

LOWE FARM SCHOOL

November 2013 Newsletter

lowefarm@rrvdsd.ca

PRINCIPAL'S MESSAGE

What a great fall we had. I am hoping everyone had a chance to get all their crops in. Now we can settle in and wait for all that beautiful snow to arrive. The playground hill awaits the call of kids sliding down with crazy carpets.

In October students participated in Cross Country and Volleyball. Thanks to your support, we had a successful Mom's pantry fundraiser. A special thank you goes out to Mrs. Ewbank who is the main force behind our fundraising. We Day was also attended by our grade 7 & 8 students as well as the grade 5 & 6 student council members. We can't wait to see what this event will generate when the students return to direct their energy towards our community and the world.

We are really looking forward to having the Artist in the School Program once again, this time with Tusia Kozub, creating multicultural music and songs with the students. We will be having a presentation on the afternoon of the 20th. Once again we have the Fall Supper put on by Mrs. Brown with the help of the grade 5 – 8 students on Friday the 8th of November. On the 7th we will be having our Remembrance Day ceremony at 10:30 in the morning. We hope you are able to attend as many of these events as possible.

November is also report card time. Reports are scheduled to go home on the 26th of November. We look forward to meeting with the parents on the evening of the 28th and the morning of the 29th. It is always exciting to share the great learning that has been going on at Lowe Farm.

Please find below our 3 goals for the 2013-2014 school year:

- All students will increase a minimum of 3 reading levels and 2 writing levels by June 2014.
- Every student at Lowe Farm will participate in at least 1 local, 1 regional and 1 Global Citizen activity.
- Teachers will completely implement the new Math Curriculum into their classrooms by June of 2014.



REMEMBRANCE DAY PROGRAM

will be held on
Thursday, November 7th, 2013
beginning at 10:30 a.m.
in the Lowe Farm School Gymnasium.
Everyone is welcome to attend.



Lowe Farm School **FALL SUPPER**

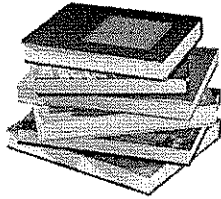
Friday, November 8th, 2013
from 5:00 – 7:00 p.m.

at the Lowe Farm Community Centre

Adults: \$10.00

12 & Under: \$5.00

Everyone Welcome!



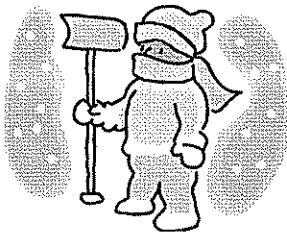
BOOK ORDERS

November **BOOK ORDERS** are due by **Thursday, November 21, 2013**. If you would like to order books as Christmas gifts, please indicate this on the order form or let Mrs. Ewbank know. We will then let you know once the order arrives.



Grade 4 Bake Sale

On Thursday, October 10th the Grade 4 classroom organized a bake sale with all proceeds donated to Siloam Mission in Winnipeg, MB for the annual Thanksgiving dinner. They raised a total of \$230.00! Congratulations to the Grade 4 students!



School Cancellation

Fall is upon us and soon the wintery weather will arrive. Along 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.

Report Cards & Parent/Teacher Interviews

Report Cards will go home with Grade 1 – 8 students on Tuesday, November 26th.

Kindergarten students will not receive a report card for the first term but will for the second and third terms. Mrs. Colpitts (our Kindergarten teacher) will communicate with Kindergarten parents regarding their child's progress in the first term through Parent/Teacher interviews and very much encourages parents to phone for their appointment.

Parent/Teacher Interviews

will be held on

Thursday, November 28th

from 4 – 8 p.m. and

Friday, November 29th

from 9 a.m. to 12 noon.

All parents are asked to please

call Mrs. Ewbank

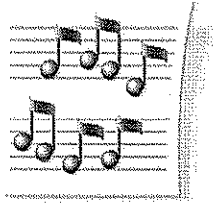
at the school (204-746-8068)

to book your appointment(s).

WE DAY

Our grade 7 & 8 students, as well as 4 student council members from grade 5 & 6, along with Mrs. Brown and Mrs. Harder attended We Day 2013 on October 30th at the MTS Centre in Winnipeg. Thank you to Mrs. Anna Schmitt, Mrs. Marie Doell and Mrs. Donna Fehr who also came along to help with supervision.

On 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.



Artist in the School

We are very excited to begin our Artist in the School program for this year. Tusia Kozub will join us beginning Monday, November 4th and students will experience our rich cultural diversity by exploring the music and singing the songs of the people who comprise Canada's cultural mosaic. Students will appreciate the culture of a chosen country by watching videos and listening to recordings. Students will sing a song from that country/culture in the original language and discover that every song is a story told through music. They will always be encouraged to think creatively and contribute ideas, so that the final musical sharing/presentation is truly a collaboration among students, teachers, and the artist. It is our hope to put together a final presentation for Wednesday, November 20th for which parents will be invited to attend. More details to follow.

Fundraising Update

Our **Lamontagne Card/Calendar/Gift** fundraiser was delivered at the end of October and customers should have their items soon if they do not already have them.

Our **Mom's Pantry Products** fundraiser has just ended and order forms sent off. We are hoping to have our orders delivered on November 18th but a note will go home with students who participated in the fundraiser once the delivery date and time have been confirmed. It will be necessary for parents to come to the school and pick up their child's orders and then to deliver them to customers. It is very important that any frozen product remain frozen to insure quality. If you are not able to come and pick up your child's orders we ask that you please make arrangements to have someone else come and pick them up. Again, a note will go home once the delivery date is confirmed.

We wish to thank students, parents and the community for supporting our school fundraisers. The support has been wonderful and is very much appreciated.

Dates to Remember:

Fri., Nov. 1	Divisional Professional Development Day – no classes
Mon., Nov. 4	PTA meeting 5:30 p.m.
Thurs., Nov. 7	LFS Remembrance Day Service 10:30 a.m.
Fri., Nov. 8	LFS Fall Supper 5-7 p.m. Community Centre
Mon., Nov. 11	Remembrance Day – no classes
Wed., Nov. 13	PTA Home Shopping Party 7 – 9 p.m.
Fri., Nov. 15	School Inservice / Administration Day – no classes
Thurs., Nov. 28	4-8 p.m. Parent/Teacher Interviews
Fri., Nov. 29	9 a.m.–12 noon Parent/ Teacher Interviews – no classes
Fri., Nov. 29 PM	School Inservice / Administration Day – no classes
Thurs., Dec. 12	LFS Christmas Concert
Fri., Dec. 20	Last day of classes before Christmas Holidays

SPORTS

CROSS COUNTRY

Congratulations to the grade 4 - 8 students who participated in the Red River Valley Cross Country Run in St. Malo on October 18th! It was a perfect day to be outside exercising.

Congratulations also to Zander Herkert who finished in 1st place out of all the grade 5 boys in the division, and to Ashley Redekop who finished in 5th place out of all the grade 4 girls in the division!

VOLLEYBALL TOURNAMENT

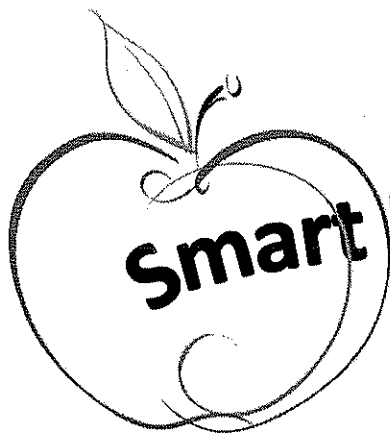
On Wednesday, October 23rd Lowe Farm School hosted Domain School for a mini volleyball tournament. The teams were comprised of both boys and girls from grades 5-8. Each school had two teams, giving everyone who wanted to a chance to play. It was a great afternoon for the students.

The Lowe Farm School PTA is planning a

Home Shopping Party

**in the Lowe Farm School Gym on
Wednesday, November 13, 2013
from 7 – 9 p.m.**

If you would be interested in setting up a table for selling baked goods, any other product (BeautifControl, Norwex, crafts, etc) or donating baked goods to be sold in the canteen please contact Marie Doell at 204-746-6947 or jmdoell@sdnet.ca before November 8, 2013.

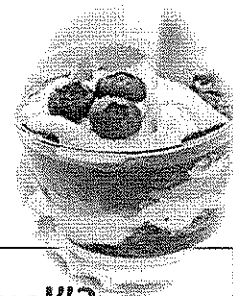


Smart Eating Makes The Grade

"Fueling for Sport"

Power Up Tips...

- Drink plenty of water to help you to be alert, focused and enhance performance.
- Within 15-30 minutes after an event or game, have a snack with carbohydrate and a little bit of protein.
- Having a snack with fluid, carbohydrate and protein within 30 minutes of activity will refill your energy stores and repair muscle.
- Carbohydrate is mainly found in fruit/ starchy vegetables, milk and alternatives, grain products and legumes.
- Protein is mainly found in milk and alternatives, and meat and alternatives



What's in your "fuel"?

Greek Yogurt Parfait

- greek yogurt
– good source of protein, calcium and probiotics (good bacteria that helps digest food)
- large flake oats
– good source of fibre and manganese
- strawberries, blackberries, blueberries
– good source of fibre, vitamin C, folate and antioxidants

Layer all the ingredients and drizzle with maple syrup, if desired.



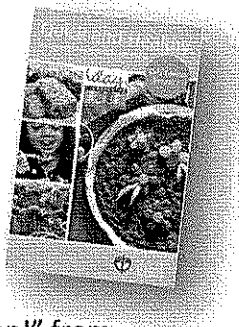
Drinkalotofwater
Energy Strong
FruitSmoothie
MuscleRepair
Refuel
YogurtParfait
HealthySnack
Alert Focus

Healthy Bodies Healthy Minds

Have you always wanted to try a new sport like baseball, soccer, swimming or dance classes? Let's DO IT THIS FALL!

- ✓ **Setting a SMART goal for the fall!** Example: I am going to dance for 30 minutes 3 times a week after school.

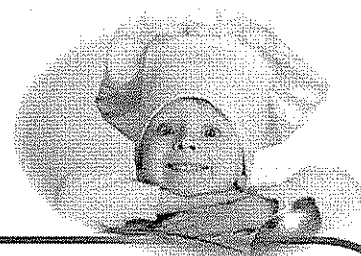
Media Savvy



Download a colourful copy of "Quick and Healthy cookbook – Kids' Edition!" from http://www.heartandstroke.mb.ca/atf/cf/%7B8AA02216-F223-439E-B498-5229E02AF420%7D/MB_Children_Cookbook_F13.pdf OR get your free copy by calling (204) 949-2000 or toll-free 1-888-473-4646

Power Up Snacks

- Chocolate Milk and a fruit
- Fruit and Low-Fat Yogurt
- Low-Fat cheese, tuna, or salmon and whole grain crackers
- Cottage Cheese and Fruit
- Hummus or peanut butter and Crackers
- Cereal and Fruit
- Low Fat muffin and cheese
- Buttermilk Oatmeal Raisin Scone



Buttermilk Oatmeal Raisin Scones

Makes 12 scones

Even though buttermilk sounds rich, it isn't. Buttermilk used to be the liquid left over when cream was made into butter. Now it is made commercially by adding special bacteria to skim or 2% milk.

3 tbsp granulated sugar 45 mL
2 cups whole wheat flour 500 mL
2 cups rolled oats 500 mL
1 tbsp baking powder 15 mL
1/2 tsp baking soda 2 mL
1/2 tsp salt 2 mL
3 tbsp soft margarine 45 mL
1 cup raisins 250 mL
1 1/3 cups buttermilk 325 mL

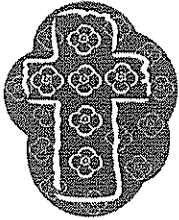
1. Set aside 1 1/2 tsp (7 mL) of sugar for topping. In bowl, combine whole wheat flour, rolled oats, remaining sugar, baking powder, soda and salt. Rub in margarine until mixture is crumbly. Stir in raisins, then buttermilk.
2. On lightly floured surface, knead dough about 10 times. Divide into 3 pieces. Pat each piece into a round about 3/4-inch (2-cm) thick. Transfer to baking sheet then cut with knife to divide each round into four quarters. Sprinkle with reserved sugar.
3. Bake in 375°F (190°C) oven for 25 to 30 minutes or until lightly browned.

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


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



May be photocopied in its entirety provided source is acknowledged.



November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Divisional Inservice Day -no classes	2
3 Daylight Saving Time Ends	4 Grade 7/8 Home Ec, PTA Meeting 5:30 p.m., Artist in the School begins, Mini pizza/mac & cheese	5 Kindergarten	6 Preschool Mini pizza/ chips & salsa	7 Kindergarten, Remem- brance Day Service 10:30 a.m., PTA Subway Day	8 Kindergarten, LFS FALL SUPPER 5-7 P.M. Hot dog	9
10	11 Remembrance Day -no classes 	12 Kindergarten	13 Preschool, PTA Home Shopping Party 7-9 p.m. Mini pizza/ chips & salsa	14 Kindergarten	15 Inservice Day -no classes	16
17	18 Grade 7/8 Home Ec Mini pizza/mac & cheese	19 Kindergarten, PTA Taco in a Bag Day	20 Preschool, Last day for Artist in the School Mini pizza/ chips & salsa	21 Kindergarten	22 Kindergarten Hot dog	23
24	25 Mini pizza/mac & cheese	26 Kindergarten, Report Cards go home	27 Preschool, Grade 7/8 Home Ec Mini pizza/ chips & salsa	28 Kindergarten Parent/Teacher Interviews 4-8 p.m.	29 Inservice Day -no classes Parent/Teacher Interviews 9 a.m.-12 noon	30

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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