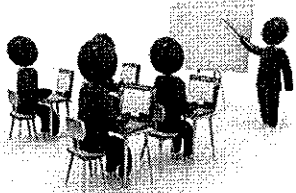


# LOWE FARM SCHOOL

November 2014 Newsletter Website: <http://lowefarm.rrvsd.ca/>

E-mail: [lowefarm@rrvsd.ca](mailto:lowefarm@rrvsd.ca)



## PRINCIPAL'S MESSAGE

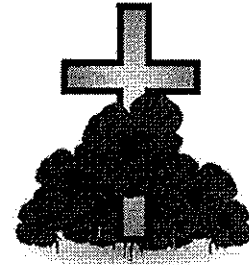
October is complete and hopefully so is the field work. The grades 3 – 6 students participated in the Cross Country meet in St. Malo Provincial Park. The grade 7 & 8 students attended WE day on the 29<sup>th</sup> and volleyball is in full swing. Student Council organized a very successful Fall Frolics with a wide variety of fun activities. Thanks to the PTA for providing painted plywood for the students to decorate with their hand prints. This plywood will go on the PTA shed and become a third wall to climb on. Our PTA Sub Day and canteen choices are becoming very popular with a variety of wraps and snacks. It's been a fun, productive month.

November is going to be a very busy month at Lowe Farm School. Volleyball continues with tournaments and playoffs in Oak Bluff and Sanford. Bring out the Sunday best for picture day on the 4<sup>th</sup>. Please plan to attend the next PTA meeting on the 5<sup>th</sup> at 4:00. Our Remembrance Day ceremony will be held on the 10<sup>th</sup>; Fall Supper on Friday the 21<sup>st</sup>. Report Cards go home on the 25<sup>th</sup> and Parent / Teacher conferences will be the 27<sup>th</sup> in the evening and the 28<sup>th</sup> in the morning.

In the afternoon of the 28<sup>th</sup>, teachers will be getting to know the community better by travelling to your farm or house. Our plan is to take some pictures (with your permission) and create an electronic collection of the community of Lowe Farm. Please complete the form that was sent home earlier this week and return it with your child so that we can organize that day. We look forward to learning about the community from our families.

December brings us the Christmas Concert!  
Only 7 weeks away!

Mr. Rob Fiola



Lowefarm School

## REMEMBRANCE DAY PROGRAM

Monday, November 10, 2014  
10:30 a.m.

School Gymnasium

Everyone is welcome to attend.

## Lowefarm School SMART Goals

- By June of 2015, Lowefarm School will purchase and utilize a minimum of 500 high quality books that will have cultural diversity, human equity and a wide variety of levels and interests to be creatively implemented in both the classroom and library.
- By June of 2015, Lowefarm School will continue to have common Math language and strategies throughout each grade with an emphasis on creating a common Math assessment tool.
- By June of 2015, Lowefarm School will involve students in a minimum of 5 active and socially engaging activities during lunch time, and Pre/Post school times.
- By June of 2015, Lowefarm School will research, adopt and implement a common behavioural system based on Restitution principles.



# School Cancellation

Along with the cooler temperatures 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)

# BOOK ORDERS

Book orders have been distributed to students and are due **November 5, 2014**. If parents wish to purchase books as Christmas gifts, please indicate that on the form before submitting and we will make sure to call you when they come in.



# REPORT CARDS & PARENT/TEACHER INTERVIEWS

The school year is progressing very fast and we are quickly approaching the end of the first reporting period for the 2014-2015 school year. **Report cards will go home on November 25, 2014. Parent/Teacher interviews will be held on Thursday, November 27 from 4 – 8 p.m. and Friday, November 28 from 9 a.m. to 12 noon. Letters will be sent home the first week of November letting parents know when their appointment times are. Please watch your child's backpack for your appointment letter.**

# WANTED

Our preschool class is looking for some **dress-up clothes** such as princess dresses, etc. as well as gently used **baby dolls**. If you are able to help out, please contact the school. Thank you very much.

# WE Day

Our grade 7 & 8 class enjoyed their trip to Winnipeg on Wednesday, October 29<sup>th</sup> to participate in the annual WE Day 2014 Manitoba at the MTS Centre in Winnipeg. 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.

# Bike Helmets

Recently, each family should have received a letter and order form regarding the Manitoba Health, Healthy Living and Seniors **Low Cost Bike Helmet Initiative**. This is a wonderful opportunity for families to purchase bike helmets for their children at a very reasonable cost. On May 1, 2013, mandatory bicycle helmet legislation was proclaimed for cyclists under the age of 18. Families may place an order for the helmets now and receive them in March 2015. **All order forms and money are due back to the school before November 7<sup>th</sup>.**

# Fundraising Update

Our **Lamontagne Card/Calendar/Gift** fundraiser concluded at the end of September. Orders should be in soon and then students will deliver them to their customers. Orders were down this year from the past couple of years so naturally the profit will also be down once the books are closed on this one. Next year we may explore other fundraising options to begin the school year off with.

Our **Mom's Pantry Products** fundraiser has just wrapped up as far as students taking orders. The product will be delivered towards the end of November and then customers will be able to begin their Christmas baking!

We wish to thank everyone who has supported each of these fundraisers. The next fundraiser will run during the month of December and is always a favourite with the students – **CHOCOLATES!**

## **Dates to Remember:**

- Wed., Nov. 5 PTA Meeting 4:00 p.m.  
Fri., Nov. 7 School Inservice/Admin Day – no classes  
Mon., Nov. 10 LFS Remembrance Day Service 10:30 a.m.  
Tues., Nov. 11 Remembrance Day – no classes  
Fri., Nov. 21 Lowe Farm School Fall Supper 5-7 p.m.  
Thurs., Nov. 27 Parent/Teacher Interviews 4-8 p.m.  
Fri., Nov. 28 Parent/Teacher Interviews 9 a.m. – 12 noon, Inservice in afternoon – no classes  
Tues., Dec. 16 LFS Christmas Concert 7:00 p.m. (concert storm date – Dec. 17)  
Fri., Dec. 19 Last day of classes before Christmas Holidays

# **S P O R T S**

## **VOLLEYBALL**

The first volleyball tournament of the season was held in Morris on October 15. The boys split their games with Morris and won both against Starbuck and Rosenort.

The grade 5-8 girls participated in their first volleyball tournament of the season. Their first game was against the Morris grade 8 team. Our team did their best and managed to get 8 points in the first game and 11 points in the second game against Morris. The scores improved in the games against Starbuck. We did really well in serving the ball and in returning when the Starbuck team was serving. This time our scores were really close with 22 points to Starbuck's 25 points and one game we were only behind by one point! Then in the two games against the Morris grade 7 team, we again kept the scores really close with a loss of 22-25 in the first game and putting all our skills together to win the final game against Morris with a score of 25 to 20! Mrs. Landry and Miss Bergen are very pleased with the excellent teamwork and very positive spirit shown by our girls' volleyball team. GO Lancers!!!

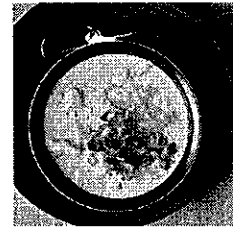
Girls' report submitted by Miss Bergen

The teams then travelled to Rosenort on October 21<sup>st</sup> for their second tournament. The boys split all of their games. The girls fought valiantly against Rosenort but lost both games, they came back strong against Morris and won both games and then had a win and a loss against St. Malo.

Still to come for tournaments is one in Oak Bluff on November 4 and then the teams will participate in the divisional finals on November 12. The boys will be in Sanford and the girls in Oak Bluff. Both tournaments begin at 1:00 p.m.

## **CROSS COUNTRY MEET**

The majority of our grade 3-6 students and three grade 7/8 students participated in the **RRVSD Cross Country Meet** at St. Malo Provincial Park on Friday, October 17<sup>th</sup>. We had a successful day with **Willie Berg** winning first place in the grade 7 boys group and **Zander Herkert** came in second in the grade 6 boys group. Congratulations also to **Halle Falk** who did very well. She ended up running double the distance and still did very well. **Congratulations Willie, Zander and Halle!** Thank you to Ms. Harley and Mrs. Friesen for training with the students.



**As the weather cools down there is nothing better than serving up some delicious soup. Here is an easy recipe to try out for your family from [www.cookinglight.com](http://www.cookinglight.com). I hope you enjoy it!**

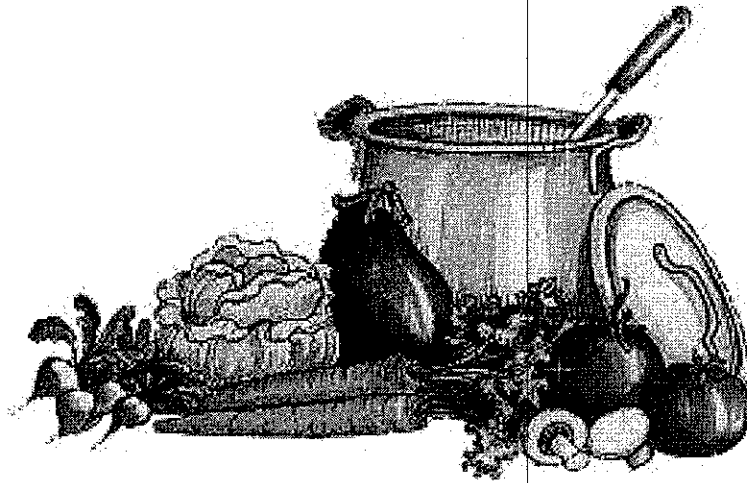
## **LOADED POTATO SOUP**

### **Ingredients**

- 4 red potatoes
- 2 teaspoons olive oil
- 1/2 cup chopped onion
- 1 1/4 cups fat-free, lower-sodium chicken broth
- 3 tablespoons all-purpose flour
- 2 cups 1% low-fat milk, divided
- 1/4 cup reduced-fat sour cream
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 bacon slices, halved
- 1.5 ounces cheddar cheese, shredded (about 1/3 cup)
- 4 teaspoons thinly sliced green onions

### **Preparation**

1. Pierce potatoes with a fork. Microwave on HIGH 13 minutes or until tender. Cut in half; cool slightly.
  2. While potatoes cook, heat oil in a saucepan over medium-high heat. Add onion; sauté 3 minutes. Add broth. Combine flour and 1/2 cup milk; add to pan with 1 1/2 cups milk. Bring to a boil; stir often. Cook 1 minute. Remove from heat; stir in sour cream, salt, and pepper.
  3. Arrange bacon on a paper towel on a microwave-safe plate. Cover with a paper towel; microwave on HIGH for 4 minutes. Crumble bacon.
  4. Discard potato skins. Coarsely mash potatoes into soup. Top with cheese, green onions, and bacon.
- Fall Supper ad page



# **Lowe Farm School**

# FALL SUPPER

**Friday, November 21, 2014**

**5:00 – 7:00 p.m.**

**at the**

**Lowe Farm Community Centre**

**Adults: \$10.00**

**12 & Under: \$5.00**

**Preschool: Free**



Lowe Farm School PTA  
will be hosting a  
**Shopping Party Fundraiser**

on  
**Thursday, November 27, 2014**  
from **4:00 – 8:30 p.m.**  
in the  
**Lowe Farm School Gymnasium**



**All PTA proceeds (vendor proceeds not included) will go  
directly to the school playground structure**  
(not exactly as shown).

**PARTICIPATING VENDORS:**

Arbonne  
Epicure  
Homemade Items  
Lia Sophia  
Mary Kay  
Norwex  
Pampered Chef

Party Lite  
Plexis/Trim Healthy Mama  
Scentsy  
Stella & Dot  
Tupperware  
Young Living Essential Oils

**ALSO AVAILABLE:**

Silent Auction  
Coffee & Dainties (cost – by donation)  
Colouring for Children

School Programs Division  
Robert Fletcher Building  
307-1181 Portage Avenue, Winnipeg, MB R3E 0T3

Bureau de l'éducation française Division  
Robert Fletcher Building  
509-1181 Portage Avenue, Winnipeg, MB R3G 0T3

October 2014

To: Superintendents of School Divisions  
Principals of Schools  
Principals of Funded Independent Schools

Dear Colleagues:

**Re: Prevention of Sudden Cardiac Arrest: SCA Card and Risk Assessment Form**

On October 5, 2011, 16 year-old Evan Dupuis lost his life due to Sudden Cardiac Arrest (SCA) during a soccer practice at a local school. As a result of his parents' subsequent efforts to prevent further tragic losses due to SCA, Manitoba Health, Healthy Living and Seniors established a SCA Advisory Group (SCA AG) chaired by the Heart and Stroke Foundation (HSF) which also included representation from the Department, the College of Family Physicians of Manitoba, Manitoba Pediatricians, Sport Medicine & Science Council of Manitoba (SMSCM) and the Children's Hospital – Pediatric Cardiology.

As part of this work, we would like to share two SCA prevention tools with schools that were developed and endorsed by the members of the SCA AG. These include a **SCA Resource Card** for coaches, educators and the general public as well as a **Sudden Cardiac Death Risk Assessment Form** for parents to use as a screening tool for risk factors to be used with a family doctor, pediatrician or other regular health care provider.

These tools are attached in electronic format, are posted on the government's Healthy Schools website at <http://www.gov.mb.ca/healthyschools/topics/safety.html> and may be shared with school staff, volunteers, students and parents as deemed appropriate. In addition, the following should be considered to further prevent SCA:

- Availability and tracking of Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) training for students (Grade 10 Physical Education/Health Education) as well as for staff and other adults working with students;
- Signage and access to AEDs both during and after normal school hours including track meets and outdoor events;
- Response to heat advisories in modifying or restricting outdoor activities.

Thank you for your collaboration.

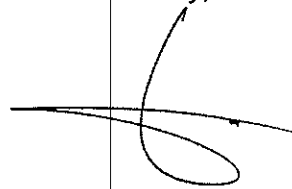
Yours sincerely,



Aileen Najduch  
Assistant Deputy Minister  
School Programs Division

Attachments

Yours sincerely,



Jean-Vianney Auclair  
Assistant Deputy Minister  
Bureau de l'éducation française Division

# Sudden Cardiac Death Risk Assessment Form



Is your child at risk? If unsure, talk to your child and/ or family members as you fill out this form.

If you or your child answer "Yes" to ANY of these specific questions, your child could have risk factors for cardiac arrest. Please review your results with your regular health care provider.

Risk Assessment for (Name of Child) _____	Yes	No
Has your child ever fainted or passed out DURING exercise, emotional stress or when startled?		
Has your child ever fainted or passed out AFTER exercise?		
Has your child ever said they had frequent trouble breathing, coughing or wheezing during exercise?		
Does your child tire more quickly than others when exercising?		
Has your child ever had tightness, discomfort, pain or pressure in his/her chest during or after exercise?		
Has your child ever had an unexplained seizure?		
Have you ever been told your child has high blood pressure?		
Have you ever been told your child has high cholesterol?		
Does your child have, or has your child ever told you they had racing of his/her heart or skipped beats?		
Have you ever been told your child has a heart arrhythmia (irregular heartbeat)?		
Does your child have any other history of heart problems?		
Has your child routinely taken any medications in the past two years?		

Continued on reverse...


<b>Family History (Answer in reference to child's family - both paternal and maternal)</b>	<b>Yes</b>	<b>No</b>
Are there any family members who had a sudden, unexpected, or unexplained death before age 50? (including SIDS, car accident, drowning, others)		
Are there any family members who died suddenly of "heart problems" before age 50?		
Are there any family members who have had unexplained fainting or seizures?		
Are there any relatives with certain conditions, such as:		
Enlarged Heart: Hypertrophic cardiomyopathy (HCM)		
Dilated cardiomyopathy (DCM) Heart		
Rhythm problems: Long QT syndrome (LQTS)		
Short QT syndrome		
Brugada syndrome		
Catecholaminergic ventricular tachycardia Arrhythmogenic		
right ventricular cardiomyopathy (ARVC)		
Marfan syndrome (aortic rupture)		
Wolff-Parkinson-White Syndrome		
Heart attack, age 50 or younger		
Pacemaker or implanted defibrillator		
Have any family members been treated for an irregular heart		
beat? Have any family members had heart transplantation?		
Have any family members had heart surgery?		
Are there any family members who were deaf at birth (congenital deafness)?		

<b>Please explain any "Yes" answers here:</b>	
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**Please feel free to bring this form with you to your physician's or health care provider's office.**



# NOVEMBER 2014

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2 Daylight Saving Time Ends	3 Mini pizza/mac & cheese	4 Kindergarten, Preschool #1, Picture Day, Volleyball in Oak Bluff 1:00 p.m., PTA Taco in a Bag	5 Book Orders due, PTA Meeting 4:00 p.m. Chips & salsa	6 Kindergarten, Preschool #2, Bike Helmet orders due, Chicken Quesadillas	7 Inservice Day -no classes	8
9	10 Remembrance Day Service 10:30 a.m. Mini pizza/mac & cheese	11 Remembrance Day—no classes 	12 Preschool #1, Volleyball finals—boys in Sanford, girls in Oak Bluff 1:00 p.m., Chips & slasa	13 Kindergarten, Preschool #2	14 Hot dog	15
16	17 Grade 7/8 Home Ec Mini pizza/mac & cheese	18 Kindergarten, Preschool #1 Beef Quesadilla	19 Chips & salsa	20 Kindergarten, Preschool #2 PTA Sub Day	21 Kindergarten, Picture Retakes, LFS Fall Supper 7:00 p.m., Hot dog	22
23	24 Mini pizza/mac & cheese	25 Kindergarten, Preschool #1, Report Cards go home, Ham & Cheese Wraps	26 Chips & salsa	27 Kindergarten, Preschool #2, P/T Interviews 4-8 p.m., PTA Home Shopping Party	28 Inservice Day-no classes, P/T Interviews 9 a.m. —12 noon	29
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: \_\_\_\_\_

**BUS NOTE**

Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_

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\_\_\_\_\_

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