

LOWE FARM SCHOOL

September 4, 2014 Newsletter

Website: <http://lowefarm.rrvsd.ca/>

E-mail: lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

Welcome back staff, students and parents! I hope everyone was able to spend time with family and friends over the summer holidays. Many of you are in the fields harvesting right now. Good luck and be safe.

This year we have two new staff members, Ms. Lee (K/1) teaching half time with Mrs. Johnston. Ms. Bergen will be teaching the grade 2 and grades 1 – 8 Music. Returning teachers, Mrs. Friesen (grade 3/4), Ms. Harley (5/6) and Mrs. Brown will be teaching grades 7/8. I will be returning to the gym to teach Phys. Ed. Mrs. Brandt and Mrs. Johnston will be doing Guidance and Resource. We also welcome back our EAs, Mrs. Lilke, Mrs. Resler, Mrs. Wiebe, Mrs. Harder and Mrs. Landry. Our custodian, Mr. Harder and our secretary, Mrs. Ewbank round out our roster for the year.

We also welcome some new families to our school. It is always fun getting to know new students and families. I know many students are excited to have more friends to spend time with.

I hope you everyone has a good start to the school year. If you have any questions or concerns, please do not hesitate to contact me.

Mr. Rob Fiola

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. These newsletters will also be sent by e-mail and posted on our website. Thank you very much.

SCHOOL DAYS

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

When bus students arrive at school they will be supervised by our educational assistants on the playground from 8:20 – 8:35 a.m.

The school doors will open at 8:35 a.m., when both town and bus students may enter the school. Parents of town students please ensure they do not arrive before 8:20 a.m. Our opening exercises/classes will begin at 8:45 a.m.

Lunch time is from 11:35 – 11:55 a.m. and noon recess runs from 11:55 a.m. to 12:30 p.m. Students who go home for lunch will be dismissed at 11:35 a.m. and expected back at school no sooner than 11:55 a.m. and no later than 12:30 p.m.

At the end of the day students will be dismissed from class at 3:20 p.m. Town students will go home at this time. Bus students will be supervised outside on the playground by educational assistants until buses arrive.

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 204-746-8068 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.

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. Town parents receiving another child after school should also send a note to the school with their child stating who is coming over. 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 and are also available on our website.

Should you have any questions regarding any of the above, please feel free to call the school secretary. **We very much appreciate your co-operation in these matters. Thank you very much.**

LOWE FARM SCHOOL PRIORITIES

Low Farm School has established priorities to meet the needs of our students. The educational focus and learning at Lowe Farm School will be driven by the following priorities during the 2014-2015 school year:

- Common Behavioural System
- Optimal Development in Mathematics
- Quality Classroom/Library Books
- Lunch time/pre and post school activities/clubs

IMPORTANT NOTICE

Mandated by the Provincial Fire Inspector –
there is to be

NO PARKING

IN THE SCHOOL FIRE LANE.

Signs are up to indicate where the Fire Lane is.

Also, please note ENTER & EXIT signs.

Vision Statement from

Canadian Association of Optometrists

Present research confirms the importance of vision and eye health on students' learning. According to statistics provided by the Canadian Association of Optometrists, four out of every ten school-aged children have a vision problem that may negatively affect learning. Children who cannot see the board clearly, focus on a picture, or follow words in a book may not be able to reach their full potential.

Manitoba Health covers the cost of children's comprehensive eye examinations, therefore all families can access this **free** service. If you don't currently have a family optometrist, you can find one by going to the MAO website at www.optometrists.mb.ca and selecting **Find an Optometrist**, or call the Manitoba Association of Optometrists @ 204-943-9811.

FOR KINDERGARTEN TO GRADE 4 PARENTS:

For those parents who come and pick up their children at the end of the day we ask that you **please come to the school main entrance** to pick them up. Our staff supervisors are concerned for the students' safety as they run to their parent's vehicle. This also makes it difficult for bus drivers and parents to safely enter and exit the bus lane and parking area.

Students who walk home after school are asked to continue using the sidewalk which runs south of the visitor parking rail.

Low Farm School Student Enrolment 2014-2015

GRADE	September 2014
Kindergarten	9
Grade 1	10
Grade 2	15
Grade 3	5
Grade 4	13
Grade 5	11
Grade 6	9
Grade 7	13
Grade 8	9
TOTALS	94

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 **Friday, September 26th, 2014** with the photographer beginning first thing in the morning. 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.** The rooftop photo will occur in November (on the same day as picture retakes.)



“Meet the Teacher” Night

Wednesday, September 10, 2014

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.



Lowe Farm School

PTA Meeting

Wednesday, September 10, 2014

following

Meet the Teacher Night

All parents are very welcome to attend and new members always encouraged to join Lowe Farm School's Parent Teacher Association.

School Canteen

Last school year we were excited to use our newly renovated canteen/nutrition room. This year we are hoping to further explore healthy alternatives to serve/sell in the canteen. This can become quite challenging as we look for food items that are both, nutritious and healthy as well as appealing to the students. Our nutrition break snacks go over very well with the students but when it comes to purchasing something for their lunches it becomes a little more tricky.

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 **11:35 – 11:55 a.m.** Our plan is to serve food items on 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 along with a canteen start date will be sent home in the very near future.**

Parent/Student Handbooks

Lowe 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.

PRE-SCHOOL PROGRAM

Our Pre-school Program continues to be very successful under the very capable hands of **Mrs. Betty 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. Most of our preschool students have registered already for the 2014-2015 school year. We are excited to have a large number registered and because of this will have two separate groups of students and run two mornings a week (1 morning per group) for approximately 35 weeks. The program is designed to prepare children for Kindergarten and will begin later this month. **Mrs. Betty Resler** will once again be the program instructor. **Parents will be notified of the start date as soon as details have been finalized.**

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 204-746-8068 to register your child(ren) for the Lowe Farm School Pre-school Program if you have not already done so.**

STRONG BEGINNINGS

All students Kindergarten to grade 8 will receive a letter this Friday (September 5th) 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. This year marks Lowe Farm School's sixth anniversary in participating in this program. **Strong Beginnings will be held on Friday, September 19th and Monday, September 22nd.** 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.

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 (please book an appointment with the RCMP office for this). 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.



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 Canadian Nutrition Council of Manitoba 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. We will continue to promote healthy snacks and lunches once again this year. **The list of recommended 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. We thank you in advance for your co-operation in this matter.

Fundraising Schedule

Fundraising has always been an integral part of providing extras for students at school. Whether it be class field trips, new equipment, special presentations, etc. funds are needed to cover these costs. 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	Sept. 8 – 26, 2014	Kindergarten to Grade 8
Mom's Pantry Products	Oct. 6 – 24, 2014	Kindergarten to Grade 8
Lowe Farm School Fall Supper	TBA	Grades 5 – 8 students
Chocolate/Cereal Bar Fundraiser	Dec. 1, 2014 – Jan. 5, 2015	Kindergarten to Grade 8

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.

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.

With the start-up of school comes the dilemma of healthy and delicious lunches that your children will want to eat. Here is an easy recipe that you might want to try to include in your child's lunch. It can easily be adapted to suit your child's tastes.

Easy Lunch Wraps

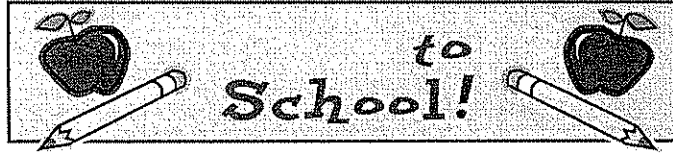
Source: allrecipes.com

Ingredients:

- 12 (10 inch) whole-wheat flour tortillas
- 1 (8 ounce) package cream cheese
- 1 head Romaine lettuce
- 1 (6 ounce) package lean deli-style turkey
- 2 cups shredded carrots
- 2 cups chopped tomatoes

Directions:

1. Spread cream cheese evenly over the tortillas.
2. Top the cream cheese with lettuce leaves.
3. Arrange the turkey slices in even layers on top of the lettuce.
4. Sprinkle the carrots and tomato over the turkey slices.
5. Roll the tortillas into wraps



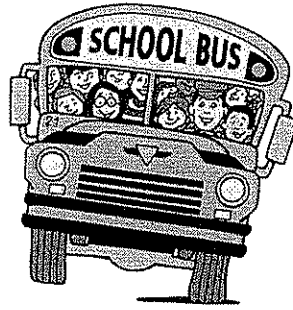
Lowe Farm School 2014-2015 Staffing

TEACHERS:

- Kindergarten & Grade 1
 - Miss Rachel Lee on Kindergarten/Grade 1 days
 - Mrs. Jennifer Johnston on Grade 1 only days
- Grade 2 & Grade 1-8 Music
 - Ms. Elizabeth Bergen
- Grade 3 & 4 and Literacy Support
 - Mrs. Audrey Friesen
- Grade 5 & 6, Grade 7 & 8 Social Studies
 - Ms. Kristen Harley
- Grade 7 & 8, Grade 5-8 German
 - Mrs. Alice Brown
- Resource
 - Mrs. Jennifer Johnston
- Guidance
 - Mrs. Marla Brandt
- Administration, K-8 Physical Education
 - Mr. Rob Fiola

SUPPORT STAFF

- Educational Assistants
 - Mrs. Anne Harder
 - Mrs. Trina Landry
 - Mrs. Diane Lilke
 - Mrs. Betty Resler
 - Mrs. Sharmen Wiebe
 - EA to be hired
- Custodial Staff
 - Mr. Peter Harder
 - Custodial Aide to be hired
- Secretary/Librarian
 - Mrs. Rose-Marie Ewbank



RED RIVER VALLEY SCHOOL DIVISION 2014-2015 SCHOOL CALENDAR

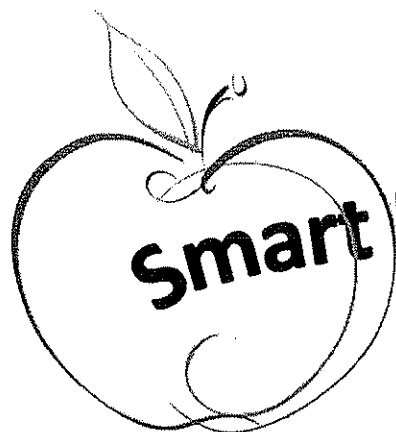
2014

Monday, September 1	Labour Day – no classes
Tuesday, September 2	Divisional Professional Development Day – no classes
Wednesday, September 3	Administration Day – no classes
Thursday, September 4	Classes Begin
Friday, September 19	Strong Beginnings
Monday, September 22	Strong Beginnings
Monday, October 13	Thanksgiving Day – no classes
Friday, October 24	S.A.G.E. Conferences – no classes
Friday, October 31	Divisional Professional Development Day – no classes
Friday, November 7	School Inservice / Administration Day – no classes
Tuesday, November 11	Remembrance Day – no classes
Friday, November 28	School Inservice / Administration Day – no classes
Friday, December 19	Last day of classes before Christmas Holidays

2015

Monday, January 5	Classes Resume
Friday, January 30	School Inservice – no classes
Monday, February 16	Louis Riel Day – no classes
Friday, March 20	School Inservice / Administration Day – no classes
Friday, March 27	Last day of classes before Spring Break
Monday, April 6	Classes Resume
Friday, April 17	School Inservice / Administration Day – no classes
Monday, May 18	Victoria Day – no classes
Monday, June 29	Last day of classes
Tuesday, June 30	Administration Day – no classes

Please note that Good Friday falls on April 3rd, 2015 which is during Spring Break.



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)

What is cross-contamination (also known as cross-contact)

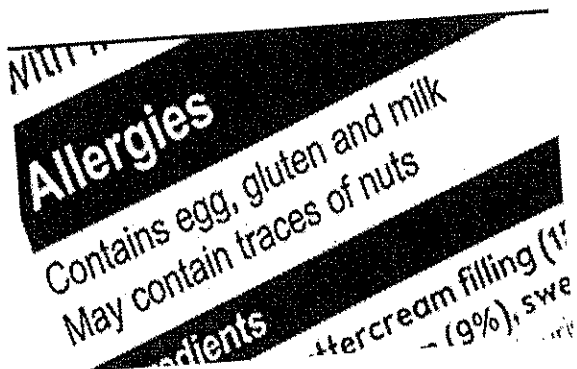
These terms are used to describe the presence of an allergen that is transferred from one food or object to another. For example, cookies baked on the same tray as peanut butter cookies cause a risk of cross-contamination to someone with peanut allergy.

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.

Check Food Labels



Labelling of "hidden" priority allergens

Parents and consumers should look for the allergen in the ingredient list. Parts of an ingredient like spices may be in brackets, or look for a "contains" statement after the ingredients, like "Contains: Milk, wheat, egg, peanut".

For more information on Food allergen label regulations, check out this link: <http://www.hc-sc.gc.ca/ahc-asc/media/nr-cp/2012/2012-130fs-eng.php>

Food Labels



REFERENCE: whyriskit? Anaphylaxis Canada

<http://www.whyriskit.ca/pages/en/manage/food-labelling.php>

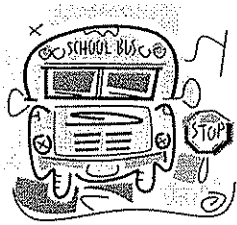
- Check one...Check two...Check three Ingredient lists are not always the easiest thing to read with such small font, two languages and often a crinkled package. Make sure to double check the label before you consume any product. Even if you have eaten it before, it is a good idea to check the label every time, in case manufacturing practices or ingredients have changed.
- Manufacturers are friendly...Call them! Unsure about a product? Get to the bottom of it! It will save you a lot of worry in the long-run knowing if you can eat something or not. Contact food manufacturers and ask if there is the potential for cross-contamination with their product and your allergens. For a list of questions to ask a manufacturer, click <http://www.anaphylaxis.ca/pdf/ProductSafety.pdf>
- Product Recalls Can Occur Product recalls due to undeclared allergens do happen in Canada. The CFIA (Canadian Food & Inspection Agency) monitors and alerts consumers when any of the 10 priority allergens are not declared on a package. Stay in the loop on product recalls through Anaphylaxis Canada's registry. http://www.anaphylaxis.ca/content/difference/join_registry.asp

Allergen Substitutions

Milk	<ul style="list-style-type: none"> • <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.) • <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> • <i>Desserts that are traditionally made with milk, such as tapioca, sago or rice pudding, can be made with fruit juice instead.</i>
Egg	<ul style="list-style-type: none"> • Commercial egg replacements, e.g. Ener-G Egg Replacer • 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 • 2 oz Tofu = 1 egg • 1 Banana = 1 egg in cakes • 2 tbsp potato starch = 1 egg • 2 tbsp arrowroot powder = 1 egg
Wheat	<ul style="list-style-type: none"> • In place of wheat flour, combinations of alternate flours work better than single flour alone. • Rye, oat and barley flour produce a better product than rice, tapioca, and other grains because they contain gluten and have more fibre.

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





September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labour Day -no classes	2 Divisional Inservice Day -no classes	3 Admin Day -no classes	4 First Day of Classes Kindergarten 9:00—11:30 a.m.	5 Welcome Assembly 10:20 a.m.	6
7	8	9 Kindergarten 8:45-11:30 a.m.	10 Meet the Teacher Night 5-7 p.m. fol- lowed by PTA meeting	11 Kindergarten 8:45-11:30 a.m., Grade 7/8 Home Ec	12 Kindergarten Full Day	13
14	15	16 Kindergarten Full Day	17	18 Kindergarten Full Day	19 Strong Beginnings	20
21	22 Strong Beginnings	23 Kindergarten Full Day	24 Grade 7/8 Soccer in Rosenort	25 Kindergarten Full Day	26 Kindergarten Full Day, School Pictures, Grade 5/6 Soccer in Rosenort	27
28	29 Grade 7/8 Home Ec	30 Kindergarten Full Day				

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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Date: _____

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Bus Driver's Name: _____

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