

LOWE FARM SCHOOL

October 2012 newsletter

lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

What a great start to the school year. Students are happy and prepared to work. Just what a teacher loves. Thank you to all the families that attended Meet the Teacher Night. We hope that the experience was informational and helpful. It was really nice seeing all the families again, but especially fun to welcome all the new families to Lowe Farm School.

This last month we had Meet the Teacher, soccer and Strong Beginnings. We also participated in the sod turning celebration at the new rink site. We are really looking forward to having a skating rink to use during lunch and some classes. Let's start collecting those skates and hockey helmets. This gives us reason to look forward to the snow and cooler temperatures.

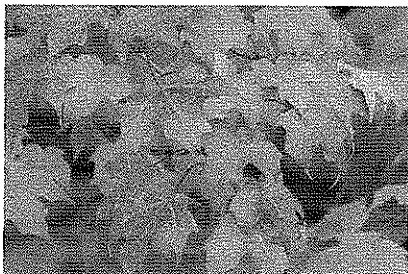
October is an important Month. Teachers are using the data from the Strong Beginnings to guide their programs. We also have our Artist in the School artist, Leigh-Anne Kehler joining us to work on storytelling and story writing. Along the same theme, Sigmund Brouwer will be joining us for a presentation. The grade 7 and 8 students will be attending the We Day event in Winnipeg in preparation for doing work for the community. Finally, our annual Fall Supper which raises money for camp will be at the end of the month.

This month we say goodbye to Mrs. Penner as she will be taking leave to take care of her new family addition. We will be saying hello to Mrs. Courtney Braden who will be replacing her. You may have already met her as she has graciously made herself available for Meet the Teacher and subbing for Mrs. Penner.

Thank you to all the students who have participated in our first fundraiser. Initial results are looking good. Way to go!

We look forward to a beautiful fall. Let's take the time to enjoy the colorful display with our families.

Mr. Rob Fiola, Principal



2012-2013 STUDENT COUNCIL

Leadership Team:	Alesa Isaak Cornie Giesbrecht
Finance Team:	Nancy Sawatzky Elly Goertzen
Secretary/Reporting:	Suzanne Giesbrecht Justin Heidebrecht
Sports Team:	Jonathon Berg Fernando Neufeld
Classroom Reps:	Gr. 5 Jenny Martens Willie Berg (alt.) Gr. 6 Abe Schmitt Devan Ayres- Collingridge (alt.) Gr. 7 George Buhler Chloe Friesen (alt.) Gr. 8 Elma Loewen Tristan Landry (alt.)

PTA Report

Lowe Farm School PTA wishes to announce that its new **Chairperson** is **Mrs. Michelle Ginter**. Mrs. Ginter has three children attending Lowe Farm School and has been an active member of the PTA for several years. Our new **Secretary/Treasurer** is **Mrs. Marie Doell** who has also been an active member for a number of years with two children in the school. The PTA committee is looking for more volunteers to join. The next PTA meeting will be held Monday, October 15th at 5:00 p.m. at the school. If you are interested in attending please feel free to join them. Everyone is welcome. If you would like to become part of the PTA but are unable to attend this particular meeting, please call the school and we will pass your name onto the committee.

We would like to take this opportunity to say a **BIG THANK YOU** to **Mrs. Trina Landry** for her dedication over the past number of years as chairperson of the committee. Mrs. Landry has worked hard on our natural playground project as well as with fundraising efforts.



Kindergarten Days

Our 2012-2013 school year began with Kindergarten half days and then gradually we progressed to full days Tuesdays, Thursdays and every other Friday. Kindergarten parents will notice that Kindergarten was held on Friday, September 28th and will again be held the following Friday (October 5th). Our alternating Fridays will begin from October 5th. If there are no classes on an alternating Friday because of school or divisional inservices, etc. that does not mean that Kindergarten will be held the following Friday.

Please check your monthly newsletter calendars to help you keep on top of which Fridays Kindergarten will be held. It can all become easily confusing and we want to make this as simple for parents as possible. If you have any questions at all, please feel free to contact the school. Thank you very much.

Terry Fox Run/Walk

Low Farm School students and staff participated in a Terry Fox Run/Walk on Thursday, September 27th. Part of the run/walk took advantage of the new walking trails in Low Farm. Students were encouraged to make a small loonie or toonie donation to the Terry Fox Foundation. Thank you students. Thank you also to the **Morris RCMP detachment** for providing an escort officer and vehicle for our **Terry Fox Run/Walk** on September 27th.

Thank You. . .

. . . to all **parents and students** who made the effort to attend their **Strong Beginnings** appointments on September 21st and 24th. This is such a worthwhile opportunity for teachers to learn more about each student and how they learn. It can only help to make your child's school year more successful. Thank you all.



School Cancellation

After a lovely, hot summer we mustn't forget that cooler 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

Fundraising Update

We are just wrapping up our first fundraiser (**Lamontagne card/calendar/gift**) with orders due today (September 28). The next one will be our **Mom's Pantry Products fundraiser** which will run from October 1 to 19. Students in Kindergarten to Grade 8 will receive a permission letter which parents can then return to the school signed if they wish their child to participate. We are very appreciative to our parents and the community for supporting all of our fundraising efforts.

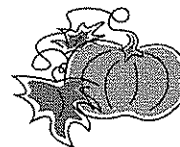
Parent/Student Handbook

All families should have received the 2012-2013 edition of the **Low Farm School Parent/Student Handbook**. If your family has not received one, please contact the secretary at the school.

FEES DUE REMINDER

There are still a number of fees due from some students. Kindergarten to grade 4 students are required to pay \$25 for school supplies that their teachers have bought for them. Grade 7 students are to pay a \$10 caution fee which will be returned to them upon graduation from Low Farm School providing all textbooks and library books have been returned in good condition. All grade 7 and 8 students are required to pay a \$20 fee for their Home Ec classes at the Morris School. All fees can be paid in the form of cash or cheque. All cheques are to be made payable to Low Farm School except for the grade 7 and 8 Home Ec fee cheques which are to be made payable to the Red River Valley School Division. If you have outstanding fees due, please pay them as soon as possible. Thank you.

SPORTS



SOCCER

Our grade 7 and 8 students participated in the soccer tournament in Rosenort on September 27th. Domain students combined with ours to enjoy a beautiful fall day. Mrs. Brown coached the girls' team and Ms. Pettapiece coached the boys' team. Mr. Fiola went along to help with the reffing. The girls won all three of their round robin games and then lost 2-1 and 1-0 in their final two games. The boys lost all three of their round robin games but had a great time.

The grade 5 and 6 soccer tournament will be held Friday, October 5th (rain date is October 12). This tournament will also be held in Rosenort with games likely beginning at 10:00 a.m. (a schedule has yet to be released). Mrs. Penner and Mr. Fiola will be coaching our teams. Parents are welcome to attend.

CROSS COUNTRY RUNNING

Ms. Pettapiece has our Running Club started up for the year. The club usually meets a couple of times a week to run at noon hours. Students from grades 1 – 8 have joined the club. Many of the participants are in training for the Divisional Grade 4 – 8 Cross Country meet which will be held at St. Malo Provincial Park on Thursday, October 18th. The meet will begin at 11:30 a.m. Parents are very welcome to attend the meet and cheer on our students. You also get a chance to enjoy the beauty of this local provincial park.

VOLLEYBALL

Volleyball practices have begun. Mrs. Brown and Mrs. Angie Isaak are coaching the girls' team and Ms. Pettapiece and Mrs. Trina Landry are coaching the boys' team. The schedule for the season is as follows:

- October 24 Lowe Farm in Rosenort
- November 1 Lowe Farm in Morris
- November 7 Lowe Farm in St. Pierre (tentative)
- November 13 Final tournaments:
 - ✓ Girls in Sanford
 - ✓ Boys in Oak Bluff

REFURBISHED COMPUTERS

Anyone interested in obtaining a refurbished computer for little or no cost, please contact the school office. We can give you the phone number of the community member willing to donate.

DATES TO REMEMBER:

October 1-12	Artist in the School
October 5	Grade 5/6 Soccer Tournament in Rosenort
October 8	Thanksgiving Day – no classes
October 9	Divisional Inservice Day – no classes
October 15	Low Farm School PTA Meeting – 5 p.m.
October 18	Author, Sigmund Brouwer visits Lowe Farm School
October 18	RRVSD Grade 4 – 8 Cross Country Meet at St. Malo Provincial Park
October 19	Provincial S.A.G.E. Day – no classes
October 26	Low Farm School Fall Supper 5-7 p.m.
October 30	Grade 7/8s attending We Day
November 16	School Inservice Day – no classes
November 30	Admin/School Inservice Day – no classes
December 21	Last day of classes before Christmas Holidays
January 7	Classes Resume

Mom's Morning Out

Where: Emmanuel Gospel Church

When: Wednesday, mornings

Time: 9:30 – 11:00 a.m.

All moms need a break! And the kids do too!

Come for fellowship and friendship

LOWE FARM SCHOOL FALL SUPPER

Friday, October 26th, 2012 from 5:00 – 7:00 p.m.

at the Lowe Farm Community Centre

Adults: \$10.00 12 & Under: \$5.00

Everyone Welcome!



**Notice of Vacancy for the Office of Trustee
Red River Valley School Division**

For Ward 2 with the term ending October, 2014

Interested candidates are invited to submit applications for the vacant trustee position in Ward 2 (Sanford, Brunkild area)

A person is qualified to be a trustee of a school board, if the person

- a) is a Canadian citizen;
- b) is of the full age of 18 years;
- c) is an actual resident in the school division; and
- d) is not disqualified under any other provision of this *Act* or under any other *Act*, and is not otherwise by law prohibited from being a trustee or from voting at elections in the school division or school district.

Candidates for school board office must actually reside in the school division or district for which they are seeking election; they are not eligible for office if they are non-resident property-owners or rate-payers, are an MLA, MP or Municipal Council Member or a Student in the School Division. However, individuals do not need to be residents of the specific ward in which they wish to run, as long as they do reside within the division or district as a whole.

Deadline for nomination papers is Tuesday, October 9, 2012.

Please contact Robyn Collette, Senior Elections Official, for more information.

Red River Valley School Division
Box 400
Morris, MB ROG 1KO
Phone: 204-746-2317 ext. 228
Fax: 204-746-2785
Email: rcollette@rrvsd.ca

Universal Student Accident Insurance Program

(available to Manitoba Public School Divisions)

The Red River Valley School Division participates in this program, which provides coverage for all full-time students registered in the Red River Valley School Division while:

- 1) in or on school buildings or premises by reason of attending classes on any regular school day;
- 2) in attendance at or participating in any school activity approved and supervised by a proper school authority, whether at school or elsewhere;
- 3) traveling directly to or from any regularly scheduled and approved school activity under the direction or supervision of a proper school authority;
- 4) traveling directly to or from their residence and school for the purpose of attending classes or participating in any school sponsored activity;
- 5) participating in physical activities taking place as part of the grades 9 to 12 Physical Education Curriculum as approved by proper school authority;
- 6) engaged in the performance of the duties assigned to the Insured Person while he/she is participating in a school approved work experience program.

Key Benefits:

Benefit	Benefit Amount
Loss of Life – Accident Only	\$20,000 per Student
Dismemberment or Total and Permanent Loss of Use – Accident Only	Various up to \$40,000 per Student
Accidental Medical Reimbursement Benefit ("AMRB")	\$10,000 Maximum per Student per Accident
Registered Nurse – Accident Only	Covered as part of AMRB
Hospital Charges – Accident Only	Covered as part of AMRB
Wheelchair Rental – Accident Only	Covered as part of AMRB
Prescription Drugs – Accident Only	Covered as part of AMRB
Ambulance – Accident or Sickness	Maximum \$2,000 per Student per Incident
Emergency Transportation other than Ambulance – Injury or Sickness	\$50 per Incident
Dental Expense – Accident Only	\$2,500 per Student within 5 years
Eyeglasses and Contact Lenses – in conjunction with bodily injury arising out of accident	per Student: New \$300 Replacement \$200

Aggregate Limit of Indemnity: \$1,000,000 any one accident.

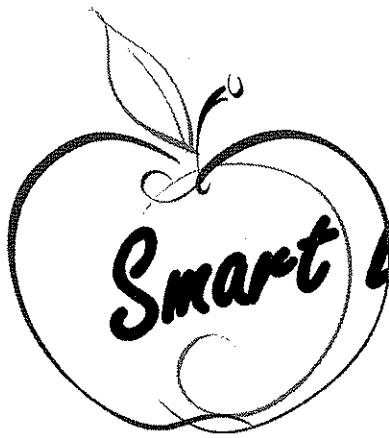
Underwritten by: Industrial Alliance Insurance and Financial Services Inc.

Term of coverage: September 1, 2012 to September 1, 2013

Coverage is provided subject to the Terms and Conditions of master Policy number 100005613 on file with The Manitoba School Boards Association.

THIS COVERAGE COMPLIMENTS (NOT REPLACES) THE VOLUNTARY STUDENT ACCIDENT INSURANCE COVERAGE, AND IS EXCESS OF BENEFITS PROVIDED BY MANITOBA HEALTH AND EXCESS OF BENEFITS AVAILABLE TO THE STUDENT UNDER ANY GROUP BENEFITS PROGRAM

Claims forms are available at www.westernfgis.ca or by emailing solutions-cgv@inalco.com
 Claims Information is available by calling 1-800-266-5667



Smart Eating Makes The Grade

"Love my Lunch!"

Ideas for school lunches that don't come home!

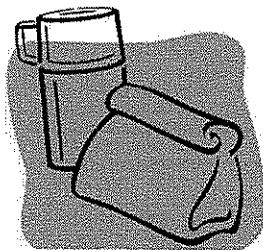
Lunch and Learn

Lunch provides the energy and fuel kids and teens need to get through the day. A mid day meal break feeds the body nutrients to help young people grow healthy, and gives their brain the power to think and focus.

A good meal at noon helps prevent those afternoon energy slumps, which can make us sleepy and moody.

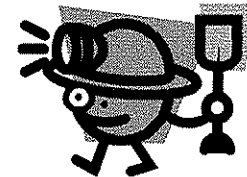
Tips for planning healthy lunches:

- Involve your child in planning and making their lunches.
- Try to include a food from each food group.
- Offer a variety of textures, colours, and shapes.
- Limit treats and convenience foods—they are often expensive, and high in sugar, salt/sodium and fat.



Did you know?

- Choosing milk at lunch will help your child or teen meet their daily calcium needs.
- Fortified soy beverages, yogurts and cheeses provide a similar amount of calcium as milk products.
- For milk allergies, you may use soy milk, soy cheese, or soy yogurt.



Dig Deeper...

- Back to school nutrition tips from CBC news
<http://www.youtube.com/watch?v=p3Alg8fjEgg&feature=related>
- Kid friendly meals from Heart and Stroke Foundation
http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.3484269/k.9205/Recipes_Kid_Friendly_Meals.htm

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.

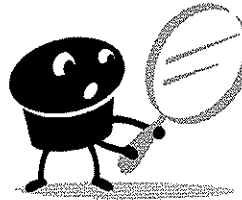
Healthy Bodies Healthy Minds

Set a SMART goal to increase your physical activity. Smart goals are Specific, Measurable, Achievable, Realistic and Timely.

1. What activities could you do to be more active? Pick one you enjoy.
2. When? What days of the week and what time?
3. Where?
4. What do you need to be able to do it?
5. After you set your goal, look at it and see if it's realistic. Then try it! If it doesn't work, adjust it to make it work!

Examples of SMART goal:

- I am going to eat 3 servings of fruit a day; one at breakfast and lunch and one for a bedtime snack.
- I am going to walk 3 times a week (Mon., Wed. and Fri.) at 7:00 for 30 minutes.



Tastebud Challenge

Greek Yogurt

Greek-style yogurt is thicker and tangier than traditional yogurt, and has become a trendy new food. A $\frac{3}{4}$ cup serving of non-fat Greek yogurt has 15 g of protein, 5 g more than traditional non-fat plain yogurt. Regular yogurt has 3 times more calcium than Greek because it hasn't had the whey protein drained from it. Greek yogurt is creamy and delicious and can be used to make homemade tzatziki sauce or a quick and easy healthy dessert. (See recipe below)

Simple Greek Yogurt and Fruit Dessert

Makes 4-6 servings

You Will Need:

- 2 cups (500 ml) non-fat plain Greek yogurt*
- 2 tablespoons (30 ml) honey (or to taste)
- 4 cups (1 litre) fresh berries (e.g. strawberries, blackberries, raspberries)

Directions:

1. Wash fruit. Mix different berries together.
2. Mix yogurt and honey until smooth.
3. Mix the yogurt mixture and fruit together for a delicious dessert.

*If your child is lactose intolerant or has a milk allergy, substitute either soy yogurt or applesauce for the Greek yogurt.

Mix this dessert together quickly in the morning and pop into a lunch kit!
Remember to add a freezer pack/frozen juice to keep this delicious dessert cold.

For more nutrition topics, go to the news and events section of www.rha-central.mb.ca
Nutrition Services Team



October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Leigh-Ann Kehler, Artist in the School— October 1—12	1 Mini pizza/Mac & cheese	2 Kindergarten	3 Preschool 9-11 Mini pizza/ Chips & salsa	4 Kindergarten	5 Kindergarten Grade 5/6 Soccer Hot dog	6
7	8 Thanksgiving Day - no classes	9 Divisional Inservice Day - no classes	10 Preschool 9-11 Mini pizza/ Chips & salsa	11 Kindergarten	12 Grade 7/8 Home Ec Grade 5/6 Soccer rain date	13
14	15 PTA Meeting 5:00 p.m. Mini pizza/Mac & cheese	16 Kindergarten	17 Preschool 9-11 Mini pizza/ Chips & salsa	18 Kindergarten Sigmund Brouwer visit Grade 4-8 Cross Country	19 Provincial S.A.G.E. Day -no classes	20
21	22 Mini pizza/Mac & cheese	23 Kindergarten	24 Preschool 9-11 Volleyball in Rosenort Mini pizza/ Chips & salsa	25 Kindergarten Grade 7/8 Home Ec	26 LFS Fall Supper 5—7 p.m. Hot dog	27
28	29 Mini pizza/Mac & cheese	30 Kindergarten Grade 7/8s to attend We Day in Winnipeg	31 Preschool 9-11 Hallowe'en Mini pizza/ Chips & salsa			

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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