

# Lowe Farm School

May 2015 Newsletter

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## PRINCIPAL'S MESSAGE

April has been more like a March, in like a lamb, out like a lion! Here's to hoping that seeding goes well for our community in May.

April brought us the Day of Pink, an anti-bullying program based on the reactions of students in Nova Scotia to boys wearing pink t-shirts on the first day of school. We had an assembly organized by Mrs. Brandt and also had students attend a presentation in Sanford. Grade 1 – 6 students attended the "New Canadian Kid" presentation in Morris later that week. In sports, badminton regionals and divisional tournaments were successfully completed. Thank you to Ms. Harley, Mr. Bergstresser and Mr. Dueck for their hard work preparing the students for their successful badminton season.

May brings us the Spring Drama (date changed to May 28) put on by Mrs. Brown and the grade 7/8 students. We look forward to having all of you join us for the evening of food and entertainment. Grades 5 – 8 students will attend camp in Winkler this month and will also be participating in the annual softball tournament hosted at Lowe Farm School for the southern portion of RRVSD.

We can all look forward to a long weekend too. Let's hope for at least one beautiful day that weekend to get our yard work and flowers planted. It's time for our students to spend a lot of time outside. Let's enjoy the beautiful weather and participate in our local community sports activities. Enjoy!

Mr. Rob Fiola

### Dates to Remember:

Thurs., May 7	LFS Drama/Dessert Theatre
Sun., May 10	Mother's Day
Mon., May 18	Victoria Day – no classes
Sun., June 21	Father's Day
Fri., June 26	Day of Celebration
Mon., June 29	School Picnic
Mon., June 29	Last day of classes
Tues., June 30	Admin Day – no classes

## RRVSD

The Red River Valley School Division has recently made a slight revision to its Vision Statement. The revised edition is as follows:

### OUR VISION

THAT EACH OF US WILL BE LIFE LONG LEARNERS

### OUR MISSION

THE RED RIVER VALLEY SCHOOL DIVISION, WITH THE SUPPORT OF FAMILIES AND COMMUNITIES, STRIVES TO PROVIDE A LEARNING ENVIRONMENT THAT WILL ALLOW OUR STUDENTS THE OPPORTUNITY TO ACHIEVE TO THEIR HIGHEST POTENTIAL IN A GLOBAL ENVIRONMENT.

### WE BELIEVE

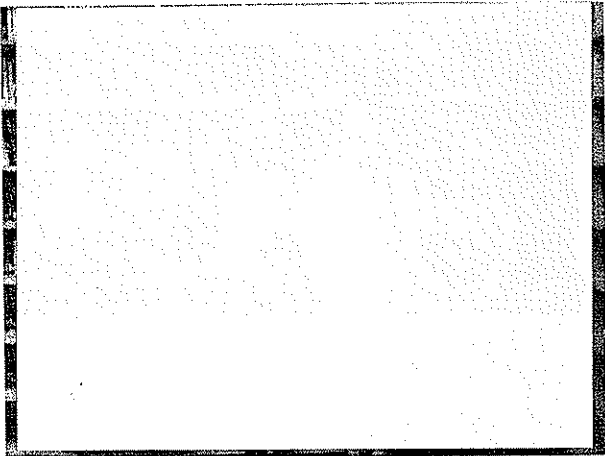
- ALL PEOPLE SHOULD BE TREATED WITH RESPECT, DIGNITY, COMPASSION AND EMPATHY.
- IN HONESTY, INTEGRITY AND EQUITY.
- THROUGH CREATIVITY, FUN, TEAMWORK AND LEARNING, WE MAKE A DIFFERENCE.

## Genius / Science / MY Fairs

Our annual Science Fair was held on Thursday, April 16<sup>th</sup>. This year a new aspect was added with the Genius Fair. As mentioned in last month's newsletter, the Genius Fair is a movement that allows students to explore their own passions and encourages creativity in the classroom. Students were evaluated for the Genius Fair and judged for the Science Fair. Parents and community members were invited to attend between 12:30 and 1:30 p.m. with our Science Fair medal presentations being held at 1:30 p.m.

Thank you very much to our judges: **Jake Cornelson, Elva Dyck, Bill Ginter, Fred Kelesnik, Alicia Lazaridis, Dennis Matthies, Holly Sabourin-Muller and John Voth.**

Adrienne Groening, Zoe Blatz, Christina Neufeld and Kayla Rietze went on to compete in the **Manitoba Schools Science Symposium** in Winnipeg the last weekend of April. **Zoe Blatz's (along with her partner, Justina Giesbrecht)** project received an **Honourable Mention**. **Christina and Kayla** received a **Bronze** medal and **Adrienne Groening** received a **Gold** medal, as well as a plaque for the **Best Individual Health Science Project** at the Junior Level! **CONGRATULATIONS STUDENTS!**



Justina Giesbrecht, Zoe Blatz, Adrienne Groening, Kayla Rietze, Christina Neufeld

The divisional Middle Years Learning Fair is being held on May 1<sup>st</sup> in Rosenort. Lowe Farm School will be sending 8 students (2 from each grade 5-8) to participate in the event. The theme this year is Scimatech (Science, Math, Technology). The day is bound to be exciting and interesting for the students as they will have the opportunity to participate in 3 workshops of their choice – Science is Magic, Gaming Fun, The Great Hot Air Balloon Race, Treasure Hunting with Technology and Robots, Robots Everywhere. The following students were selected to attend: **Kayla Rietze, Daniel Isaak, Timothy Suderman, Willie Berg, Zander Herkert, Ashton Groening, Chloe Johnston and Elizabeth Giesbrecht.**

# NO CANTEEN

**PLEASE BE ADVISED THAT THE  
SCHOOL CANTEEN  
WILL NOT BE OPEN  
ON MAY 13, 14 AND 20, 2015.**

# CANU

CanU is a community not-for-profit mentoring, education, and leadership development program. It provides a unique opportunity to a select number of promising grade 5 and 6 students. The students will receive mentoring from University of Manitoba university students and athletes from a variety of academic areas including Nutrition, Science, Engineering, Education, and many more. Selected students from our school will attend on May 12, 19 and 26 from 4:00 – 7:15 p.m. each time. There is no cost to our students, just a wonderful opportunity to participate in something new and interesting. The program objectives are to provide great mentors and role models who help each child achieve their potential, increase nutrition knowledge and acquire important skills for healthy living, including kitchen safety, food preparation, meal planning, basic nutritional information, cooking, teamwork and hospitality. It also introduces the children and their families to the possibility of post-secondary education.

## REMINDER

As stated in our Parent/Student Handbook **spaghetti strap tops must not be worn** to school unless they are covered up with a sweater or other top. Also, we encourage students **not to wear flip flops** to school as they are unsafe footwear for recess times.

## SPORTS

### BADMINTON

The regional badminton tournament was held on Wednesday, April 22, 2015 in Rosenort. Lowe Farm School had 15 students from grades 5 – 8 representing us in singles, doubles and mixed doubles: Girls Singles – **Elizabeth Giesbrecht**, Boys Singles – **Zacary Wiebe** and **Daniel Isaak**, Girls Doubles – **Jayda Doell** and **Justina Giesbrecht**, **Zoe Blatz** and **Christina Neufeld**, Boys Doubles – **Willie Berg** and **John Giesbrecht**, **Jaysin & Zakury Funk**, Mixed Doubles – **Denby Fehr** and **Kayla Rietze**, **Cameron Herkert** and **Adrienne Groening**.

Our team performed extremely well with Daniel coming in first in Boys Singles, Jaysin and Zakury came in second Boys' Doubles, Willie and John placed fourth in Boys Doubles, Denby and Kayla placed first in Mixed Doubles and Cameron and Adrienne placed second! These teams then moved on to the divisional tournament held on April 29<sup>th</sup> in Morris where **Denby**

and Kayla were the **Mixed Doubles *Champions*** and **John and Willie** came in 4<sup>th</sup> in the Boys Doubles!  
**FANTASTIC!**

Congratulations to all the students who participated in the badminton tournaments. **Great job everyone!**

Thank you to our coaching staff the time and effort they put in: **Ms. Kristen Harley** along with teacher candidates, **Mr. Scotty Dueck** and **Mr. Charles Bergstresser**. Thank you to Mrs. Joanne Neumann

**SOFTBALL**

Low Farm School will once again host the divisional south grade 5-8 softball tournament. This

year the tournament will be held on **Wednesday, May 20 (weather permitting)**. If you are available and willing to help out we can definitely use volunteers to help with canteen, scorekeeping and to ump. Please contact the school if you are able to help out in any of these areas.

**TRACK**

The **Hershey Track** meet will be held on May 21<sup>st</sup> in Carman. More details about that to follow.

The **Red River Valley School Division Grade 6 – 8 Track Meet** will be held on Thursday, June 11 at the University of Manitoba.

*Low Farm School Grade 7 & 8 Students*

*Present*



**THE REST OF  
THE WEST**

*Change of Date*  
Written by Tyler Pinn  
Directed by Ali Brown

**DESSERT THEATRE**

*Thursday, May 28, 2015 at 7:00 p.m.*

*Low Farm School Gymnasium*

**Cost is \$5.00/person, Preschoolers FREE.**

**Please call Mrs. Ewbank at the school,**

**204-746-8068, for your tickets.**

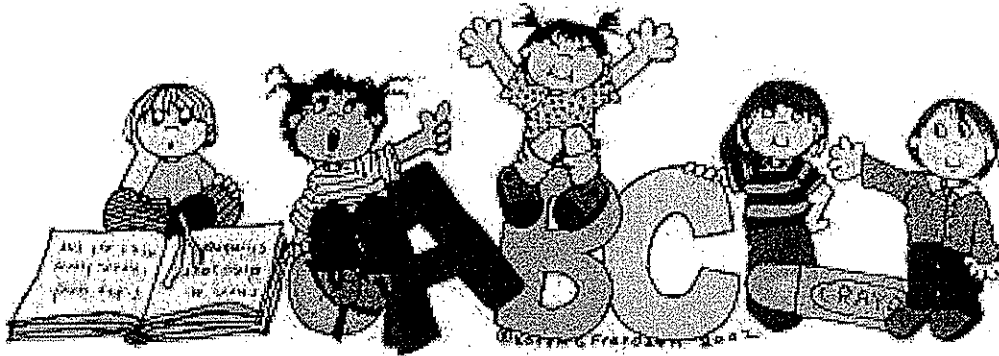


**Happy Mother's Day**

*Sunday, May 10, 2015*

# **Lowe Farm School**

is accepting registrations for our  
**2015-2016 Pre-school Program.**



If you have a child born in 2011,  
who will be attending Kindergarten in  
September 2016 at Lowe Farm School  
and you would like them to participate in our  
Pre-school program beginning September 2015,  
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.





## COMMUNITY PRESCHOOL WELLNESS FAIR

Hosted By: Southern Health-Santé Sud and Red River Valley School Division

When: **May 13, 2015**

Where: **Rosenort Community Health Centre from 9:00 am – 3:30 pm.**

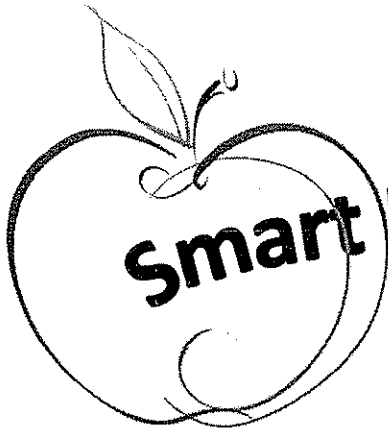
**The Preschool Screening is for children born in 2011**

You and your child will have a brief health screening encounter with each of the following professionals:

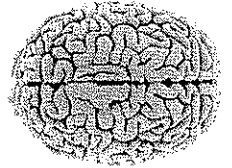
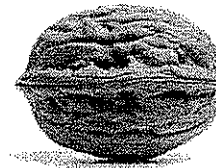
- An Occupational Therapist (OT) will look at your child's small muscle control and ability to care for him/herself
- A Speech and Language Pathologist (SLP) will consider verbal communication
- A Public Health Nurse will look at the appropriateness of physical growth (height and weight), for your child's age.
- A Professional will screen for hearing difficulties.
- A dietician will be available to answer any nutritional questions you may have.

Referrals for any of the above services can/will be completed at this event.

Registration required. If you have **not** received an invitation letter please contact **Public Health Office at (204)746-8885** to make appointment for your child.



# Smart Eating Makes The Grade Boosting Your Brain Power



## Fuelling the Brain

Compared to other cells in your body, brain cells use twice as much energy (or calories). Good nutrition will help give your brain the energy it needs to perform at it's best.

### Eat Breakfast

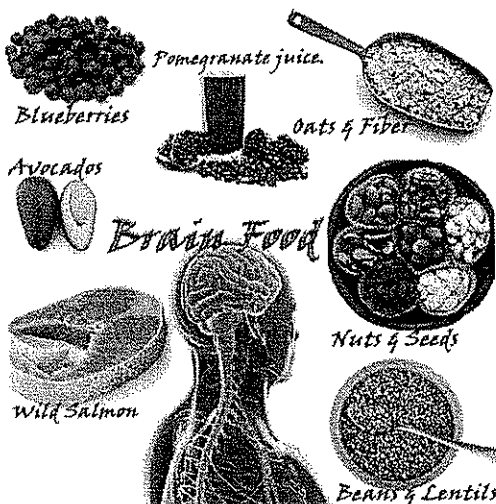
- It is estimated that 31 % of elementary and 62 % of secondary school students do not eat a healthy breakfast before school.
- Studies show that eating breakfast may help with memory, better test grades, better school attendance and better behavior.
- Hungry kids may feel more tired and have trouble concentrating. (Source: Breakfast for Learning)

### Include all 4 food groups every day

- Include 3 out of 4 food groups at breakfast, lunch and supper.
- Include 2 out of 4 food groups with snacks.
- This will help to get the nutrients your brain needs to function at its best!

### Add Iron-rich Foods

- Iron helps carry oxygen throughout your body. Low iron levels in the blood can affect memory and concentration.
- Include lean meats, enriched breakfast cereals, beans and lentils, whole grains, nuts and leafy greens with meals and snacks.



## Pump up the Omega 3 Fats

- Add ¼ cup chopped walnuts, almonds, or seeds to your breakfast oatmeal or cereal, or enjoy as a quick snack
- Add 1 to 2 tbsp ground flax to cereal or yogurt daily
- Include 2 to 3 tbsp of healthy fats per day: examples: canola oil, olive oil, non-hydrogenated margarine, salad dressings, mayonnaise

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. 2014-2015

## Cook and Enjoy! Cooking Tips!



### How to Cook Fish

Omega-3 fatty acids play an important role in brain function, as well as normal growth and development. Fish, such as salmon, tuna and halibut, contain omega-3 fatty acids. Health Canada recommends eating two or more servings (2 ½ oz. or 75 g) of fish weekly.

**Baking** - Rinse fish fillets and pat dry with a paper towel. Arrange in single-layer on a greased, shallow baking dish. Brush with oil and sprinkle with spices and seasoning of your choice. Bake at 450C until begins to flake when pierced with a fork. Juices will be milky white.

**Grilling** - Brush fish lightly with oil. Place fish near edge of the grill (away from the hottest part). Fish usually only needs a few minutes per side. Check for doneness once the fish starts to release some of its juices.

**Poaching** - Lay fish flat in large pan. Pour in enough low-sodium vegetable or chicken stock to barely cover the fish. Bring liquid to a light simmer and keep at the level until fully cooked.

**Steaming** - Rub the fish with spices, herbs, and garlic to add flavour while cooking. Use a steamer basket large enough to have each piece of fish laying flat. Place steamer above pot with 1-2 inches of water and cover. Bring water to boil and begin checking for doneness after 10 minutes.

## A Tuna Tune Up - Tuna Melt with Cheese

### Ingredients

2 slices	Whole wheat bread
1 oz (30 g)	Cheddar cheese
1/3-7 oz can (60 g)	Tuna
2 tbsp (30 mL)	Mayonnaise
Pinch	Pepper



### Instructions

1. Grate cheese.
2. Open can of tuna and drain the water.
3. Mix tuna and mayonnaise together in small bowl.
4. Spread mixture on bread.
5. Sprinkle with cheese.
6. Broil in oven until bubbly. Watch carefully (cook about five to 10 minutes).
8. Enjoy.

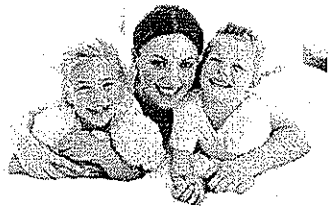
Makes 1 serving.

Source: Kids in the Kitchen

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







# May 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Kindergarten, Middle Years Fair in Rosenort, Hot dog	2
3	4 A Gym Tale  Mini pizza/mac & cheese	5 Kindergarten, Preschool #1  PTA Taco in a Bag	6  Chips & salsa	7 Kindergarten, Preschool #2	8  Hot dog	9
10  HAPPY MOTHER'S DAY!	11  Mini pizza/mac & cheese	12 Kindergarten, Preschool #1	13 Grade 5-8 Camp trip  <b>NO CANTEEN</b>	14 Kindergarten, Preschool #2, Grade 5/6s re- turn from camp  <b>NO CANTEEN</b>	15 Kindergarten, Grade 7/8s return from camp Hot dog	16
17	18 Victoria Day -no classes	19 Kindergarten, Preschool #1  PTA mtg. 4:00	20 Grade 5-8 Softball Tournament at LFS <b>NO CANTEEN</b>	21 Kindergarten, Preschool #2, Hershey Track Meet in Carman	22  Hot dog	23
24	25  Mini pizza/mac & cheese	26 Kindergarten, Preschool #1	27  Chips & salsa	28 Kindergarten, Preschool #2, Drama 7:00 p.m. PTA Sub Day	29 Kindergarten  Hot dog	30
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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