

# Lowe Farm School

October 2013 Newsletter

lowefarm@rrvsc.ca

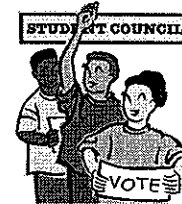
## PRINCIPAL'S MESSAGE

Congratulations to all students, staff and families on a great start to the 2013-14 school year. It's hard to believe that September has slipped past already. We hope you were able to get most of the crops off and only have a bit left over for October.

In September we had Meet the Teacher. Thank you for joining us for a nice casual evening of getting to know each other. We also had Strong Beginnings where teachers did academic testing in order to get to know your children better. Much of the planning for the rest of the year is based on this information. Thank you once again for supporting this division-wide initiative by making the arrangements to have your child attend. We also finished off the month with a Terry Fox run. Thank you for your contributions for this very worthy cause. Thank you also goes to Rosenort for hosting both of the grade 5/6 and 7/8 soccer tournaments. Once again, we teamed up with Domain School to participate in this fun event.

In October we can look forward to some turkey for Thanksgiving, but also to the Mom's Pantry Products fundraiser. Students from grades 4 – 8 will be participating in the Cross Country meet in the St. Malo Provincial Park. Volleyball season will also start with a mixed tournament that Lowe Farm will be hosting for St. Malo, St. Pierre and Domain. Please watch for the exact date sometime the week of October 21<sup>st</sup>. Grade 7 & 8 students will once again be travelling to the MTS centre to attend WE DAY to learn how they can help make the world a better place to be. Finally, we are excited to be participating in the Artist in the School Program once again, this time with Tusia Kozub, creating multicultural music and songs.

We would like to once again thank you for the privilege of working with the wonderful children of the Lowe Farm community. It is promising to be a very special year. ☺



## 2013-2014 STUDENT COUNCIL

Our student council organizes a number of events throughout the school year with the first one being our Terry Fox Run held on September 30, 2013. The following is our student council for 2013-2014!

Leadership Team:	Cornie Giesbrecht Virginia Blatz
Finance Team:	Elly Goertzen Tanner Martens
Secretary/Reporting:	Justin Heidebrecht Savannah Siemens
Sports Team:	Fernando Neufeld Zacary Wiebe
Classroom Reps:	Grade 5: Jayda Doell Alternate: John Schmitt  Grade 6: Christina Neufeld Alternate: Willie Berg  Grade 7: Abe Schmitt Alternate: Cameron Herkert  Grade 8: Erny Loewen Alternate: Joanne Schroeder

## Parent/Student Handbook

All families should have received the 2013-2014 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

**DEAR PARENTS:** The following is documentation we have received from the Red River Valley School Division regarding our Religious Exercises. Please note that we have submitted the required petition and received authorization to go ahead with implementation of Religious Exercises for the 2013-2014 school year. If you have not yet signed the petition to have your child included in Religious Exercises, please see the last paragraph. If you have any questions, please can Principal, Mr. Fiola at school.

*"In cases where the Board has received appropriate documentation supporting the implementation of Religious Exercises in schools, schools will provide information to the school community through a newsletter announcement indicating that the Board has received the petition and authorized Religious Exercises for that school year.*

*The announcement will also indicate that parents willing to participate who have not signed the petition may have their name added by sending a signed note to the school. These notes do not need to be added to the original petition kept at the Administration Office."*

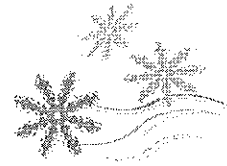
## TERRY FOX RUN

Lowe Farm School students and staff supported the Terry Fox Foundation by participating in a Terry Fox Run/Walk on Monday, September 30. Students and staff were encouraged to donate a loonie or toonie to the cause. Our goal was to raise \$100. Thank you to all for their support. These funds will for forwarded to the Terry Fox Foundation. If you wish to donate, we also have collection boxes in the community.

## Thank You. . .

. . . to all **parents and students** who attended their **Strong Beginnings** appointments in September. The teachers really appreciated the opportunity to get to know their students/your children better. This one on one time will help to make the year more successful for the students. Thanks again.

. . .also to the **Child Nutrition Council of Manitoba** for their generous support in our Nutrition Program at school. We are in our third year of sponsorship and our students have enjoyed a wide variety of nutritious snacks. It is fascinating to watch some of the students experience new food choices.



## 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](http://www.rrvsd.ca)

## Fundraising Update

We are currently wrapping up our **Lamontagne Card/Calendar/Gift Fundraiser**. All orders were to be returned by **September 30, 2013**. If you have not returned your order(s) yet please do so right away.

We will tackle our **Mom's Pantry Products** fundraiser next. This is a very popular fundraiser with a wide assortment of baking and cooking needs available. It is a great time to start planning your Christmas baking needs and order your supplies. Fundraising permission forms will go home soon so watch for them in your child's backpack please.

## 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 Lowe 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 Lowe 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.

## ***PTA News***

The Lowe Farm School PTA will be holding **Subway Days** and **Taco in a Bag Days** throughout the school year. Forms will go home with students prior to these days and students will be required to submit their orders and payment ahead of time if they wish to have that for their lunch on those specific days. These days are marked on the school calendar towards the end of the newsletter. Please look for the order forms in your child's backpack a week or so before each day.

### **DATES TO REMEMBER:**

Monday, October 14	Thanksgiving Day – no classes
Friday, October 25	S.A.G.E. Conferences – no classes
Friday, November 1	Divisional Professional Development Day – no classes
Friday, November 8	Lowe Farm School Fall Supper 5-7 p.m. Community Centre
Monday, November 11	Remembrance Day – no classes
Friday, November 15	School Inservice / Administration Day – no classes
Friday, November 29	School Inservice / Administration Day – no classes
Friday, December 20	Last day of classes before Christmas Holidays

## **FOR SALE**

There are still a few old lockers available for sale. If you are interested in purchasing any, please contact Mr. Peter Harder at the school (204-746-8068).

## **S P O R T S**

### **GRADE 7 & 8 SOCCER:**

Our grade 7 and 8 students had a gorgeous fall day to participate in the soccer tournament in Rosenort on September 24<sup>th</sup>. Domain School grade 7 and 8 students combined forces with Lowe Farm School in order to field a boys' team and a girls' team. Some of our grade 6 girls also joined in because of a shortage in girls. The weather man was extremely co-operative and the students enjoyed a well-organized day. The Oak Bluff team won the boy's tournament and Rosenort won the girls' tournament. Thank you to Mrs. Brown and Mr. Fiola/Mr. McBey for coaching our combined teams.

### **GRADE 5 & 6 SOCCER:**

The grade 5 and 6 soccer tournament was to be held September 26<sup>th</sup>, but due to inclement weather was postponed to Monday, September 30<sup>th</sup>. Ms. Harley and Mrs. Landry coached our teams. Domain School students joined our teams for the day.

*Mark Your Calendars!!!*

## **Lowe Farm School Fall Supper**



**Friday, November 8<sup>th</sup>, 2013**

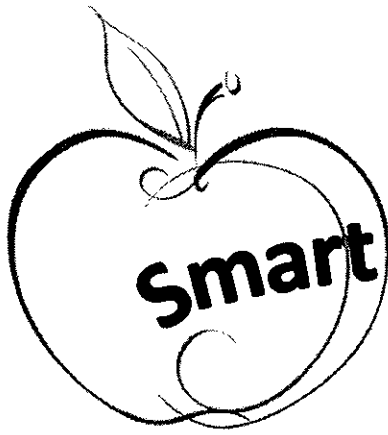
**from 5:00 – 7:00 p.m.**



**at the Lowe Farm Community Centre**

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

**Everyone Welcome!**



# Smart Eating Makes The Grade Food Allergies

## What is an allergic reaction?

It is when the body reacts to a protein or irritant (allergen). It can start as a mild reaction and develop into a severe reaction in seconds. The reaction may be caused by food, insect stings, environment, and medications.

Food allergies are triggered when your body's immune system mistakenly identifies a food protein to be harmful. Exposure to even the smallest amounts of allergenic protein can cause a serious allergic reaction in sensitive individuals. This is why you need to be very careful when packing school lunches for your children. (Health Canada 2012)

## Substitutes for School Lunches and Snacks

It is important to check with your student's classroom for a safe food list. The schools are not asking students to eliminate these foods from their diet. It is just asked that these high risk foods be consumed at home.

- Always read the ingredients section of the label to identify if the product is free of the allergen.
- Don't pack any food with ingredients that are restricted at your school.
- Remember, even trace amounts can cause a severe allergic reaction.

## What's in your lunch?

For a healthy lunch kit, choose at least 3 out of the 4 food groups from Eating Well with Canada's Food guide. Choose most food from Grains, Vegetable and Fruits and small amounts from Milk/Alternates and Meat /Alternates.

- ✓ Crackers/Rice Crackers
- ✓ Cheese- cheddar, soy cheese, mozzarella
- ✓ Fruit of any kind – pear, apple, peach, banana
- ✓ Raw vegetables - Raw carrots, celery, cucumber, tomatoes
- ✓ Ranch Dressing for dip



- Plan your meals using the following link: <http://www.eatrightontario.ca/en/MenuPlanner.aspx>
- Or try the HealthyU Jr Chef app





## Media Savvy

Check out these links for current information:

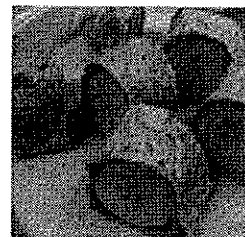
- [www.anaphylaxis.ca](http://www.anaphylaxis.ca)
- [www.aaia.ca](http://www.aaia.ca)
- <http://www.inspection.gc.ca/food/information-for-consumers/fact-sheets/labelling-food-packaging-and-storage/food-allergies/eng/1332442914456/1332442980290>
- Food Allergies e-Notice [http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/allergen\\_e-noticeavis-eng.php#subscribe](http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/allergen_e-noticeavis-eng.php#subscribe)

## What's in your snack?

Choose 2 out of 4 food groups for a healthy snack:

### Tortilla Banana Wrap

- 1 whole wheat tortilla, rice wrap or corn tortilla
- 1 banana
- 2 tbsp peanut butter, peabutter or soybutter



## Recipe Substitutions

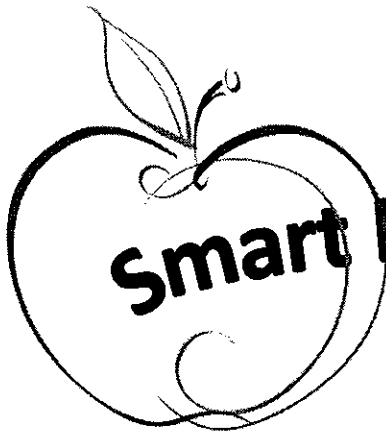
Milk	<ul style="list-style-type: none"> <li>• <i>Water, Rice milk, Almond milk, pecan milk, cashew milk, brazil nut milk, walnut milk, fruit juice, fortified soy milk.</i> NOTE: (These substitutions may be used to achieve the same taste as milk, however should not be used to replace calcium. Regular milk and fortified soy milk have the same amount of calcium, but the other substitutions do not.)</li> <li>• <i>Sour cream—4 tablespoons of starch (corn starch, rice starch, or potato starch) mixed with 3/4 cup water and 1/4 cup vinegar for each cup of sour cream required.</i></li> <li>• <i>Desserts that are traditionally made with milk, such as tapioca, sago or rice pudding, can be made with fruit juice instead.</i></li> <li>• <i>Ice Bean, a soy product which is available in a variety of flavour, is a substitute for ice cream.</i></li> <li>• <i>In recipes that require milk, such as breads and rolls, the same quantity of potato water can replace milk.</i></li> </ul>
Egg	<ul style="list-style-type: none"> <li>• Commercial egg replacements, e.g. Ener-G Egg Replacer</li> <li>• For every egg white, use 1 tbsp of ground flaxseed and 3 tbsp water. Bring to a boil. Then refrigerate. 1 tbsp of this mix = 1 egg</li> <li>• 2 oz Tofu = 1 egg</li> <li>• 1 Banana = 1 egg in cakes</li> <li>• 2 tbsp potato starch = 1 egg</li> <li>• 2 tbsp arrowroot powder = 1 egg</li> <li>• 2 tbsp water + 1 tbsp oil + 2 tsp baking powder</li> <li>• For substituting up to 3 eggs: for each egg, use 1 tsp baking powder, 1 tbsp liquid, and 1 tbsp vinegar</li> </ul>
Wheat	<ul style="list-style-type: none"> <li>• In place of wheat flour, combinations of alternate flours work better than single flour alone.</li> <li>• Rye, oat and barley flour produce a better product than rice, tapioca, and other grains because they contain gluten.</li> </ul>

For more nutrition topics, go to the news and events section of [www.southernhealth.ca](http://www.southernhealth.ca) or Contact Health Links -1-888-315-9257

Nutrition Services Team  
T 204-428-2736

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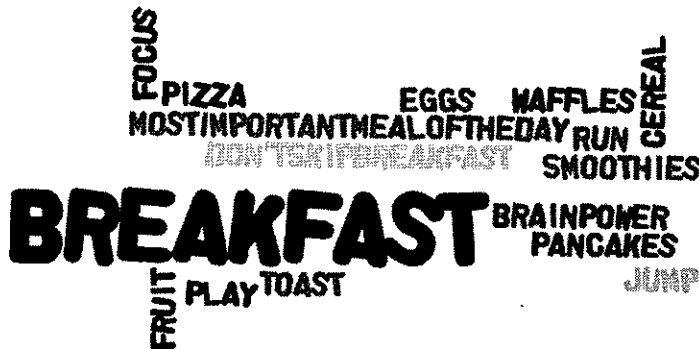


# Smart Eating Makes The Grade Get Up and Go!



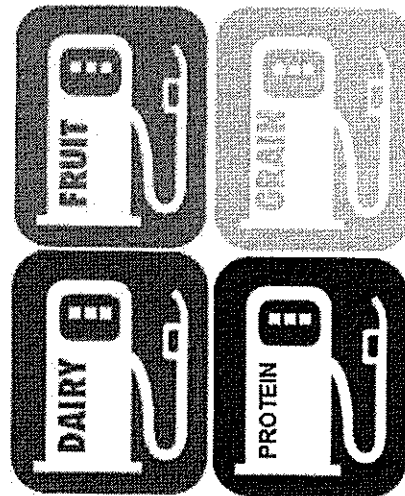
## Blast Out of Bed

- Breakfast is a great way to give the body the fuel it needs. Kids who eat breakfast tend to eat better overall and are more likely to be active.
- Eating breakfast will help students be ready to think and learn. Breakfast helps kids to be alert for a longer time, improves focus and memory. They will have more energy, feel stronger, perform better in school and attend more school.
- Kids who eat breakfast tend to satisfy their hunger, and help to keep their desire for food under control.
- Making breakfast a habit will help boost kid's overall health as it helps kids get the nutrients they need to learn, grow and play.



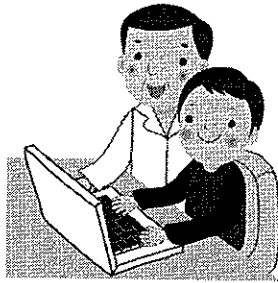
## What's in your Breakfast?

Fuel up with breakfast. Begin your day with breakfast and you are off to a good start. Kids who eat breakfast are more likely to get fibre, calcium and other key nutrients. Choose foods from at least 3 food groups to provide energy for growing bodies.



Try:

- ✓ Whole grain waffles, strawberries and a glass of milk
- ✓ Granola with yogurt and blueberries
- ✓ Toasted peanut butter and banana sandwich with milk



## Media Savvy

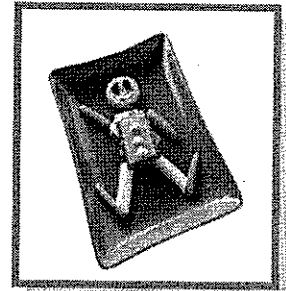
- Fun Nutrition for Kids! What's for Breakfast  
FOODPLAY:  
<http://www.youtube.com/watch?v=hIIEQ-iFAcc>
- Breakfast Cooking:  
<https://apps.facebook.com/breafapgame/playgame.php?ref=search>

## What's in Your Snack?

Healthy snacks provide extra energy and nutrients to fuel growing bodies. Most children need 2-3 healthy snacks each day.

TLC Cooking "10 Best Snacks for Kids"

10. Fruit
9. Cereal
8. Peanut Butter
7. Smoothies
6. Applesauce
5. Mini Pizzas
4. Meat Roll-Ups
3. Trail Mix
2. Cheese
1. Popcorn



<http://recipes.howstuffworks.com/menus/10-best-snacks-for-kids.html>

## Breakfast in a Mug

Microwaveable Breakfast  
Makes 1 serving

2 eggs  
1TBSP (15 mls) milk  
1-2 TBSP (15 mls) shredded cheddar cheese  
Dash onion powder (optional)  
Dash pepper

1. Beat eggs, milk and seasoning together in a microwaveable mug
2. Cover with small microwaveable plate and microwave on med-high for 1-1 ½ minutes
3. Remove plate and stir
4. Sprinkle cheese on top, cover and let stand for 1 minute

Serve with a slice of whole grain toast and a glass of orange juice for a quick, easy and nutritious breakfast.

Adapted from The Amazing Little Cookbook

For more nutrition topics, go to the news and events section of [www.southernhealth.ca](http://www.southernhealth.ca) or  
Contact Health Links -1-888-315-9257  
Nutrition Services Team  
T 204-428-2736

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You are invited to  
RED RIVER VALLEY SCHOOL DIVISION



***OFFICIAL GRAND OPENING***

*of the*

***MORRIS SCHOOL  
AUTOBODY AND WELDING SHOP***

324 Toronto Avenue West  
Morris, MB

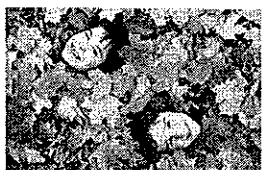


Thursday, October 10, 2013

Ceremony 1:30 p.m.  
Open House 4:00 p.m. to 7:00 p.m.

Everyone Welcome





# October 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kindergarten ,  Book orders due	2 Preschool  Mini pizza/ chips & salsa	3 Kindergarten	4  Hot dog	5
6	7 Subway orders due  Mini pizza/mac & cheese	8 Kindergarten	9 Preschool, Gr. 7/8 Home Ec  Mini pizza/ chips & salsa	10 Kindergarten, PTA Subway Day, Public Health Nurse visit	11 Kindergarten  Hot dog	12
13	14 Thanksgiving Day -no classes	15 Kindergarten	16 Preschool  Mini pizza/ chips & salsa	17 Kindergarten, Fall Frolics in PM	18 Cross Country Meet in St. Malo, Taco in a Bag orders due  Hot dog	19
20	21 Gr. 7/8 Home Ec, Gr. 5-8 Camp Meeting, PTA Meeting, Mini pizza/mac & cheese	22 Kindergarten, PTA Taco in a Bag Day	23 Preschool  Mini pizza/ chips & salsa	24 Kindergarten, Mom's Pantry Products fundraiser ends	25 S.A.G.E. -no classes	26
27	28  Mini pizza/mac & cheese	29 Kindergarten	30 Preschool, Gr. 7 & 8 away to WE Day  Mini pizza/ chips & salsa	31 Kindergarten, Artist in the School begins		

**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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