

# LOWE FARM SCHOOL

September 6, 2012 Newsletter

lowefarm@rrvsd.ca

## PRINCIPAL'S MESSAGE

Welcome back to all the students and a special welcome to our new families. I hope that everyone has enjoyed a nice break and has had some time to spend with friends and family throughout another blistering hot summer.

We also welcome new staff members, Ms. Linda MacKenzie (grade 5/6) and Ms. Barb Pettapiece (Phys. Ed.). Mrs. Johnston and Mrs. Driedger are at home taking care of their new family additions. Mrs. Brandt will be taking on the resource duties this year. We will also welcome 3 new candidate teachers to Lowe Farm. Let's not forget to welcome back all the returning staff and wish them another successful year.

You have probably noticed that the gym roof is completed and that the sod has been replaced on that side of the school. When you enter the school you will not only see that Mr. and Mrs. Harder have done another fabulous job of cleaning and polishing the school, but that all the lockers have been replaced as well. Over the summer most of our cork bulletin boards have been painted and they look beautiful giving classrooms a fresh, clean look.

I look forward to seeing families out on the "Meet the Teacher" BBQ event this year to be held on the ?? of September. I also look forward to having students involved in "Strong Beginnings" on the 21st and 24th of September.

Please feel free to come and visit or call me any time you are available. I look forward to working with the staff and the community to have another successful Lowe Farm Lancers year.

Mr. Rob Fiola

## Lowefarm School Priorities

Lowefarm School has established three priorities to meet the needs of our students. The educational focus and learning at Lowefarm School will be driven by the following priorities during the 2012-2013 school year.

- By June 2013 the teaching staff will use the provincial Math Curriculum and support documents to develop consistency in Math instruction in the school.
- By June 2013 we will implement the provincial report cards and students services support documents (IEP/BIP/AEP).
- By June 2013 we will implement the Lowefarm School writing continuum by using it for assessment and instruction.



## SCHOOL DAYS

Keeping in mind the **safety** of **your children/our students**, please take note of the following matters.

**Our school day begins at 8:35 a.m. when our doors open. If your child is going to be absent from school for the day, it is very important that you please notify the school secretary by calling 746-8068 between 7:30 – 8:30 a.m.. We want to make sure all students arrive safely at school and if they have not arrived at school, want to ensure that they are safely in the care of their parents/guardians. If your child does not come to school and we have not received a call from you, we will be calling your home to make sure your child is safe.**

**PLEASE NOTE A CHANGE IN TIME: Lunch is from 11:40 a.m. – 12:00 p.m. and noon recess runs from 12:00 to 12:35 p.m.**

Our **BUS NOTE POLICY** is as follows: bus students who are not going to be taking their bus home at the end of the day or are taking a different bus home at the end of the day will require a signed bus note from parents. This note is to be presented to the principal or school secretary. Non-bus students who will be going to a friend's home after school on the bus will also need to have a signed note from parents. A note should be sent by both the parent sending their child to someone else's home after school on the bus and the parent receiving a child on the bus that normally does not travel to their home. This also pertains to students attending a birthday party and needing bus transportation for the occasion. **If you are planning on extra students coming to your home to visit or for a birthday party by bus, you are responsible for making those arrangements with the bus driver first to ensure there is sufficient seating on the bus for everyone.** We encourage parents to **use the bus notes at the end of this newsletter.** Where it says "Other Information" on the notes please state if your child is staying for school sports, going home on another bus (please state bus driver or other student's name – eg. Billy Smith is going home on Mrs. Dyck's bus OR Billy Smith is going home with Tommy White), or any other information that may be of use. Bus notes will be attached to each monthly newsletter for parents use.

**We very much appreciate your co-operation in these matters. Thank you.**

### Dear Parents:

Each month Lowe Farm School publishes a newsletter that is distributed to each family. In this first issue we like to inform parents about some of our routine school procedures. To some of you this information will be very new and to others, it will be old hat. Please do read through and familiarize yourself with the information as a lot of it just helps make our school days run smoothly. Thank you very much.

## Lowe Farm School Student Enrolment 2012-2013

FALL	2009	2010	2011	2012
Kindergarten	6	13	6	12
Grade 1	9	10	15	5
Grade 2	12	11	11	16
Grade 3	6	12	11	12
Grade 4	9	8	16	10
Grade 5	9	12	11	14
Grade 6	10	10	12	9
Grade 7	9	11	10	12
Grade 8	11	10	13	12
<b>TOTALS</b>	<b>81</b>	<b>97</b>	<b>105</b>	<b>102</b>

Please contact the school if you know of any families that have not registered yet. Thank you.

## SCHOOL PICTURES

Lifetouch Canada will once again be providing school portrait services to Lowe Farm School students. Picture day will be held **Thursday, September 20<sup>th</sup>, 2012** with the photographer beginning at 8:30 a.m. Students are encouraged to wear brightly colored clothing for best results. Students will receive a flyer with instructions on selecting pose and background color closer to our photo date. **Please fill in the flyer and send it with your child on Picture Day.**

## *“Meet the Teacher” Night*

**Thursday, September 13, 2012**

**5:00 – 7:00 p.m.**

**5:00 BBQ**

**5:45 Parent Welcome in the Gym**

**6:15 Classroom Orientation**

**Come out and enjoy a hot dog & drink while you learn about our school and have the opportunity to meet your child’s teacher.**

**Students accompanying their parents are welcome to attend.**

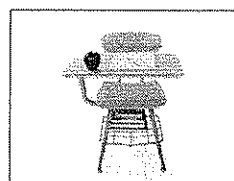
## School Canteen

Once again our student council will run a school canteen this year. Funds raised from our canteen are used to help support extra-curricular activity costs, sports transportation, etc. The canteen is open daily from **11:40 a.m. to 12:00 p.m.** Hot food items are available Mondays, Wednesdays and Fridays. Homeroom teachers take orders first thing in the morning on these days. Also available daily in the canteen will be a number of healthy snacks. A canteen menu and price list will be sent home in the very near future. The canteen will officially open on **Monday, September 10, 2012.**

## PRE-SCHOOL PROGRAM

Our Pre-school Program continues to be very successful under the very capable hands of Mrs. Resler and the support of parents. We will once again run this program for 4 year old (or 5 if they are not already attending Kindergarten) children only. The program will run **every Wednesday morning from 9 – 11 a.m.** for approximately 35 weeks. The program is designed to prepare children for Kindergarten and will tentatively begin **September 19.** **Mrs. Resler** will once again be the program instructor.

There is no cost for the program and we hope that you will take advantage of this opportunity to give your child(ren) the tools to help them succeed once they begin school. **Please call the school at 746-8068 to register your child(ren) for the Lowe Farm School Pre-school Program.**



## STRONG BEGINNINGS

All students Kindergarten to grade 8 will receive a letter this Friday (September 7th) informing parents of our Strong Beginnings initiative. **“Strong Beginnings”** is a beginning of the school year assessment activity that assists teachers in understanding what each student’s learning needs are. It is a program that Lowe Farm School has participated in for the last four years. **This year Strong Beginnings will be held on Friday, September 21<sup>st</sup> and Monday, September 24<sup>th</sup>.** The letter will further explain about the program and the procedure that will be followed those two days. **Please watch for the letter to arrive in your child’s backpack this Friday.** Another letter with your children’s appointment time will go home shortly after that. We look forward to an excellent turn out.

# Nutritious Snacks, Etc.

At Lowe Farm School we believe it is important to promote **healthy living**. Over the past few years we have encouraged parents to include healthy snacks in their child's lunches for their morning nutrition break (approximately 10:00 a.m. each morning). Lowe Farm School also offers a Nutrition Program made possible through a special grant. The program provides a nutritious snack to each student during the morning nutrition break. This snack is not meant to replace what parents send for the nutrition break, but to compliment it. In the past teachers have monitored students to ensure that they do indeed have something nutritious for their break. We will continue to promote healthy snacks and lunches once again this year. **The list of accepted snacks is as follows: fruit, vegetables, yogurt, cheese, whole grain breads, crackers and cereals, Fruit to Go, granola bars (not chocolate covered) Nutri-Grain Bars, healthy sandwiches and dried fruit.**

On the subject of food, microwaves have been made available for students to warm up their lunches at noon. We would like to encourage parents to heat up their child's lunch at home and put the food into **THERMOS BOTTLES** to keep the food warm as much as possible. Line ups at the microwaves are very time consuming and students then have little time to sit and enjoy their lunches. There is also some concern about hot food being transported from the microwaves back to the students' desks increasing the possibility of spills and someone getting burnt with hot food. We thank you in advance for your co-operation in this matter.

## SCHOOL VISITORS/VOLUNTEERS

The province is mandating that schools have volunteers go through a Child Abuse Registry check as well as a Criminal Record check before working in the classroom or with students. The school can provide parents wishing to volunteer with the Child Abuse Registry forms, which, after being filled out are forwarded to the school division office. Once the division office receives the results of the check they forward that information onto the schools. After volunteers have been given the OK, they are able to help out in the school. Criminal Record checks must be done through the local Royal Canadian Mounted Police office. Both of these checks are also to be done for parents who chaperone classes on field trips. If you have any questions regarding this, please feel free to contact the school.

It is also necessary for **ALL volunteers and visitors to report to the school library** as soon as they enter the building. At this time they will sign in so that we know who is in the building in the case of an emergency. When it comes time to leave the school visitors/volunteers are asked to sign out by letting Mrs. Ewbank know they are leaving.

We truly do appreciate the help of our volunteers and are sorry that these measures have to be taken, but it is for the safety of all students. These checks do take some time, so please take that into consideration when wanting to help us out.

## PIANO LESSONS

**Students - Are you interested in taking piano lessons?**

**Time slots are still available for half hour per week lessons during school hours.**

**Please call Gloria Matthies at 204-746-8243 for further information.**

### 2012-2013

## Fundraising Schedule

Fundraising has always been an integral part of providing extras for students at school. Whether it be new equipment or extra-curricular activities such presentations, etc. funds are needed to cover these costs. Again this year, fundraising will be especially important as bussing costs for sporting activities and field trips will no longer be covered by the school division. Therefore student council fundraising profits may have to be used to pay for these expenses. Permission forms are sent home prior to each fundraiser so that parents can indicate whether they wish their child to participate in the fundraiser. Here is our anticipated schedule for fundraisers throughout the school year.

Fundraiser	Date(s)	Grades that participate
Lamontagne Card/Gift Fundraiser	September 10-28, 2012	Kindergarten to Grade 8
Mom's Pantry Products	October 1 – 19, 2012	Kindergarten to Grade 8
Lowe Farm School Fall Supper	TBA	Grades 5 – 8 students
Chocolate/Cereal Bar Fundraiser	Dec. 1, 2012 – Jan. 7, 2013	Kindergarten to Grade 8
Perhaps one more fundraiser TBA	February 2013	Kindergarten to Grade 8

## Parent/Student Handbooks

Low Farm School distributes a Parent/Student Handbook to each family every September. This year's handbook will be distributed in the next couple of weeks. When you receive the handbook, please take the time to review it as there is a lot of valuable information in it.

## TIMETABLE TIME SHIFT

Low Farm School has made a slight time shift in our daily school schedule. Lunch will no longer be from 11:50 a.m. to 12:10 p.m. followed by recess until 12:45 p.m. **OUR "NOON HOUR" WILL NOW BE FROM 11:40 A.M. – 12:35 P.M.** The students will eat their lunch from 11:40 a.m. – 12:00 noon and then go outside for recess from 12:00 noon until 12:35 p.m. If your child goes home for lunch please keep these changes in mind. They will have to be back at school before 12:35 p.m. for the afternoon classes.

## RRVSD 2012-2013 Calendar

### 2012

Mon. Sept. 3	Labour Day – no classes
Tues. Sept. 4	Admin Day – no classes
Wed. Sept. 5	Divisional Inservice Day – no classes
Thurs. Sept. 6	Classes Begin
Fri. Sept. 21	Divisional Strong Beginnings
Mon. Sept. 24	Divisional Strong Beginnings
Mon. Oct. 8	Thanksgiving Day – no classes
Tues. Oct. 9	Divisional Inservice – no classes
Fri. Oct. 19	Provincial S.A.G.E. Day – no classes
Fri. Nov. 16	Inservice Day – no classes
Fri. Nov. 30	Inservice Day – no classes
Fri. Dec. 21	Last day of classes before Christmas Break

### 2013

Mon. Jan. 7	Classes Resume
Fri. Feb. 1	Inservice Day – no classes
Mon. Feb. 18	Louis Riel Day – no classes
Fri. Mar. 15	Inservice Day – no classes
Fri. Mar. 22	Last day of classes before Spring Break
Mon. Apr. 1	Classes Resume
Fri. Apr. 12	Inservice Day – no classes
Mon. May 20	Victoria Day – no classes
Thurs. June 27	Last day of classes
Fri., June 28	Admin Day – no classes

Remembrance Day falls on **SUNDAY**, November 11<sup>th</sup>  
Good Friday falls on March 29<sup>th</sup> – **DURING** Spring Break

## Low Farm School

# PTA Meeting

Thursday, September 13, 2012

7:00 p.m.

following *Meet the Teacher Night*

Parents are very welcome to attend and new members always welcome to join.

## NO FLIP-FLOPS

In the past there has been some concern regarding students wearing flip-flops at school, especially during recess times. The children are outside playing during recess, running around and jumping here and there. Flip-flops tend to be unsafe running gear with your child's foot not being well protected. Flip-flops also come off too easily when running and students could step on something that could potentially hurt their feet. Due to the safety aspect of this type of footwear we ask that students **DO NOT WEAR FLIP-FLOPS** to school at all. Students will also not be allowed to remove their footwear while outside for recess, even when playing in the sand. We very much appreciate your co-operation in this matter.

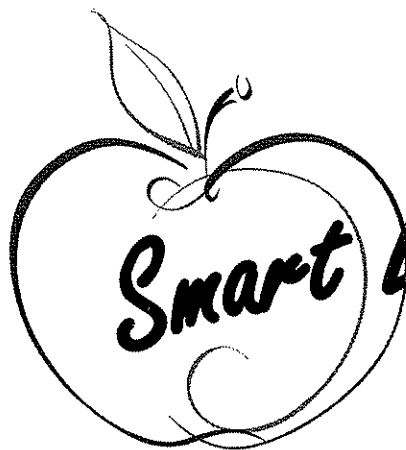
## LOWE FARM SCHOOL 2012-2013 STAFFING

### TEACHERS:

Kindergarten, EAL / 1 – 6 Music	Mrs. Melinda Colpitts
Grade 1 & 2	Miss Jessica Flynn
Grade 3 & 4	Mrs. Lori Penner (Mrs. Courtney Braden in October)
Grade 5 & 6, 7/8 Social Studies	Ms. Linda MacKenzie
Grade 7 & 8/5/6 German, Guidance	Mrs. Alice Brown
Resource / Guidance	Mrs. Marla Brandt
Physical Education	Miss Barb Pettapiece
Administration/Guidance/EAL	Mr. Rob Fiola

### SUPPORT STAFF:

- Educational Assistants
  - Miss Keiralee Friesen
  - Mrs. Ann Harder
  - Mrs. Trina Landry
  - Mrs. Diane Lilke
  - Mrs. Betty Resler
  - Mrs. Sharmen Wiebe
- Custodial Staff
  - Mr. Peter Harder
  - Mrs. Ann Harder
- Secretary/Librarian
  - Mrs. Rose-Marie Ewbank



# 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 school's 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.

## *Did you know?*

As of August 4, 2012, new labelling regulations require manufacturers to clearly identify food allergens, gluten sources and sulphites in the list of ingredients or at the end of the list of ingredients with the following statement "contains....." This means if an allergen, gluten source or sulphite is present, it now must be listed.

For more details on Food Allergen Labelling Regulations, go to:  
[http://www.hc-sc.gc.ca/fn-an/label-etiquet/allergen/project\\_1220\\_qa\\_qr-eng.php](http://www.hc-sc.gc.ca/fn-an/label-etiquet/allergen/project_1220_qa_qr-eng.php)



## *Dig Deeper...*

### Reliable Websites:

- [www.anaphylaxis.ca](http://www.anaphylaxis.ca)
- [www.aaia.ca](http://www.aaia.ca)
- [www.safe4kids.ca](http://www.safe4kids.ca)

### Children's Books:

- The Bugabees: Friends with Food Allergies
- The Buggybops: Friends for all time

### Cookbook:

- Allergy Proof Recipes for Kids by Leslie Hammond and Lynne Marie Rominger
- The Allergy Free Cookbook by Alice Sherwood

**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

Being active for 60 minutes every day can help students:

- Improve their health
  - Do better in school
  - Improve their fitness
  - Grow stronger
  - Have fun playing with friends
  - Feel happier
  - Maintain a healthy body weight
  - Improve their self-confidence
  - Learn new skills
- 
- **Go for a walk and explore nature**
  - **Go for a bike ride**



## Tastebud Challenge

Chia is an edible seed that comes from the desert plant grown in Mexico. Chia seeds contain healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium.

Chia seeds are an unprocessed, whole-grain food that can be absorbed by the body as seeds.

The mild, nutty flavor of chia seeds makes them easy to add to foods and beverages. They are most often sprinkled on cereal, sauces, vegetables, rice dishes, or yogurt or mixed into drinks and baked goods. They can also be mixed with water and made into a gel.

Reference: WebMD

## 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.rha-central.mb.ca](http://www.rha-central.mb.ca)  
Nutrition Services Team

# September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Labour Day -no classes</i>	4 <i>Admin Day -no classes</i>	5 <i>Divisional In- service Day -no classes</i>	6 <i>First Day of Classes</i>  <i>Kindergarten AM only</i>	7  <i>Kindergarten AM only</i>	8
9	10 <i>First day for canteen</i>  <i>Mini pizza/Mac &amp; cheese</i>	11  <i>Kindergarten AM only</i>	12  <i>Mini pizza/Chips &amp; salsa</i>	13 <i>Meet the Teacher Night 5 -7 p.m., PTA Mtg. 7:00 p.m.,</i>  <i>Kindergarten AM only</i>	14 <i>Gr. 7/8 Home Ec Hot Dog</i>  <i>Kindergarten all day</i>	15
16	17  <i>Mini pizza/Mac &amp; cheese</i>	18  <i>Kindergarten all day</i>	19 <i>Preschool begins 9-11 a.m.</i>  <i>Mini pizza/Chips &amp; salsa</i>	20 <i>Lowe Farm School Picture Day</i>  <i>Kindergarten all day</i>	21 <i>Divisional Strong Beginnings</i>	22
23	24 <i>Divisional Strong Beginnings</i>	25  <i>Kindergarten all day</i>	26 <i>Preschool 9-11 a.m.</i>  <i>Mini pizza/Chips &amp; salsa</i>	27  <i>Kindergarten all day</i>	28 <i>Gr. 7/8 Home Ec Hot dog</i>  <i>Kindergarten all day</i>	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: \_\_\_\_\_

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