

# LOWE FARM SCHOOL

November 2012 Newsletter

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## Principal's Message

As promised, October has been a busy month! Our Thanksgiving is over but the American Thanksgiving is on the way. So along that theme, we have many thanks to give out to the staff, students and community.

We'd like to thank **Mrs. Brown** and **her entourage** for a wonderful Fall Supper. Our estimate is that over 400 people attended. Way to go parents, students and staff for all the hard work in making this happen.

Another thank you goes out to **Mrs. Ewbank** for the tireless work she does to organize our fun fundraisers. The two she has done so far have been very successful thanks to the enthusiasm of the students and the support of the community. These fund raising efforts will go a long way towards funding the camp and field trips at no cost to parents. The final fundraiser of the year will start in early December.

Thanks also go out to the **PTA** for providing Tacos in a bag. The first of bi-weekly Taco sales occurred this week. Over 60% of the students participated. Way to go! Watch for upcoming events like a Movie Night in November and the annual Soup and Pie event in the winter.

We also thank **Leigh-Anne Kehler**, from the Artist in the School program for working with students throughout October. The students created many stories through the medium of storytelling and thoroughly enjoyed sharing them to the many parents who came to watch the finale at an assembly. It was very rewarding to see the enthusiasm Leigh-Anne created among the students. Be sure to ask your child to share a story around the supper table. They now have many to choose from and know how to create even more. We will see Leigh-Anne again in April when we host the Divisional Learning Fair. It will be on, guess what; Storytelling.

Thanks go out to the **rink committee**. It is very exciting to see the progress being made on the local skating rink. The base for the building is poured and the posts for the boards are being pounded in every weekend. If you have some spare time, please stop in and give a hand.

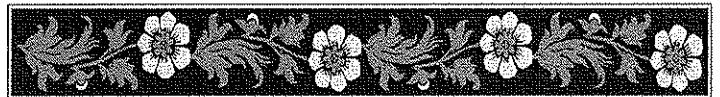
Thanks go out to **Ms. Pettapiece, Mrs. Brown, Mrs. Landry and Mrs. Isaak** for their endless dedication to coaching volleyball. Students attended their first tournament in October and will be attending more in November. We appreciate all the time and effort that goes into providing this opportunity for our students.

Students attended **We Day** in Winnipeg on October 30<sup>th</sup>. We look forward to seeing how our students continue their ongoing efforts to help others both locally and in the world as they take the ideas from this trip and implement them here at Lowe Farm.

November will be a month of **Provincial Report Cards**. For the first time, all teachers across Manitoba will use the same report card format to report on student progress. As you can well imagine, this process will be challenging for teachers, however we feel that we are up to the task. Teachers have been learning about this report system since last spring. We look forward to seeing parents at the end of November for parent/teacher conferences.

According to my wife's late Grandmother, we can expect snow in early November. Her reasoning; lasting snow will occur 1 month after the first snowfall. As you know, we had a nice dump of snow at the very beginning of October. Sooooo.. let's haul out those snow boots, mitts, toques and winter jackets and be ready to enjoy the Winter. We're going to need them.

Mr. Rob Fiola



## Report Cards & Parent/Teacher Meetings

The Red River Valley School Division is implementing the new **Manitoba Provincial Report Cards** this year. Report cards go home on November 27<sup>th</sup>.

### Parent/Teacher Interviews

will then be held on

**Thursday, November 29<sup>th</sup>**

**from 4 – 8 p.m. and**

**Friday, November 30<sup>th</sup>**

**from 9 a.m. to 12 noon.**

**Please call Mrs. Ewbank at the school (204-746-8068) to book your appointment(s).**

# School Cancellation/ Cooler Weather

After a lovely, hot summer we mustn't forget that winter weather is quickly approaching. With that comes the possibility of inclement weather. Should stormy weather hit us it is the superintendent of the school division who is responsible for the cancellation of school. Wind chill, road conditions, and visibility are all considered. **The decision to close schools will be aired on CJOB (AM 680), CFAM (AM 950), CBC (990) and their respective websites.** The first announcement is usually on the air by 7:00 a.m. and repeated during morning broadcasts. School cancellations are also posted on the school division website at [www.rrvsd.ca](http://www.rrvsd.ca)

Also, we would like to remind parents to please make sure their children are dressed for the cooler weather. Despite the fact that there may not be any snow on the ground, the temperatures are cool and students need to be dressed warm with toques, mitts, scarves, snowpants and in some cases even boots (warmer on the feet).



## WE DAY 2012

Grade 7 and 8 students along with Mrs. Brown and Mr. Fiola took in WE Day 2012 at the MTS Centre in Winnipeg on Tuesday, October 30<sup>th</sup>.

Based on the belief that young people can create change, the We Day movement was born. In 2007, youth from across North America came together for the first time at We Day to discover new passions, learn about the world around them and celebrate their successes. Since then, We Day has become the movement of our time, inspiring thousands of youth and building a community of young people dedicated to social change.

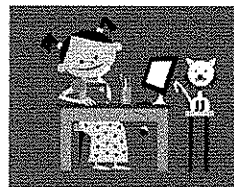
At We Day, youth from across North America join together to celebrate the positive actions they are taking and to build the momentum of the movement of young people making a difference in their communities and around the world. Through We Day, youth learn that it is cool to care. Free The Children was founded on the understanding that by awakening the spirit of activism in young people, anything is possible - injustices can be stopped, our local and global communities can be transformed for the better, and hope for the future can be sustained.

This is the second year in a row that our grade 7 and 8 students have attended. It was a wonderful experience for students and staff.

# SIGMUND BROUWER

Author, Sigmund Brouwer, presented his Rock & Roll Literacy Program at Lowe Farm School on October 18<sup>th</sup>. Students and staff from both Lowe Farm School and Rosenort School thoroughly enjoyed the "show". Through great music and lots of laughs he showed students a fun way of getting better at reading and writing. Two skills he believes are crucial for reaching your dreams.

Thank you Mr. Brouwer for entertaining the troupes, they were very excited about the presentation.



## HELP WANTED!

Mrs. Colpitts is looking for parent or community volunteers to help in the Kindergarten class. The province is mandating that schools have volunteers go through a Child Abuse Registry check as well as a Criminal Record check before working in the classroom or with students. The school can provide parents wishing to volunteer with the Child Abuse Registry forms, which, after being filled out are forwarded to the school division office. Once the division office receives the results of the check they forward that information onto the schools. After volunteers have been given the OK, they are able to help out in the school. Criminal Record checks must be done through the local Royal Canadian Mounted Police office and an appointment must be set up for this before hand. There is no charge for the Child Abuse Registry Check for volunteers. Also, if you make an appointment for a Criminal Record check at the local RCMP office in Morris please contact the school ahead of time and we will supply you with a letter saying that you are requesting the check for the purpose of volunteering at the school. They will then waive the cost of the check.

Mrs. Colpitts is also looking for help with the upcoming Christmas Concert.

If you are interested in helping out in either of these cases, please contact the school and your name will be forwarded to Mrs. Colpitts.

## Thank You . . .

. . . to **Marie Doell, Tara Falk, Lillian Groening, Vickie Blatz** and **Shannon Groening** for coming in on October 10<sup>th</sup> to help out with noon hour supervision while the staff enjoyed a special lunch.

. . . to **Access Credit Union**, Lowe Farm Branch for providing all students and staff with a donut treat on **Credit Union Day, October 18<sup>th</sup>**. The donuts were homemade locally by **Mrs. Suzanna Neufeld** and they were fabulous! Thank you!

## Fundraising Update

**WOW!** What fantastic support from our community in our first fundraiser, the **Lamontagne Card/Calendar/Gift fundraiser**. We surpassed last year's sales and profit! Thanks to the hard work of our students and the generous support of parents, family and community members we raised **\$1265.23**. All orders have come in and should be delivered to customers by now.

During the month of October the students worked on the **Mom's Pantry Products** fundraiser. We had record breaking sales of **\$4903.31!!!** Our orders will arrive in mid to late November. Our sellers will receive a note closer to the date letting parents know when they can pick up the orders. Thank you very much to all who sold and also to those who supported this fundraiser. **We should profit \$1500 - \$1800.**

Lowe Farm School hosted its annual **Fall Supper** the evening of Friday, October 26<sup>th</sup>. An estimated crowd of 400 turned out on a crisp, fall evening to enjoy a delicious meal and an opportunity to visit with friends and community members. The meal was prepared by Mrs. Brown and her committee of volunteer mothers and served by students, parents and staff. **Thank you to all who helped to make this such a successful evening.**

## SCHOLASTIC BOOK ORDERS

are due on  
**Tuesday, November 13, 2012**

## Dates to Remember:

November 8	Remembrance Day Service 10:45 a.m.
November 16	School Inservice Day – no classes
November 29	Parent/Teacher Interviews 4 – 8 p.m.
November 30	Parent/Teacher Interviews 9 a.m. – 12 noon
November 30	Admin/School Inservice Day – no classes
December 21	Last day of classes before Christmas Holidays
January 7	Classes Resume
February 1	School Inservice Day – no classes
February 18	Louis Riel Day – no classes
March 15	School Inservice Day – no classes
March 22	Last day of classes before Spring Break
April 1	Classes resume

## S P O R T S

### GRADE 5/6 SOCCER

Originally scheduled to be held on October 5, our 5/6 soccer tournament was rescheduled to October 12. A rather chilly day but students were able to keep moving around to stay warm. Both teams paired up with Domain and played really hard.

Our boys played 5 games, won 3 of them and lost 2-0 against Starbuck in the finals.

Our girls played hard and kept their games extremely close. They lost to Morris 1-0, tied J.A. Cuddy 0-0, lost to St. Pierre 2-1 and then lost to Oak Bluff 1-0.

Mr. Fiola was very proud of the way our students played and conducted themselves. Way to go Grade 5 & 6 students. Thanks to Ms. MacKenzie for supervising and Mrs. Wiebe and Mr. Fiola for coaching.

### GRADE 4 – 8 CROSS COUNTRY MEET

Our Running Club coach, Ms. Pettapiece ventured off to St. Malo Provincial Park on a misty October 18<sup>th</sup> with 19 cross country students. The students participated in the annual RRVSD Cross Country Meet. Ms. Pettapiece was very pleased with their performance and everyone finished their runs.

### VOLLEYBALL

Volleyball is in full swing with practices and tournaments started. The first tournament was hosted by Rosenort on October 24<sup>th</sup>. The girls won 3 and lost 3, boys won 1 and lost 4.

Lowe Farm School  
**REMEMBRANCE DAY PROGRAM**



Thursday, November 8, 2012 at 10:45 a.m. in the gym.  
**EVERYONE WELCOME TO ATTEND.**

The Lowe Farm School PTA will host a

# Movie Night

**on Friday, November 23, 2012**



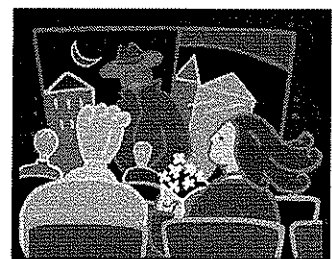
Two movies will be shown:

**Soul Surfer**

(in the computer lab)

**Dolphin Tails**

(in the gym)



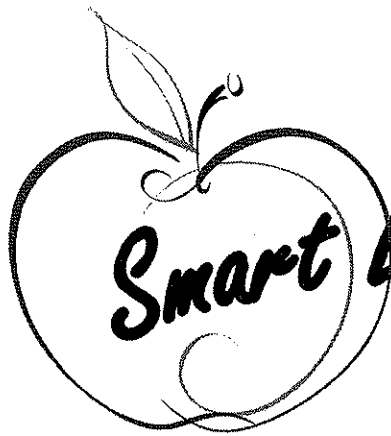
**Pre-orders will be taken closer to the date for  
a hot dog and juice for \$3.00.**

**Popcorn will also be sold that evening for \$2 a bag.**

**Doors Open at 5:30 p.m. for the hot dog and juice.**

**Movies begin at 6:00 p.m.**

**Parent/Adult Supervision is required.**



# Smart Eating Makes The Grade

## "Quick Meal Ideas for Busy Families"

### Meals in a Hurry

Planning a meal for your family can be tricky during busy schedules, but it is possible! With a little planning, you can still enjoy a healthy meal when on-the-go.

- Use a slow-cooker for a hot, one-dish meal ready when you walk in the door.
- Become a weekend cook and prepare meals 1 week ahead of time; freeze in individual portions for a quick meal-for-one.
- Create a menu for the week. Leave out recipes so others can begin meal preparation when they get home.

### One Minute Meals

- Fruit smoothie - blend milk, yogurt and fruit of your choice, pour in a travel mug.
- Eggs to go - beat 2 eggs in a mug, cover and microwave for 1-2 minutes or until cooked, spoon out eggs onto a whole grain bun, sprinkle with cheese.
- Banana roll-up - spread peanut butter on a whole grain tortilla, place banana on top and roll up.

### Did you know?

- With today's busy schedules, Canadian families are spending less time preparing food and eating more meals away from home.
- Fast food meals are usually higher in fat and salt, and lower in fibre.
- Eating away from home does not mean you have to give up on eating well.

### Dig Deeper...



Check out these websites for more kid-friendly recipe ideas

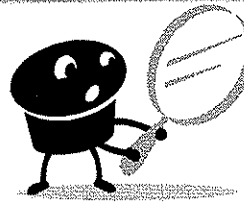
- Meal Makeover Moms for recipe ideas that appeal to kids  
<http://mealmakeovermoms.com>
- Kids Health  
<http://kidshealth.org/kid/recipes>

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

Being active for 60 minutes every day can help students:

- Improve their health
  - Do better in school
  - Improve their fitness
  - Grow stronger
  - Have fun playing with friends
  - Feel happier
  - Maintain a healthy body weight
  - Improve their self-confidence
  - Learn new skills
- 
- **Go skating!**
  - **Jump over bales or piles of leaves!**



## Tastebud Challenge

### Walnuts!

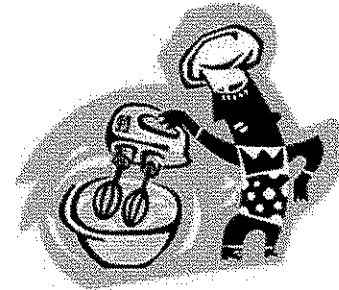
- Is the oldest tree food known to man and have been around since 7000 B.C.
- One serving is about 10-14 walnut halves
- A source of heart healthy fats, protein, fibre and antioxidants
- Look like little brains
- Smell mildly nutty and taste sweet
- Best if kept cold to keep them fresh, walnuts go rancid when in warm temperatures for too long

Source: [www.walnutinfo.com](http://www.walnutinfo.com)

## Granola Energy Squares

Makes about 40 squares

½ cup	butter, melted
¾ cup	corn syrup
2 cup	quick cooking oats
1 cup	wheat bran
1 cup	sunflower seeds
1 cup	chopped dried apricots, dates or raisins
½ cup	chopped nuts ( <b>walnuts</b> , almonds, pecans)
¼ cup	sesame seeds



- 1) In a large bowl, combine butter and corn syrup; stir in rolled oats, bran, sunflower seeds, dried fruit, nuts and sesame seeds.
- 2) Firmly press into lightly greased 9- by 13-inch cake pan; bake in 350F (180C) oven for 15 minutes or until golden. Let cool and cut into squares. Store in airtight container for up to 1 week or freeze for up to 2 months.

Source: *Bake Better Bites: Recipes and Tips for Healthier Baked Goods*

Try packing a granola energy square with a fruit salad and either a yogurt or a cheese string for a fun change to the usual brown bag lunch.

For more nutrition topics, go to the news and events section of [www.rha-central.mb.ca](http://www.rha-central.mb.ca)  
Nutrition Services Team

# November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kindergarten, Picture Retakes at 8:30 a.m., Volleyball in Morris	2 Kindergarten, 8:45 a.m. Gr. 3-8 ATV/ Snow-mobile Presenta- tion, Fall Frolics in PM, Hot dog	3
4 Daylight Saving Time Ends	5 Mini pizza/mac & cheese	6 Kindergarten	7 Preschool Gr. 7/8 Home Ec Mini pizza/chips & salsa	8 Kindergarten Remembrance Day service 10:45 a.m.	9 Hot dog	10
11 Remembrance Day	12 Mini pizza/mac & cheese	13 Kindergarten Volleyball finals Book orders due	14 Preschool Mini pizza/chips & salsa	15 Kindergarten K-6 Hydro Presenta- tion	16 Inservce Day -no classes	17
18	19 Gr. 7/8 Home Ec PTA Meeting 5:30 p.m., Mini pizza/mac & cheese	20 Kindergarten	21 Preschool Mini pizza/chips & salsa	22 Kindergarten	23 PTA Movie Night Hot dog	24
25	26 Mini pizza/mac & cheese	27 Kindergarten Report Cards go home	28 Preschool Mini pizza/chips & salsa	29 Kindergarten Gr. 7/8 Home Ec Parent/Teacher Interviews 4-8	30 Inservce Day -no classes Parent/Teacher Interviews 9-12	

**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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