORT

Looks like March will be coming in like a lamb. Let's hope the lion manages to stay away!

Congratulations to the boys' basketball team who won their playoff game on Wednesday against St. Malo! The boys now advance to the finals which will be played in early March! Thanks again to the coaches, Parker Stevenson, Mrs. Brown, Ms. Harpelle and Mrs. Landry for their time and energy. Thank you also goes out to Ms. Harpelle for organizing a curling training session and bringing the grade 8s to the annual bonspiel. Another big thank you goes out to Ms. Harpelle for organizing intramurals throughout the winter months for all grades. Up next for inter-school sports is the grade 5/6 floor hockey tournament and badminton practices for grades 5 – 8.

February was a busy month in the classrooms as well. Thanks to the I Love to Read committee; Mrs. Brandt, Mrs. Haliuk and Ms. Lee for coordinating a wonderful month of activities. Thanks to Mrs. Haliuk for organizing the grade 5/6s Science activities at the St. Boniface Research Centre. Students have been working hard since the Christmas Break and teachers are currently working on the report cards that will reflect the results. Thank you goes out to the RCMP and the Lowe Farm Volunteer Fire department for participating in our lockdown practice this last month. The students and staff did an excellent job preparing and implementing the lockdown. We scored high praise from both groups.

March will be an opportunity for the students to share their hard work through student led conferences. We encourage all parents to come see the portfolios, samples and projects that students have prepared for you. Once the student led conferences are completed, the student council has prepared Spirit Week activities that will run the last 4 days before spring break. Come join us on the 22<sup>nd</sup> of March for a free pancake breakfast. Watch for more information to follow.

Mr. Rob Fiola



## Lowefarm 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 Lowefarm School in KEV.

<https://rrvsd.schoolcashonline.com/>

## COMPUTERS

Computers for Schools (CFSL) will now allow schools to apply for computers on behalf of their students, whereby the students will own and take home the device. This applies both to free and for-fee, refurbished desktops and laptops.

Free computers will require a Windows license activation (\$10) if the individual wishes to run the installed version, the for-fee ones will come with this as part of the cost.

Below is a link to the fee structure. We have also been advised the "I-series" high-end laptops will now come with 4GB RAM as standard, up from 2GB.

- <http://www.c4smb.ca/fees>

The school must apply on behalf of the student, and is responsible for collecting the fee. The school would then process a purchase order payable to CFSL.

CFSL will warranty against defects for the lifetime of the device. Claims would be between the individual and CFSL - the Division won't facilitate warranty/repair/replacement.

Equipment is refurbished and fully functional, however condition will vary from like new, in some few cases, to heavily used with wear/scratches. We have no control over what will be received so far as cosmetics go.

Division techs will **NOT** provide any set up, troubleshooting, or support for devices purchased on behalf of students - as personal equipment it is outside of their area of responsibility.

If you are interested in purchasing a computer from CFSL, please contact the school.

# Student Council Report

Our student council is planning **Spirit Week** activities for the last school week of March, just before Spring Break. Spirit Week is an opportunity for the students to dress up in special daily themes and participate in a couple of special events. The following is what is planned for the week of March 21-24.

Monday, March 21	Pajama Day (come to school in your pajamas)
Tuesday, March 22	Country Day/Pancake Breakfast
Wednesday, March 23	Famous Character Day
Thursday, March 24	Formal Day/Oreo Dunking Contest at noon

More details will go home in the near future.

## I Love to Read Month

Students enjoyed a new theme each week during I Love to Read month. The library was decorated with each theme making it a cozy place to read.

The first week was **"Warm Up With a Favourite Book"** week. An activity that drew great attention from the students was pictures of staff members holding a book in front of their faces and then students had to guess which staff member was reading which book. The pictures were mounted on paper mugs and posted in the library. A reveal and excerpt readings from the staff's favourite books were held on Thursday of that week while everyone enjoyed a hot chocolate.

Week two was **"Poetry Picnic Week"**. A poem was read by a grade 3 or 4 student each morning after our opening over the PA system. Library tables were outfitted with picnic tablecloths, baskets and poetry books and at the end of the week, classes got together to do some buddy reading.

The third week was **"True or False – Is that a fact?"** The week started off with local MLA rep, Mr. Shannon Martin visiting our Kindergarten to grade 4 classrooms. The students very much enjoyed having him come into the classrooms to read to them. True or False questions were posted along with giant magnifying glasses, in the library for students to read and try and figure out the answers to. Buddy reading was held at the end of the week. The grade 5/6 students also made up some Jeopardy questions for the finally.

The fourth and final week was **"Multi-Cultural Week – Reading Around the World"**. Students were encouraged to read about different cultures from around the world.

Each classroom teacher created a Reading Minutes Goal for their class to try and reach by the end of February. Each class would then celebrate their successes for the month.

An I Love to Read month finale will be held in the near future when all classes, Kindergarten to grade 8 are able to participate.

## Student Led Conferences

Report cards will go home on March 15<sup>th</sup> followed by **Student Led Conferences on March 17<sup>th</sup> and 18<sup>th</sup>, 2016**. Student Led Conferences provide students the opportunity to share with their parents the work that they have done throughout the year.

**Appointment letters were sent home on February 25<sup>th</sup> for each family. If you did not receive your letter or if the time you are allotted does not work for you, please contact Mrs. Ewbank, at 204-746-8068, as soon as possible.**



## Preschool Registration

The school year is going by very quickly. It won't be long until another successful preschool program will come to an end thanks to Mrs. Betty Resler, our Pre-school teacher, and our preschool assistant, Mrs. Cheryl Thiessen. We very much appreciate all the work Mrs. Resler does to prepare for each of the lessons and Mrs. Thiessen for all of her help. We are now starting to plan for next year's Preschool program. If you have a child who was born in 2012, who will attend Kindergarten in September 2017 at Lowe Farm School and you would like them to participate in our Pre-school program beginning in September 2016, please call or drop by the school so that we may begin the registration process. Children benefit immensely from the preschool program as it prepares them gradually for the transition from home to school as well as gives them the opportunity to further develop their skills in preparation for Kindergarten. This past year Lowe Farm School's Pre-school program has been held two mornings (Tuesday and Thursday) a week from 9:00 a.m. to 11:00 a.m. at no cost to parents. The program runs from approximately mid-September to mid-June.

# Grade 5/6 Science Field Trip

On Friday, February 26<sup>th</sup> our grade 5 and 6 students went on a field trip to the St. Boniface Hospital Research Centre Youth BIOlab. Youth BIOlab provides grade 5-12 students with an opportunity to experience the science of health and disease through engaging and authentic hands-on activities. Using basic molecular and cellular biology, DNA work, cell culture, dissections and microscopy, students were able to see how their classroom learning connects to current research.

## FUNDRAISING SUMMARY

Lowe Farm School ran three major fundraisers this year including our annual Fall Supper. A huge thank you goes out to Mrs. Ewbank for her hard work. Our students, parents and community members have been extremely supportive of our fundraising efforts again and we are very thankful for that. To date this year, funds raised help to cover the cost of extras such as class trips, sports refs, student agendas, Christmas decorations, fall frolics, student council events, supplies and the grade 5-8 camp experience.

The following is a summary of our fundraising efforts for the school year:

Fundraiser	Grades that participate	Profit
Mom's Pantry Products	Kindergarten to Grade 8	\$1412.94
Lowe Farm School Fall Supper	Grades 5 – 8 students	\$3697.92
Chocolate Bar Fundraiser	Kindergarten to Grade 8	\$964.00
<b>TOTAL</b>		<b>\$6074.86</b>

## Thank You. . .

. . . to **Mr. Shannon Martin**, our MLA, who came in to read to our Kindergarten to grade 4 students for I Love to Read month. The students very much enjoyed the stories he read to them on February 16<sup>th</sup>. Mr. Martin also donated the two books that he read from to our school library. Wonderful, thank you!

. . . to **Tara Falk, Sara Klassen, Angela Sawatzky, Pamela Thiessen** and **Crystal Unger** who were kind enough to come in and supervise the students over the lunch hour while the staff enjoyed a Staff Appreciation Lunch together on February 16<sup>th</sup>. Thank you so much ladies. We do not often all have the

opportunity to enjoy each other's company at lunch time. It was very much appreciated.

. . . to our **Lowe Farm School PTA** who made a \$100 donation to each classroom for I Love to Read month. With this donation, teachers were able to purchase classroom books that the students could share.

. . . to the ladies who volunteered to prepare and serve homemade soup for our **Soup Days** which were held every second Thursday from January to the end of March: **Mary Blatz, Marie Doell, Tara Falk, Helena Fehr, Michelle Ginter, Shannon Groening, Anna Schmitt** and **Anna Voth**. All we can say is **D-E-L-I-C-I-O-U-S**; warms a body from head to toe on a cold winter's day! Thank you very much!

## SPORTS

### BASKETBALL PLAYOFFS

Our boys' team advanced to the playoffs and played against St. Malo in the first round on February 24<sup>th</sup>. The boys beat St. Malo to go onto the FINALS against J.A. Cuddy on March 2, 2016 at about 3:45-4:00 p.m. in Sanford.

Thank you to our girls' coaches, Miss Harpelle and Mrs. Landry and the boys' coaches, Mrs. Brown and Mr. Stevenson. Your time and dedication to the teams was much appreciated.

### CURLING

Our grade 7 and 8 students enjoyed a curling lesson from Lorne and Chris Hamblin at the Morris Curling Club on February 4<sup>th</sup>. This helped to prepare our grade 8s for the divisional bonspiel held on February 17, also held at the Morris Curling Club.

### 5/6 FLOOR HOCKEY

The grade 5/6 students will participate in a friendship format floor hockey tournament in Morris on March 17<sup>th</sup>. Parents are welcome to attend the tournament to cheer on their children. The tournament will begin at 10:00 a.m. and wind-up about 2:00 p.m. We are also looking for one parent to agree to coach/supervise a team at the tournament.

## JOB OPPORTUNITIES

Lowe Farm School is looking for:

- substitute custodians/custodial aides
- substitute educational assistants

for when support staff are sick. If you are interested in either of these positions, please contact Mrs. Ewbank at 204-746-8068 or drop by the school and she will help guide you through the necessary process.



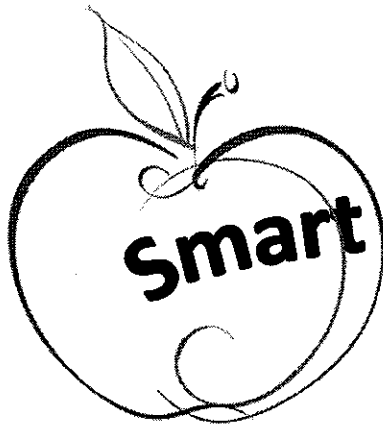
# **Lowe Farm School**

is accepting registrations for our

## **2016-2017 Pre-school Program.**



If you have a child born in 2012,  
who will attending Kindergarten in  
September 2017 at Lowe Farm School  
and you would like them to participate in our  
Pre-school program beginning September 2016,  
please drop by the school  
for a registration form or  
call 204-746-8068 for more information.  
There is no cost to parents for this program.



# Smart Eating Makes The Grade

## “Take A 100 Meal Journey”

### Make Small Changes One Meal at a Time

Eating well can boost your health and help you feel your best. Instead of trying to change everything at once, take a 100 meal journey. We eat about 100 meals a month so focus on small, lasting change and stick with it. Ideas for positive easy changes that can make a big difference:

- Fill more of your plate with vegetables
- Choose whole grain bread instead of white bread
- Enjoy fruit for snacks instead of sweet or salty treats
- Drink water or milk in place of sugary beverages like pop or slushy drinks or sports drinks
- Eat breakfast
- Eat less processed foods, prepackaged and convenience foods

For Nutrition Month Resources, go to: <http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month.aspx>



### Eating well when short on time

Eating well doesn't need to take a lot of time. A little planning helps you eat healthy, even on the run:

- Stock your kitchen with healthy snacks like veggies, fruit, yogurt, cheese, hard-boiled eggs, nuts and seeds and whole grain crackers
- Cook big batches of soup, stew or chili on the weekends. Cook once. Eat twice. Make more food than you need for one meal and reinvent it for another
- Shop for healthier convenience foods, such as frozen or pre-cut vegetables, plain frozen fish fillets, shredded cheese, and canned lentils

*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.*

2015-2016

## Pantry Raid! Add Foods to Nourish Your 100 Meal Journey

### Take Stock of Your Cupboard, Fridge and Freezer

Making nourishing meals and snacks is easier when you have healthy foods on hand. Get your kitchen ready for action with these good- for- you foods:

Vegetables and fruit: fresh or frozen, dried and canned  
Whole grains: oats, barley, quinoa, pasta, cereals, crackers, breads  
Milk products: milk,cheese,yogurt, kefir  
Nuts, seeds and nutbutters: pumpkin seeds, flax, peanut butter  
Canned and dried pulses:lentils,chickpeas, kidney beans  
Fish: plain fish fillets,canned salmon, tuna or frozen shrimp  
Meat and poultry: fresh cuts of lean beef or pork, turkey or chicken

For more on stocking a healthy kitchen, visit:

<http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx>

### Hidden Veggie Pizza

1 box frozen spinach (thawed and drained)  
1 cup mushrooms  
4 cups homemade spaghetti sauce or 1- 32 oz jar spaghetti sauce (try to find one with only whole food ingredients)  
mozzarella cheese  
other desired toppings

Preheat oven to 425 degrees F.

In a high powered blender, blend together spinach, mushrooms, and spaghetti sauce.

Make your whole wheat crust or use premade whole wheat crusts.

Spread sauce on the crust.

Top with cheese and other desired toppings.

Bake for 10-15 minutes or until cheese is melted and bubbly.



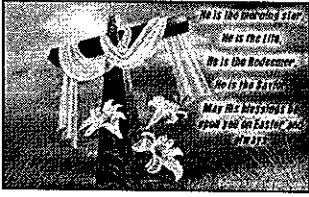
Source: [superhealthykids.com](http://superhealthykids.com)

For more nutrition topics, go to the news and events section of [www.southernhealth.ca](http://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.





# MARCH 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kindergarten Preschool  PTA meeting 5:00 p.m.	2 Grade 7/8 Home Ec, Boys' basket- ball finals in Sanford Mini pizza/ chips & salsa	3 Kindergarten Preschool  PTA Taco in a Bag	4  Hot dog	5
6	7  Mini pizza/ mac & cheese	8 Kindergarten Preschool	9 KIDS program -AM only  Mini pizza/ chips & salsa	10 Kindergarten Preschool  Soup Day	11 Kindergarten  Hot dog	12
13 Daylight Saving Time begins  	14  Mini pizza/ mac & cheese	15 Kindergarten Preschool Grade 7/8 Home Ec  Report cards go home	16 KIDS program -all day  Mini pizza chips & salsa	17 Kindergarten Preschool Grade 5/6 Floor Hockey in Mor- ris, St. Patrick's Day, Student Led Conferences 4-8 p.m.	18 Inservice day -no classes Student Led Conferences 9 a.m.—12 noon	19
20 First Day of Spring  <b>SPIRIT WEEK</b>	21 <b>PJ Day</b>  Mini pizza/ mac & cheese	22 Kindergarten Preschool  <b>Country/ Pancake Day</b>	23 KIDS program -AM only, <b>Famous Character Day</b> Mini pizza/ chips & salsa	24 Kindergarten Preschool Last day of clas- ses before Spring Break, <b>Formal Day/ Oreo Dunking,</b> Soup Day	25 Good Friday -no classes	26
27 Happy Easter  	28	29	30	31	Classes resume on April 4, 2016	
<b>Spring Break</b>						



**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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