

Lowe Farm School

May 2014 Newsletter

lowefarm@rrvdsd.ca

PRINCIPAL'S MESSAGE

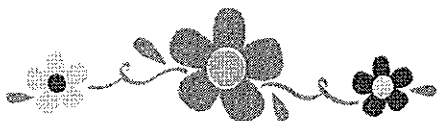
What a busy month April has been! Middle Years students participated in badminton and the Science Fairs. Thank you to Ms. Bergstresser for coaching the successful badminton team at both the regional and divisional meets. We also had the "Day of Pink" to show our support for preventing bullying in our schools. Thank you goes to the parents and students who attended the "One to the World" laptop information evening both as presenters and guests.

May starts off at the same pace as April has been with the Grade 7 & 8 students presenting a very funny play called "Heaven Help the PoTaters" on May 8th at 7:00 pm. We look forward to sharing this exciting annual event with the community. On May 21st, Lowe Farm School will once again be hosting the annual south RRVSD softball tournament. Students from Lowe Farm School will also be participating in the Hershey Track Meet in Carman for the 3rd year in a row. Please consider coming out to volunteer for one or more of these events.

The Lowe Farm School PTA is very active and is working very hard to raise funds to build not one but two play structures for the school. Please support their efforts by purchasing tickets for the draw for a quad, TV or laptop. You can also make a donation to Lowe Farm School and receive a tax receipt from the RRVSD.

Looking forward to working with the community to make the last 8 weeks of school a lot of fun. ☺

Mr. Rob Fiola



FOR KINDERGARTEN TO GRADE 4 PARENTS:

For those parents who come and pick up their children at the end of the day we ask that you **please come to the school main entrance** to pick them up. Our staff supervisors are concerned for the students' safety as they run to their parent's vehicle. This also makes it difficult for bus drivers and parents to safely enter and exit the bus lane and parking area.

Students who walk home after school are asked to continue using the sidewalk which runs south of the visitor parking rail.

Preschool Registration

It won't be long and we will be finished the 2013-2014 school year and another successful Pre-school program thanks to Mrs. Betty Resler, our Pre-school teacher. We are so lucky to have her continue this program each year. We are now starting to plan for next year's Pre-School program. If you have a child who was born in 2010 and will begin Kindergarten in September 2015 at Lowe Farm School and you would like them to participate in our Pre-school program beginning in September 2014 please call or drop by the school so that we may begin the registration process. In the past, Lowe Farm School's Pre-school program has been held one morning a week from 9:00 a.m. to 11:00 a.m. with no cost to parents. In 2014-2015 we may see that expand to twice a week. The program runs from September to June.



BOOK ORDERS

Thank-you to everyone who purchased books from the Scholastic Book Orders during the 2013-2014 school year. As a result of your orders we have received \$440 worth of free books for our classrooms and school library! Our final book order for this school year will be sent home shortly. If you are wanting to place an order, please send it to school with your child before **May 23rd**. This will ensure that you will receive your books in time to enjoy some summer reading!

Mrs. Jennifer Johnston

DATES TO REMEMBER:

Thurs., May 8	Dessert Theatre 7:00 p.m.
Mon., May 19	Victoria Day – no classes
Tues., June 24	School Picnic
Thurs., June 26	Day of Celebration
Thurs., June 26	Last day of classes
Fri., June 27	Admin Day – no classes

FAIRS

Low Farm School hosted a mini Science Fair on Tuesday, April 15th. Unlike Science Fairs in the past, this year's fair was optional for our grade 5-8 students.

Thank you to our judges Ann Decima, Erna Dyck, Lillian Groening, Rob Fiola and Marla Brandt. Adrienne Groening, Daniel Isaak and Chloe Landry went on from our Science Fair to compete in the Provincial Science Fair at the University of Manitoba the last weekend in April. All proudly came home with **GOLD** medals! **Awesome job Adrienne, Daniel and Chloe!!!!**

The **Divisional Learning Fair** will be held on **May 2nd** in Oak Bluff. This year's theme is a **Celebration of Arts**. A number of pieces of artwork were submitted to display at the fair from many of our grade 5-8 students. As well, we are able to take 10 students to participate in the day's events. We look forward to hearing about the workshops the students will attend. They will have a choice of the following workshops: Hand Bells, Dance, Visual Arts, Taiko Drumming and Mime.

***KIDS** - Why not ask your dad to help you prepare the following quick, easy and delicious breakfast for your mom on Mother's Day!* Recipe from: Kraft What's Cooking

Cheddar-Veggie Egg Envelopes

- 4 whole eggs
- 4 egg whites
- 4 tsp. water
- 3 cups baby spinach
- 1½ cups sliced fresh tomatoes
- 1 cup halved cherry tomatoes
- ½ cup Kraft Double Cheddar Light Shredded Cheese

Heat small nonstick skillet on medium heat. Whisk first 3 ingredients until blended. Spray skillet with cooking spray. Add 1/3 cup eggs; tilt skillet to evenly cover bottom with eggs. Cover; cook 1 to 2 min. or until eggs are set. Slide omelet onto plate. Repeat with remaining eggs to make a total of 4 omelets. Cover to keep warm until ready to use.

Add spinach, mushrooms and tomatoes to skillet; cover. Cook on medium-low heat for 5 minutes or just until spinach is wilted.

Fold each omelet in half, then in half again to form triangle. Serve topped with vegetable mixture and cheese.

SPORTS

BADMINTON

The following Low Farm School students participated in the **Divisional South Badminton Tournament** in St. Pierre on **Tuesday, April 22nd**: **Adrienne Groening, Daniel Isaak, Christina Neufeld, Virginia Blatz, Denby Fehr, Abe Schmitt, Zacary Wiebe, Samantha Fehr, Elly Goertzen, Justin Heidebrecht, Maryn Henderson, Erny Loewen, Fernando Neufeld, Annie Schmitt and Joanne Schroeder.**

Adrienne Groening, Daniel Isaak, Abe Schmitt, Annie Schmitt and Joanne Schroeder all earned a spot to go onto the **Divisional Tournament** in Sanford on **Wednesday, April 30th**. Congratulations students!

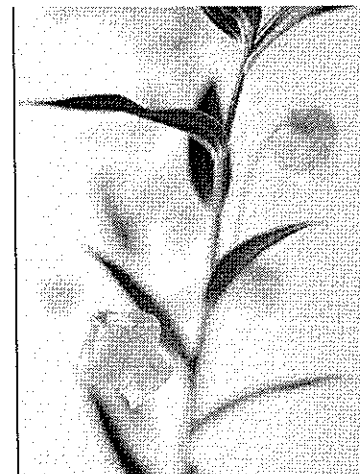
SOFTBALL TOURNAMENT

If spending some time enjoying some fresh air and softball sounds like a good day to you, then you are just who we need. We are looking for volunteers to help with scorekeeping, umping and helping in the canteen when we host a softball tournament on Wednesday, May 21st. Please call the school at 204-746-8068 if you are able to help us out in any of these jobs. We would love to hear from you.

TRACK MEETS

The **Hershey Track Meet** will be held in Carman, Manitoba on **Thursday, May 29th**. Details for our students participating are still being worked out.

The **Red River Valley School Division Grade 6-8 Divisional Track Meet** will be held at the University of Manitoba on **Tuesday, June 17th**. Parents are welcome to travel to Winnipeg and cheer on the students so mark your calendars.



Lowe Farm School
Grade 7 & 8 Class presents
**Heaven Help the
Po'Taters**

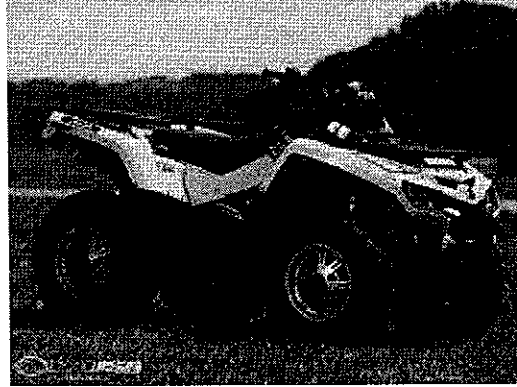


Written by: Billy St. John
Directed by: Mrs. Alice Brown

DESSERT THEATRE

Thursday, May 8, 2014

7:00 p.m. in the school gymnasium
Cost is \$5.00/person, Preschoolers FREE
Please call Mrs. Ewbank at the school,
204-746-8068 for your tickets.



Lowe Farm School PTA PLAYGROUND FUNDRAISER

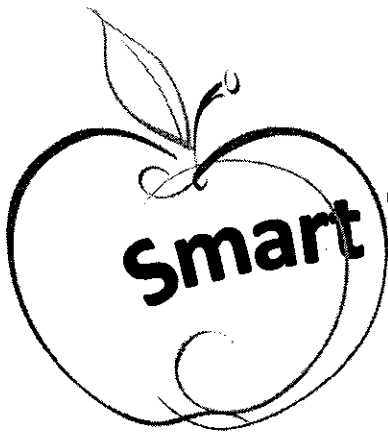
Low Farm School PTA
23 – 1st Street East, Lowe Farm, Manitoba
Draw Date: Thursday, June 26, 2014 at 11:00 a.m.

- | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1st Prize: 2014 CanAm Outlander 500XT ATV ((\$10,799 value)
2nd Prize: Sharp 60" LED TV 120 hz (\$1,399 value)
3rd Prize: Apple iPad Air 16GB Wi-Fi – Silver (\$519 value)</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

1500 tickets printed
All winners will be contact
All draws are open to all ticket holders
Age restriction: 18 years of age
MGCC #5987RF

\$25.00 per ticket

If you would like to purchase a ticket or sell a book of tickets please contact:
Michelle Ginter 204-746-2775 or rmginter@snet.ca
or
Marie Doell 204-746-6947 or jmdoell@snet.ca



Smart Eating Makes The Grade

"Veggies and Fruit are Fun!"

Power Up with Hidden Veggies

Having trouble getting kids to eat vegetables? Involve kids and have fun hiding veggies in food. Try these tricks to add veggies to meals and snacks.

- Shredded carrots, onions, zucchini or peppers mix nicely in meatloaf, meatballs, burgers and casseroles
- Try adding cauliflower florets to cubed potatoes. Boil and mash as usual.
- Add small amount of spinach to smoothies
- Add pureed cooked carrots to spaghetti and pizza sauces



5 Tips to Get the Family to Love Vegetables and Fruit

1. Lead by example

Kids will want to try new vegetables and fruit if they see others eating them at the table.

2. Get your kids involved

Take your kids to the grocery store. Have them choose vegetables and fruit of different colours (red, green, orange, etc) for the family.

3. Try, try again

Most kids need to see a food 8 to 10 times before they may try it. Don't give up!

4. Add variety

Try one new vegetable or fruit each month.

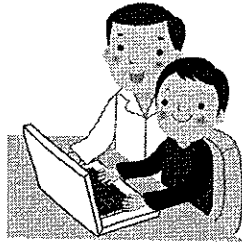
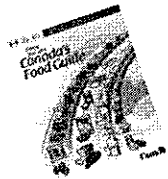
5. Introduce new vegetables and fruit with familiar foods

Try adding a few cubed sweet potatoes to roasted potatoes or adding a new fruit in a favorite fruit kabob.



Healthy Bodies Healthy Minds

Spring has sprung! Activity choices are endless. How about a game of soccer or baseball for 1 hour 4 times a week after school?



Media Savvy

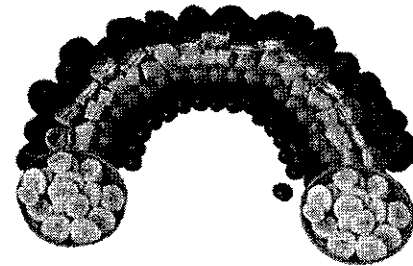
- Check out Canada's Food Guide to see how many servings of vegetables and fruit you need in a day. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
- Visit the website below for fun healthy recipes. <http://www.dietitians.ca/Your-Health.aspx>

What's in your snack?

Variety is key. Different vitamins and minerals are found in different coloured vegetables and fruit. Choose vegetables and fruit of all colours to make up a rainbow!

Try vegetables and fruit with healthy dips for snacks.

- Have hummus with carrot and celery sticks
- Dip apple slices in peanut butter
- Make fruit and veggie dips with plain yogurt instead of sour cream
- Dip veggies in guacamole or salsa



Fruit Wrap

Makes 1 wrap & takes only 5 minutes to prepare

You will need:

- ¼ cup (50 ml) yogurt of any flavor *
- 1 whole wheat tortilla (10 inch or 25 cm)
- 3 sliced strawberries
- ½ sliced small banana
- 2 tbs (25 ml) low-fat granola (optional)

Directions:

1. Spread yogurt in the middle of the tortilla.
2. Add the fruit & granola on top of the yogurt.
3. Roll it up.

* If your child is lactose intolerant or has a milk allergy, substitute the regular yogurt with soy yogurt.

This is a quick, healthy breakfast or lunch for children or adults. Don't overdo the yogurt or it will drip out the sides!

Source: Dietitians of Canada. Simply Great Food.

For more nutrition topics, go to the news and events section of www.southernhealth.ca or

Contact Health Links -1-888-315-9257

Nutrition Services Team

T 204-428-2736

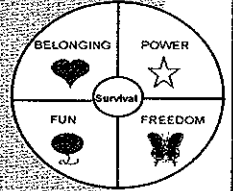
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Restitution for Parents

Caught in the cycle of ever increasing punishments
to motivate your children?



Tired of bribing your children to behave?
Want your children to be self-motivated?



Learn why children behave, how to set them up for success, & concrete tools to use in tough situations. This course will give parents, foster parents and social workers strategies to encourage children to take responsibility for their actions & become self-disciplined.

Wednesday, August 20, 2014

9am—4pm

Sturgeon Heights Collegiate

2665 Ness Avenue

Winnipeg, MB

Presenter: Rebecca Gray

Rebecca has worked as a social worker and foster parent in a treatment foster care program with MacDonald Youth Services, as social worker for Child and Family Services and as a School Behavior Specialist. Presently she is employed by Rolling River School Division where she offers support and training to teachers and parents to assist them in dealing effectively with difficult children. Rebecca incorporates control theory into all her work, and teaches Restitution both in her work with individuals as well as with groups of teachers and parents. Check out her website at www.rebeccagrayblog.wordpress.com!



Registration Form

To register, mail to:

Ruth Hargrave

Restitution Resource Reps Inc.

526 Greenacre Blvd

Winnipeg, Manitoba, R3K 1B8

Email: arhargrave@shaw.ca

Please make cheques payable to:

Restitution Resource Reps Inc.

Name: _____

Child's School: _____

School Division: _____

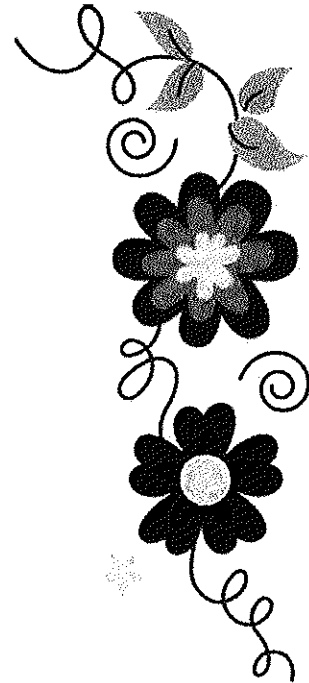
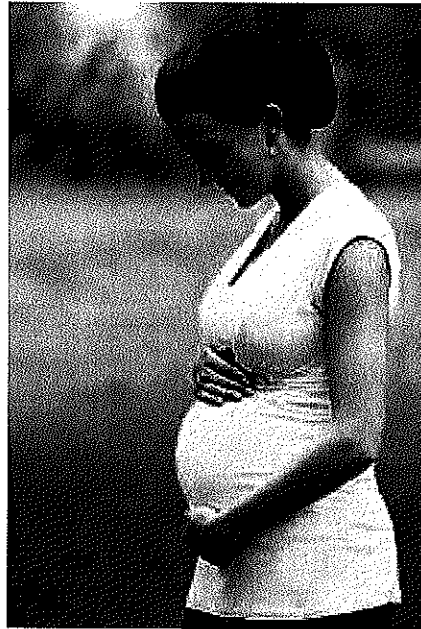
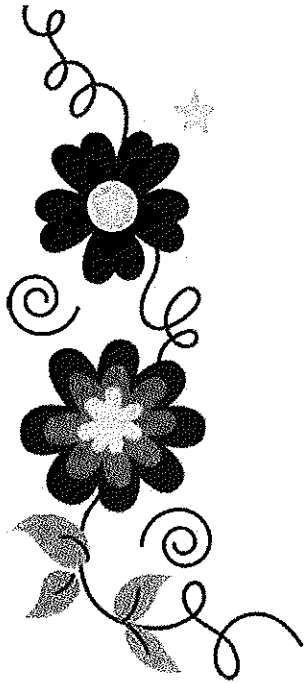
Phone: _____

E-mail: _____

Cost \$100 per person

** Free of charge to parents in St. James-Assiniboia School Division

Happy Mother's Day!



A baby asked God, "They tell me you are sending me to earth tomorrow, but how am I going to live there being so small and helpless?"

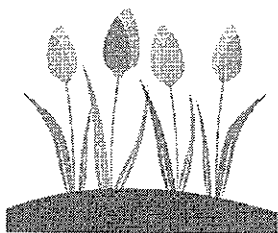
God said, "Your angel will be waiting for you and will take care of you."

The baby asked, "Who will protect me?"

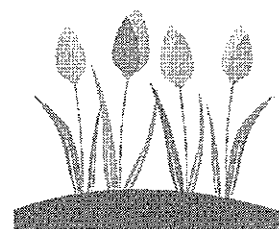
God said, "Your angel will defend you even if it means risking her life."


The baby said, "God please tell me my angel's name."

God said, "You will simply call her Mommy."



May 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kindergarten	2 Kindergarten, Middle Years' Fair in Oak Bluff Hot dog	3
4	5 Mini pizza/ mac & cheese	6 Kindergarten, A Gym Tale Program 9:30 a.m.	7 Preschool, Drama Dress Rehearsal Mini pizza/ chips & salsa	8 Kindergarten, Lowe Farm School Dessert Theatre 7:00 p.m.	9 Hot dog	10
11 Happy Mother's Day 	12 Gr. 7/8 Home Ec Mini pizza/ mac & cheese	13 Kindergarten, Gr. 7/8 Mini Cultural Day in AM (tentative)	14 Preschool, Day of Silence Mini pizza/ chips & salsa	15 Kindergarten PTA Subway Day	16 Kindergarten Hot dog	17
18	19 Victoria Day -no classes	20 Kindergarten, A Gym Tale Program 9:30 a.m.	21 Preschool, Softball Tour- nie at LFS, PTA meeting 4:00 p.m. NO CANTEEN	22 Kindergarten, Gr. 7/8 Home Ec	23 Hot dog	24
25	26 Mini pizza/ mac & cheese	27 Kindergarten PTA Taco in a Bag Day	28 Preschool Mini pizza/ chips & salsa	29 Kindergarten, Hershey Track Meet in Carman	30 Kindergarten Hot dog	31

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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Date: _____

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