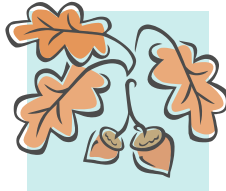


# Lowefarm School

October 2011 Newsletter

www.lowefarm.rrvsd.ca



## Principal's Message

September has come and gone but we are fortunate the nice weather has managed to continue on. Let's hope October is as cooperative. We have had a very nice start to the school year. Thank you to all the families that attended the Meet the Teacher BBQ. What a nice turn out. Thanks also to all the parents for accommodating the **Strong Beginnings** last week. The information gathered over these two days is so very valuable to teachers in their planning for your children.

Thanks again to the PTA for continuing to add to the **Natural Playground** by installing an outdoor classroom, some slides and tunnels and adding some picnic tables to the front of the school. The staff and students really appreciate all the effort that has gone into this project. We are beginning to see the fruit of their labor on a daily basis. If you aren't already involved, I encourage you to join the PTA and donate some of your time and energy to this wonderful group of parents.

Thank you to the newly elected student council for organizing the **Terry Fox Run** on September 30<sup>th</sup>. We look forward to continuing **Soccer** and **Cross Country** in October. We also have several fire drills planned, one of which will be done in conjunction with the local Fire Department. **Hamburger Day** is planned for the 6<sup>th</sup>. October also looks like a month where a lot of professional development will be happening throughout the school.

Congratulations to the **Nutrition Committee** at the school for successfully starting the Nutrition program with daily snacks. Comments from the students are very positive so far. We look forward to getting feedback from parents and students to ensure that we remain a vital part of creating lifelong healthy habits for years to come.

Enjoy the beautiful month of October.  
Mr. Rob Fiola



## Lowefarm School is a NUT AWARE SCHOOL

**NUT AWARE** means that nut products are permitted in the school, but an awareness strategy will be implemented. If a student has nut allergies, parents must provide written documentation from a doctor and meet with the school and nurse to devise a safety plan that works. This plan may include additional education of the students in the effected classroom as well as the rest of the school, safe areas to eat and special cleaning procedures.

In accordance with the Nut Policy at Lowefarm School we are informing you that this year **the Grade 5/6 classroom is a nut free environment.** **If you have a child in the grade 5/6 classroom please do not send food containing any nut, nut product, coconut or peas with your child to school.** We ask that all students in the school wash their hands after they have eaten. We appreciate your cooperation in creating a safe classroom for all students.

## ***2011-2012 STUDENT COUNCIL***

Leadership Team:	Emily Isaak Alesa Isaak
Finance Team:	Megan Boulton Natasha Penner
Reporting Team:	Jennifer Heidebrecht Suzanne Giesbrecht
Sports Team:	Joshua Harder Jonathon Berg
Classroom Reps:	Gr. 5 Savannah Siemens Zacary Wiebe (alt.) Gr. 6 Annie Schmitt Lucas Redecop (alt.) Gr. 7 Preston Bergman Katlin Johnstone (alt.) Gr. 8 Rayne Milne Annie Schroeder

## Parent/Student Handbook

All families should have received the 2011-2012 edition of the Lowe Farm School Parent/Student Handbook. If your family has not received one, please contact the secretary at the school.



## Religious Exercises

If you wish to have your child participate in the Lord's Prayer and have not signed the religious exercises petition please contact Trina Landry before October 7<sup>th</sup>. Mrs. Landry can be contacted at 746-6203.



## Fundraising Update

We have just wrapped up our **NORCARD** fundraiser and will be submitting the orders in the next day or two. Thank you to all parents and community members who supported the fundraiser.

Our next fundraiser is the ever popular **MOM'S PANTRY PRODUCTS**. Watch for more details to come home very soon for that one. This is a great fundraiser to help out with all of your Christmas baking needs.



## FEES DUE REMINDER

This is just a friendly reminder to parents who still need to submit fees for their children. Students in Kindergarten to grade 4 are required to pay \$25 for school supplies. Students in grade 7 pay a \$10 caution fee and students in grade 7 & 8 pay a \$20 Home Ec fee. We would like to have these fees paid by the middle of October. If you need a little more time to pay these fees please give the school a call to make those arrangements.



## School Cancellations

Winter is quickly approaching and with it 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).** 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.

## WINTER CLOTHING

With fall comes cooler weather and it won't be long until the snow flies. Lowe Farm School would **appreciate any donations of gently used winter outer clothing including jackets, ski pants, winter boots and mitts.** We are also looking for **gently used running shoes and rubber boots.** If you have any of the above items to donate please let us know. Thank you very much.



## SPORTS



### SOCCER

Students from Lowe Farm School (grade 7 & 8 along with help from the grade 6 boys) joined forces with Domain School to participate in the soccer tournament in Rosenort on September 29<sup>th</sup>. The girls lost all games in the round robin and won their consolation round game against Heritage (St. Pierre). The boys tied against Rosenort in the round robin and lost their other games. They also played in the consolation round. Thank you to Mrs. Brown and Mrs. Johnston who coached the teams. Everyone enjoyed their day.

The grade 5/6 soccer tournament will be held Friday, October 7<sup>th</sup>, also in Rosenort. Parents are more than welcome to attend and cheer on the teams. Mr. Jones and Mr. Fiola will be coaching our teams.

### CROSS COUNTRY RUNNING

The Red River Valley School Division Cross Country Meet will be held on Thursday, October 20<sup>th</sup> at St. Malo Provincial Park. Mrs. Penner will be taking our running team to the meet. The run begins at 11:45 a.m. and again parents are welcome to attend.

### VOLLEYBALL

Volleyball season is set to begin the week of October 24<sup>th</sup>. Lowe Farm teams will travel to St. Pierre on October 26<sup>th</sup> for their first tournament.

## 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**



## **DATES TO REMEMBER:**

Mon., Oct. 10	Thanksgiving Day – no classes
Tues., Oct. 11	Divisional Inservice – no classes
Fri., Oct. 21	Provincial S.A.G. Day – no classes
Mon., Oct. 31	Fall Frolics
Fri., Nov. 4	School Inservice/Admin Day – no classes
Fri., Nov. 11	Remembrance Day – no classes
Fri., Nov. 18	School Inservice/Admin Day – no classes
Thurs., Dec. 22	Last day of classes before Christmas break

**Please watch for  
more information  
about  
Parent/Child  
Programs  
coming to  
Lowe Farm in the  
near future.**

## **Cherry-Oatmeal Muffins**

Make up a batch of these for a delicious quick snack or healthy breakfast option. They would also be great for your child's lunch box.

### **Ingredients**

1 cup (250 mL) old-fashioned rolled oats  
3/4 cup (175 mL) all-purpose flour  
3/4 cup (175 mL) whole-wheat flour  
1/3 cup (75 mL) toasted wheat germ  
1/3 cup (75 mL) plus 1 tbsp (15 mL) sugar  
1 tsp (5 mL) baking powder  
1/2 tsp (2 mL) baking soda  
1/2 tsp (2 mL) salt  
1 1/3 cups (325 mL) buttermilk  
3 tbsp (45 mL) olive oil  
1 large egg  
1 tbsp (15 mL) grated orange zest  
3/4 cup (175 mL) dried cherries, cranberries, or raisins

### **Directions**

Preheat oven to 375°F (190°C). Line twelve 2 1/2-inch (6 cm) muffin cups with paper liners. Toast oats in a jelly-roll pan until golden brown and crisp, about 10 minutes, stirring occasionally. Transfer to large bowl and let cool to room temperature. Add all-purpose flour, whole-wheat flour, wheat germ, 1/3 cup (75 mL) sugar, baking powder, baking soda, and salt to oats, stirring to combine.

Whisk together buttermilk, oil, egg, and orange zest in small bowl until blended. Make well in centre of dry ingredients and pour in buttermilk mixture. Stir just until dry ingredients are moistened. Fold in cherries, using a wooden spoon.

Spoon batter into muffin cups; sprinkle top of each muffin with 1/4 tsp (1 mL) sugar. Bake until golden brown and a toothpick inserted in centre of a muffin comes out clean, about 30 minutes. Remove cherry-oatmeal muffins from pan to wire rack to cool.

Health Hint: Oats contain a type of soluble fibre called beta-glucan, which helps reduce levels of total and LDL ("bad") cholesterol, and may also help regulate blood sugar.

Makes 12 muffins

Recipe source [www.besthealthmag.ca](http://www.besthealthmag.ca)