

# Lowe Farm School

May 2011 Newsletter

## DEAR PARENTS

Just over 8 weeks left of school! Winter is finally over and spring has arrived. April was another busy month here at Lowe Farm. Thank you to all the support shown by the great turnout of parents for Student Led conferences. The grade 8 students have toured both Morris and Rosenort Schools in preparation of next year. The Parent Teacher Association has been actively organizing playground renovations and have two work sessions planned. Badminton is now completed and softball is around the corner. We had another very successful Science Fair and the Wellness Fair has just completed.

In June you will see many changes to the playground after the work sessions are completed. Watch for monkey bars, volleyball courts, playground lines, basketball hoops and much more. We are fortunate to have Stephen Jones from the St. Boniface Research Centre joining us for Scientists in the Classroom. Finally, Softball and Jump Rope for Heart will round out the month.

I know that many of you will be very busy over the next few weeks with community sports and outdoor activities. Enjoy the beautiful weather. (Hopefully) ☺

Mr. Rob Fiola,  
Principal

## PTA NEWS

**Mrs. Valerie Klassen** has resigned from her position as the Lowe Farm School PTA chairperson. We wish to announce that **Mrs. Trina Landry** will now be serving as the interim chairperson. Lowe Farm School would like to **THANK** Mrs. Klassen for the time she has dedicated to the committee over the past number of years. We very much appreciate all that you have done.

Lowe Farm School PTA will be holding a School Playground Work Day on **Saturday, April 30, 2011 at 9:00 a.m.** Volunteers would be much appreciated. Bring your rakes, shovels and wheelbarrows. If you have any questions, please feel free to contact **Mrs. Michelle Ginter (project manager)** at 746-2775. Another work day is being planned for Friday, May 13, 2011 at 3:30 p.m..

Lowe Farm School PTA is setting up a table for the community garage sale being held on **May 28**. We are looking for items to sell as part of the playground fundraising. If you have anything that you are willing to donate please contact **Mrs. Trina Landry** at 746-6203.



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**LOWE FARM SCHOOL PTA  
WOULD LIKE TO  
THANK  
LOWE FARM CO-OP  
FOR THEIR GENEROUS DONATION OF  
\$5650.00!**

**THE CO-OP RAN A PROMOTION LAST SUMMER WITH 5% OF SALES FROM JULY TO AUGUST  
DONATED TO THE PTA PLAYGROUND FUND.**

**THIS CHEQUE WAS PRESENTED TO THE PTA CHAIRPERSON AT THE  
CO-OP ANNUAL MEETING.**

**THANK YOU TO EVERYONE WHO PURCHASED GROERIES DURING THIS TIME AND  
THE CO-OP FOR MAKING THIS POSSIBLE.**



# FAIRS

## LOWE FARM SCHOOL SCIENCE FAIR:

Twenty-five grade 5 to 8 science fair projects were displayed to the public on April 13<sup>th</sup> in the Lowe Farm School gym. Our medal presentation was held at 1:30 p.m. and the results were as follows:

### GOLD

Alesa Isaak & Nancy Sawatzky – What's In Your Paper?  
Emily Isaak & Rayne Milne – Bring On The Wind  
Jillana Groening - Breakout

### SILVER

Preston Bergman – Juicy Fruit – How Juicy Is It?  
Margaretha Fehr – Are Microwaves Going to Kill Us?  
Jason Brown – Technology of Talking Machines  
Samuel Suderman – What's In Your Water

### BRONZE

Cornie Giesbrecht & Tristan Landry – Is Double Dipping Truly as Bad as Sticking Your whole Mouth in a Dish?  
Lucas Redecop, Pedro Guenther & George Buhler – Crocodiles  
Jackson Blatz, Steven Froese & Guillermo Guenther – Mysterious Magnets Explained  
Megan Boulton – How Do I Deal With Diabetes?  
Trent Siemens – Boat Dynamics  
Joshua Harder & Jessie Johnstone – Herbal Medicine vs. Prescription  
Rudy Neufeld & Alex Fehr – Dinosaur Evolvement and Adaptations  
Amanda Paetkau & Jessica Schroeder – How Much Is Too Much  
Jennifer Heidebrecht – Cola or Not  
Brielle Martens – DNA DIY

### PARTICIPATION

Annie Schmitt, Fernando Neufeld & Jonathon Berg – Snakes  
Katrina Boulton, Chloe Friesen, Suzanne Giesbrecht & Samantha Fehr – Caution: Elephant Toothpaste  
Beth Klassen – Nail Polish Brand  
Katline Johnstone, Natasha Penner & Nettie Buhler – Volcanoes  
Alexis Johnstone & Joanne Schroeder – Lava Lamps  
Logan Fehr & Justin Heidebrecht – Robots  
Bobby Froese – Animals  
Annie Schroeder & Margie Giesbrecht – Milkshake Magic

We would like to say a big **THANK YOU** to our judges: **Earl Bergman, Jake Cornelson, Elva Dyck, Marnie Erb, Ken Ewbank, Peter Falk, Lillian Groening, Joyce Harder, Margaret Harms and Bill Toews.** We very much appreciate the time they took to come and help us out.

## PROVINCIAL SCIENCE FAIR:

Jillana Groening, Emily Isaak & Rayne Milne, as well as Alesa Isaak & Nancy Sawatzky continued on to enjoy the Provincial Science Fair experience at the Max Bell Centre at the University of Manitoba. Projects were set up the evening of April 28<sup>th</sup> and the fair will run until May 1<sup>st</sup>. For a schedule of events and public viewing times please go to: <http://www.msss.mb.ca/>.

## DIVISIONAL WELLNESS FAIR:

The Red River Valley School Division held a **Middle years Wellness Fair** on **April 29<sup>th</sup>** at J.A. Cuddy School in Sanford. The grade 5 – 8 fair focused on four **WELLNESS** themes: **Physical Health, Safety, Person and Social Wellness** and **Healthy Lifestyle Practices** with specific topics being assigned to certain grades for the particular themes. The students chose their topic and prepared a 3 – 5 minute presentation on it. The presentation had to have the following components in it: current research, visual presentation and an interactive component (ex: survey, demonstration, audience participation, etc.) Eight students from Lowe Farm School participated in the fair:

- Fernando Neufeld – Physical Health - Proper and improper techniques of stretching exercise
- Lucas Redecop – Personal and Social Wellness - How to promote a healthy self-esteem
- Suzanne Giesbrecht – Physical Health - Effects of exercise on the skeletal and cardio system
- Tristan Landry – Physical Health - Age and fitness (how bodies develop)
- Megan Boulton – Physical Health - Effects on inactivity on the human body
- Brielle Martens – Safety - Safety Laws as they relate to Drinking and Driving/Cell phone use
- Rudy Neufeld – Healthy Lifestyle Practices - Dieting
- Bryan Klassen – Safety - Domestic violence/Shaken baby syndrome

Presentations took place from 10:30 a.m. – 12:00 noon followed by lunch. From 12:30 – 2:00 p.m. students were divided into three groups. Each group then spent approximately 30 minutes on wellness-related activities before cleaning up and returning home.

# 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.**

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

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

***If you have already received a registration  
package, please fill in the forms and return them  
to the school along with a copy of your child's  
birth certificate as soon as possible.***

***Thank you very much.***

## Divisional

Jillana Groening, Trent Siemens and Rudy Neufeld, Joshua Harder and Amanda Paetkau participated in the divisional badminton tournament in Morris on April 21, 2011. They enjoyed the opportunity to hone their skills and meet students from other schools.

Thank you to **Mrs. Penner** for coaching the badminton students again this year.

## **BASEBALL**

Low Farm School will once again host the Grade 5 – 8 South Divisional Baseball Tournament. The tournament will be held on Wednesday, May 18<sup>th</sup>. We will need help with umping, scorekeeping and the canteen. If you would be willing to help us out, we would be **VERY HAPPY** to have you call Mrs. Ewbank at 746-8068 to offer your assistance.

## Dates to Remember:

Sat., Apr. 30	PTA Playground Work Day 9:00 a.m.
Sun., May 8	Mother's Day
Fri., May 13	PTA Playground Work Day #2 at 3:30 p.m.
Wed., May 18	Grade 5-8 baseball tournament at Lowe Farm School (rain date May 25)
Mon., May 23	Victoria Day – no classes
Fri., May 27	Jump Rope for Heart 1-3 p.m.
Sat., May 28	Low Farm Community Garage Sale
Wed., June 29	Last day of classes
Thurs., June 30	Admin Day – no classes



# S P O R T S

## **BADMINTON**

### Regional

Congratulations to all of students who participated in the Regional Badminton Tournament in Rosenort on Tuesday, April 12<sup>th</sup>. Coach Penner was very pleased with their sportsmanship and play. Boys' singles participants were: Bryan Klassen, girls' singles – Jillana Groening, boys' doubles – Trent Siemens/Rudy Neufeld and Jessie Johnstone/Samuel Suderman, girls' doubles – Emily Isaak/Rayne Milne and Jennifer Heidebrecht/Brielle Martens, mixed pairs – Joshua Harder/Amanda Paetkau. The following placed second in their division: Jillana, Trent and Rudy, Joshua and Amanda. Congratulations on qualifying for the divisional tournament!



**Wishing all mothers a very**

*Happy*

*Mother's Day*

**Sunday, May 8<sup>th</sup>, 2011**



## Recipe Corner:

At this time of year students and parents alike may be getting tired of the same old thing for school (and work lunches). Below is a recipe that you might want to try for something a little different.

## California Veggie Wrap

### Ingredients

- 1 tbsp. (15 mL) spreadable cream cheese
- 1 large (10-inch/25-cm) flour tortilla, regular, whole wheat or flavored
- 2 tbsp. (30 mL) shredded carrot
- 2 tbsp. (30 mL) thinly sliced red or yellow pepper
- 2 tbsp. (30 mL) chopped red onion
- 1/4 cup (50 mL) shredded Cheddar or Monterey Jack cheese
- 1/4 avocado, peeled and sliced
- 1/4 cup (50 mL) baby spinach leaves (or torn arugula)
- 1/4 cup (30 mL) alfalfa sprouts
- salt and pepper to taste

### Cooking Instructions

1. Spread cream cheese over the tortilla to within 1/2 inch (1 cm) of the edges.
2. Arrange all the filling ingredients in a row along the center one-third of the tortilla. Sprinkle with salt and pepper to taste.
3. Roll the tortilla up as tightly as possible to enclose the filling without tearing the tortilla. Cut in half crosswise. Wrap both halves in plastic wrap to pack into a lunch bag.



## Town Clean Up

On a beautiful Tuesday, April 26<sup>th</sup> afternoon our grade 1 to 8 students participated in a town/school grounds clean up. They did an awesome job – thank you students and staff!



# May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Mini pizza/Mac &amp; cheese</i>	3	4 <i>Preschool</i>  <i>Mini pizza/Chips &amp; salsa</i>	5	6  <i>Hot dog</i>	7
8  <i>Mother's Day</i>	9  <i>Mini pizza/Mac &amp; cheese</i>	10	11 <i>Preschool</i>  <i>Grade 7/8</i> <i>Home Ec</i>  <i>Mini pizza/Chips &amp; salsa</i>	12	13  <i>PTA Playground Work Day</i> <i>3:30 p.m.</i>  <i>Hot dog</i>	14
15	16  <i>Scientist in the Classroom</i>  <i>Mini pizza/Mac &amp; cheese</i>	17  <i>Alphabet Soup Program</i>	18  <i>Preschool, Grades 5—8</i> <i>Baseball in Lowe Farm</i>  <i>NO CANTEEN</i>	19  <i>Scientist in the Classroom</i>	20   <i>Hot dog</i>	21
22	23  <i>Victoria Day -no classes</i>	24  <i>Grade 7/8</i> <i>Home Ec</i>	25  <i>Preschool, Grades 5—8</i> <i>baseball rain date</i>  <i>Mini pizza/Chips &amp; salsa</i>	26  <i>Learn to Play Program</i>	27  <i>Jump Rope for Heart</i>   <i>Hot dog</i>	28  <i>Lowe Farm Community Garage Sale</i>
29	30  <i>Mini pizza/Mac &amp; cheese</i>	31				