

Lowefarm School

May 2013 Newsletter

lowefarm@rrvsc.ca

PRINCIPAL'S MESSAGE

What a busy month April has been! We hosted the Kindergarten information session in early April. Middle Year students participated in badminton. Students were excited to share their work at the Student Led Conferences. We have just hosted the Grade 5 – 8 Divisional Learning Fair by having students from Starbuck, JA Cuddy, Domain, Rosenort, Morris and Heritage share stories and work with professional story tellers Leigh-Anne Kehler and Jamie Oliviero. A big thank you goes out to Alice Brown and Jessica Flynn for organizing this event and for the many school and community volunteers who helped make it a great success. A big thank you also goes out to Barb Pettapiece for coaching badminton.

May starts off at the same pace as April has been with the Grade 7 & 8 students presenting a very funny play called "Law and Order: Nursery Rhyme Unit" on May 2nd at 7:00 pm. We look forward to sharing this "punny" event with the community. In May, Lowefarm will also be hosting the annual south RRVSD softball tournament. Please consider coming out to volunteer in the canteen or to umpire.

Let's hope that by the time you read this newsletter, the snow has disappeared. Let's also hope that the river banks are able to hold the coming waters from the West and the South. So far we are not anticipating any serious effects at Lowefarm School. Please watch our school website for updates in case things change.

Just 9 more weeks until Summer Holidays!!

Mr. Rob Fiola



DATES TO REMEMBER:

May 2	LFS Drama/Dessert Theatre 7:00 p.m.
May 20	Victoria Day – no classes
May 29	LFS hosts Softball Tournament
June 25	LFS School Picnic – more info to follow
June 27	Last day of classes – Day of Celebration – more info to follow
June 28	Admin Day – no classes

PTA Report

Spring has arrived.... or at least that's what the calendar says. I hope that the promise of warm weather is true, we all need a break from winter. With that said, I'm happy to announce that the shed/climbing wall/picnic shelter is in the building process. If everything falls into place the shed will be finished by the end of the school year. We are looking for someone to help build the foundation for the shed. If this is a project that interests you please contact myself or Rob Fiola.

The last Tuesday in May will be the last Subway day of the year. I hope everyone has enjoyed their subs! There will be more Taco in a Bag days throughout May and June so watch for the order forms coming home.

The PTA is always looking for new members. If you are interested in being part of your child's experience at school our next meeting is May 13, 2013 at 5:30 pm. We would love to see you there!

Michelle Ginter (204) 746-2775

PTA Chair



Thank you . . .

. . . to teacher candidates **Mrs. Val Comtois** and **Miss Rikki Bergstresser**. It has been a pleasure having you in our classrooms. We wish you all the best as you pursue your career in education.

. . . to our **Science Fair Judges**. Our Science Fair cannot be successful without the help of these volunteers: **Jake Cornelson, Ken Ewbank, Bill Ginter, Lillian Groening, Alicia Lazaridis, Dennis Matthies, Doug Mowbray, John Norman, Dave Schmidt, Bill Toews, John Voth and Lionel Wiens**. Many of these volunteers are repeat helpers and we certainly appreciate their willingness to come back year after year.

. . . to our **Red River Valley School Division Learning Fair** panelists: **Ann Decima, Margaret Harms, Doug Mowbray, Barb Shewchuk and Robyn Wiebe**. More on them below.



FAIRS

LFS SCIENCE FAIR

Lowe Farm School held its annual on Thursday, April 11, 2013. It is exciting to watch the learning process our students go through while working on their projects. We would like to say a BIG THANK YOU to our judges for taking the time out of their busy schedules to come and help us out: **Jake Cornelson, Ken Ewbank, Bill Ginter, Lillian Groening, Alicia Lazaridis, Dennis Matthies, Doug Mowbray, John Norman, Dave Schmidt, Bill Toews, John Voth and Lionel Wiens.**

Projects fell under one of three categories: Experiment, Design or Research. Results are as follows:

GOLD

Alesa Isaak & Katlin Johnstone - Experiment
Water Powers
Adrienne Groening - Experiment
Fun Guy and His Relationship with Bread

SILVER

Chloe Friesen & Katrina Boulton - Research
The Unsinkable That Sank
Suzanne Giesbrecht & Bobby Froese - Experiment
Weather Went Wacko
Fernando Neufeld & Elma Loewen - Experiment
Veggie Battery
Jonathon Berg & Tristan Landry - Design
Windmill Generator
Alexis Johnstone & - Experiment
Beat Of Life
Justin Heidebrecht - Experiment
Freezing Magic
Timothy Suderman - Experiment
Keep 'em Up
Kristi Harder - Research
Let it FALL
Daniel Isaak - Experiment
Eye Matey
Denby Fehr, Jaysin Funk & Tanner Martens - Experiment
Water Rocket

BRONZE

Erny Loewen - Experiment
Annie Schmitt & Elly Goertzen - Experiment
Memory

Christina Neufeld & Jessica Wieler - Research
The Unknown Earth
Justina Giesbrecht & Zoe Blatz - Experiment
Not Hard As Rock

PARTICIPATION

Samantha Fehr & Joanne Schroeder - Research
Hearing

Cornie Giesbrecht - Experiment
Rustee Bolt Soda
Cameron Herkert & Darnell Ayres-Collingridge -
Experiment Fizzle Fizzle Pop
Virginia Blatz & Devan Ayres-Collingridge - Experiment
Gak
Abe Schmitt & Willie Berg - Experiment
Exploding Pellets
Timmy Froese & Lena Penner Wolf - Experiment
How to make your own fire extinguisher
Zakury Funk & Zacary Wiebe - Experiment
Bottle Pops

RRVSD LEARNING FAIR

Each year a learning fair is held in one of our school division schools. Lowe Farm School had the privilege of being host this year. It was held on Thursday, April 25th. The theme for this year's Learning Fair was **Literacy/ Storytelling**.

We were thrilled to be able to host students from all over the school division. The students presented stories in several different genres: Adventure, Fantasy, Fiction, Fiction - suspense, Fiction - fantasy, Realistic Fiction, Fractured Fairy Tale, Mystery, Romance and Legend. Students also attended workshops throughout the day. A guest panel provided feedback to the students on their presentations. **Leigh-Anne Kehler** and **Jamie Oliviero**, both professional storytellers, held student workshops as well as "performed" their own stories to students in attendance. All participating students enjoyed a complimentary lunch and before leaving received a copy of the book: Legend Pursuit, A Hockey Novel by author Sigmund Brouwer.

All Kindergarten to Grade 8 Lowe Farm School students then enjoyed a special presentation at the end of the day from our professional storytellers.

Thank you to our guest panelists: Robyn Wiebe (from The Eagle Radio Station), Doug Mowbray (teacher), Ann Decima (long time reporter for a local newspaper), Margeret Harms (former teacher) and Barb Shewchuk (long time reporter as well as past editor for a local

newspaper). We appreciated them taking the time out of their busy lives to come and listen to the students presentations and supply some feedback.

Thank you also to following event sponsors:
Lowe Farm Co-op, Morris Big Way, Rosenort Co-op, Sigmund Brouwer and National Bank.

We must also remember to **thank our fair committee members** who did a wonderful job of preparing for the day: **Mrs. Alice Brown, Miss Jessica Flynn and Mr. Rob Fiola.**

PROVINCIAL SCIENCE FAIR

Five students represented Lowe Farm School at the Provincial Science Fair the last weekend in April. **Adrienne Groening, Alesa Isaak & Katlin Johnstone, Jonathon Berg & Tristan Landry** attended the annual event at the Max Bell Centre in Winnipeg. Congratulations to **Adrienne and Jonathon & Tristan** who received **BRONZE** medals, while **Alesa & Katlin** won **SILVER!** Terrific work students!

Lowe Farm School Grade 7 & 8 Students Present **LAW & ORDER: Nursery Rhyme Unit**

Directed by Mrs. Alice Brown



Dessert Theatre

**Thursday, May 2, 2013
 in the Lowe Farm School
 Gymnasium at 7:00 p.m.**

Tickets:

**\$5.00 per person, Preschool – Free
 Please call 204-746-8068 and speak to
 Mrs. Ewbank for your tickets.**

FUNDRAISING SUMMARY

Four major fundraisers were held this school year. As you can see below they all did VERY well and we thank parents for allowing their children to participate. A big thank you to our secretary, Mrs. Rose-Marie Ewbank for organizing and running the Lamontagne card/gift, Mom's Pantry Products and Chocolate/Cereal Bar fundraisers.

Money raised from the fundraisers was used for:

- buying student organizers
- Lowe Farm Skating Rink Sod Turning treats
- student council phone bills
- volleyball reffing
- volleyball wind-up
- basketball reffing
- Fall Frolic supplies
- Spirit Week supplies
- Pancake Breakfast supplies
- Heart Day Event prizes
- Shamrock Event prizes
- class field trips
- Prairie Exotics animal presentation
- Fundraising money will also go towards the grade 5-8 camp experience in June, picnic tables and playground shed foundation.

We would again like to thank all those who support our fundraisers. It is much appreciated.

Fundraiser	Grades that participate	Profit
Lamontagne Card/Gift Fundraiser	Kindergarten to Grade 8	\$1246.23
Mom's Pantry Products	Kindergarten to Grade 8	\$1985.51
Lowe Farm School Fall Supper	Grades 5 – 8 students	\$2373.28
Chocolate/Cereal Bar Fundraiser	Kindergarten to Grade 8	\$1146.90
TOTAL		\$6751.92

SPORTS

Badminton

A number of our grade 7 and 8 students participated in the Regional Badminton Tournament in Oak Bluff on Wednesday, April 17th. Our badminton coach, Ms. Pettapiece said the students improved as the day went on and they had a good time. Those who played were: George Buhler, Cornie Giesbrecht, Elly Goertzen, Justin Heidebrecht, Fernando Neufeld, Joanne Schroeder, Jonathon Berg, Nettie Buhler, Alesa Isaak, Alexis Johnstone, Katlin Johnstone and Tristan Landry. We did not have any one qualify for the divisional tournament held on April 24th in Morris.

Softball Tournament

Lowe Farm School will be hosting a softball tournament on Wednesday, May 29th weather permitting. **If you are willing to volunteer with scorekeeping, umping, canteen help or in any other way, please call the school. We would love to have parents involved in the day.**

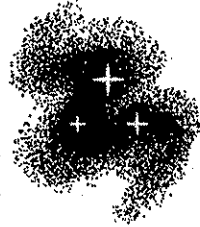
Parents are also welcome to attend the softball tournament and cheer on the students.

Divisional Track Meet

The grade 6-8 divisional track meet is tentatively set for Wednesday, June 12th at the University of Manitoba.



Sunday, May 12, 2013



MARK YOUR CALENDARS

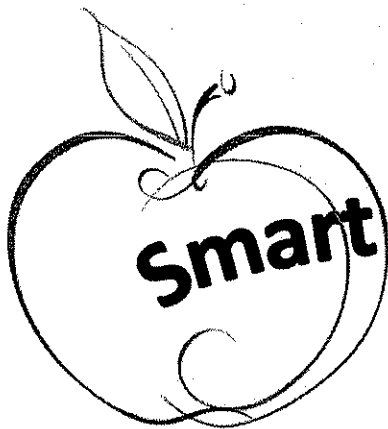
God's Big Backyard, Under the Stars

DVBS Program

will run from July 8-12, 2013 from 7 - 9 p.m.

All children entering Kindergarten to entering Grade 7
are welcome to attend.

For more information contact Marie Doell at (204) 746-6947



Smart Eating Makes The Grade

"De-code the message"

Message Savy

- Be aware of the messages given from watching television, the internet and reading magazines/newspapers.
- Get involved in your child's media –watch, play and listen with them. Take the time to use the media for interactive learning and discuss the inaccurate and unhealthy messages and the healthy messages.
- Limit children's total screen time (TV, internet, video games) to no more than 1-2 hours per day.

Checklist for Reliable Information

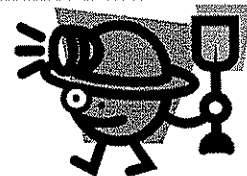
- The information is from a professional source.
- The source is current.
- The information is scientific and not based on a personal story or opinion.
- The claim should not sound too good to be true and should not rely on special products.

Did you know?

Canadians rarely use credible information such as government materials (22%) and dietitians (18%) as their primary food and nutrition sources of information.

Most commonly used sources of food and nutrition information for Canadians:

- food labels (68%)
- internet (51%)
- print materials –magazines, newspapers and books (46%)
- friends or relatives (41%)
- physicians or other health professionals (40%)



Dig Deeper...

- How to spot questionable nutrition tips – www.quackwatch.org
- Media awareness <http://mediasmarts.ca/>
- <https://twitter.com/MediaSmarts>

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.

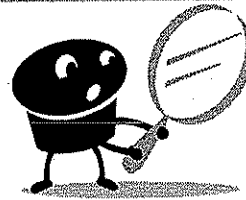
Healthy Bodies Healthy Minds

Set a SMART goal to increase your physical activity. Smart goals are Specific, Measurable, Achievable, Realistic and Timely.

1. What activities could you do to be more active? 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 will go skating on Saturdays with the family for 1-2 hours.



Tastebud Challenge

Buckwheat!

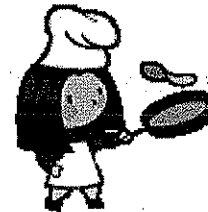
- Is a grain/nut and not a cereal grain.
- A source of high-quality protein, fibre, antioxidants, zinc, copper and niacin.
- Uses: milled flour (bread, pasta, pancakes), groats/grits (cereals, soups, energy bars), honey
- The flour is gluten-free.
- Has a triangular seed shape.

Source: <http://www.specialcrops.mb.ca>
<http://www4.agr.gc.ca>

Buckwheat Crêpes

Makes 8 Crêpes

- ½ cup buckwheat flour
- 1 egg
- ½ tsp salt
- ⅓ cup skim milk
- 2 tbsp melted non-hydrogenated margarine



- 1) Mix the flour, egg and salt. Gradually add the skim milk then the melted non-hydrogenated margarine.
- 2) Refrigerate for 20 minutes before cooking the crêpes in a non stick pan.

Filling ideas:

- 1) Spread peanut butter on crêpe, add half a sliced banana and roll it up.
- 2) Spread greek yogurt (plain or flavoured), add mixed berries/fruit (fresh or frozen) and roll it up.

Adapted from: Dairy Nutrition –www.dairynutrition.ca

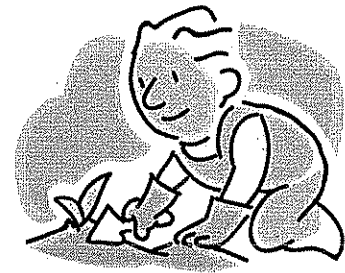
Use the crêpe instead of bread and make a pin wheel sandwich!
Make your children's favorite sandwiches but with a spin.

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



May be photocopied in its entirety provided source is acknowledged.

May 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Gr. 7/8 Home Ec, KIDS Program Mini pizza/ chips & salsa	2 Kindergarten Gr. 5/6 to Rosenort Drama in PM, LFS Drama 7:00 p.m.	3 Hot dog	4
5	6 Mini pizza/ mac & cheese	7 Kindergarten	8 Mini pizza/ chips & salsa	9 Kindergarten Wiggles, Giggles & Munch Program, PTA Taco in a Bag day	10 Kindergarten Gr. 7/8 Home Ec Hot dog	11
12  Mother's Day	13 PTA Meeting at 5:30 p.m. Mini pizza/ mac & cheese	14 Kindergarten	15 Mini pizza/ chips & salsa	16 Kindergarten Gr. 5/6 Field Trip to Manitoba Museum	17 Hot dog	18
19	20 Victoria Day -no classes	21 Kindergarten	22 Mini pizza/ chips & salsa	23 Kindergarten Wiggles, Giggles & Munch, Gr. 7/8 Home Ec, PTA Taco in a Bag day	24 Kindergarten Hot dog	25
26	27 Mini pizza/ mac & cheese	28 Kindergarten PTA Subway Tuesday	29 Gr. 5-8 Softball Tournament Mini pizza/ chips & salsa	30 Kindergarten	31 Hot dog	

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: _____

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: _____

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: _____

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: _____

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: _____

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: _____