

# Lowé Farm School

December 2012 Newsletter



[lowefarm@rrvdsd.ca](mailto:lowefarm@rrvdsd.ca)

## PRINCIPAL'S MESSAGE

November has come to a conclusion and we only have 4 weeks left before the hustle and bustle and eventual relaxation of Christmas Holidays.

In November teachers were extremely busy with Provincial report cards. You can well imagine how challenging it was for teachers as it was the first Provincial report card and the first time around with new software. To add a little more of a challenge, we had our mini-flood and were displaced for a few days. It might be a good time to let your child's teacher (and support staff) know how you feel about the hard work they do all year long.

Speaking about our mini-flood, the water seeped into the basement and wet some asbestos in the ceiling. As a result, we were closed to ensure the air quality was safe. Testing showed that the air quality in the school was well above the unacceptable level; hence we were able to return. Thank you to parents for making arrangements to have the children at home with such short notice. Now the process of cleaning up the asbestos is in progress. Paragon Industries is the company hired to do the job and they have assured us that we can continue to run the school normally.

As a result of the three days out of the school, we have decided to change our **Christmas Concert date**. Originally we had moved it to the 19<sup>th</sup> of December, but have since **changed it again to the 18<sup>th</sup>** to accommodate the families that have children in Rosenort, as they have their concert on the 19<sup>th</sup>. We hope that these changes have not caused too much difficulty for families.

Congratulations goes to Mrs. Brown and her students for being selected as the class of the month by Eagle FM (93.5). They went down to Winkler to record the 12 days of Christmas. We look forward to hearing it on the radio during the month of December. We also look forward to meeting the grade 1 and 2 pen pals from Marion school later this school year as they respond to Miss Flynn's community review she has sent them.

The cold weather has arrived and winter jackets, boots and mitts are in demand. If your child has outgrown their outdoor clothes, please check with our stock at school. If you have old clothes you can donate to the school, please come in and see if you can

exchange your jackets, etc. for one of ours. We ask that you please ensure that the clothing is washed before bringing it in.

We look forward to seeing the whole community out for the Christmas Concert three weeks from now. We also look forward to the opening of the skating rink sometime soon. Mr. Groening and Mr. Blatz have been working very hard to get the rink portion ready to go as soon as possible. Be sure to round up skates and helmets for the opening. Keep warm and safe.

Mr. Rob Fiola

## Lowé Farm/Kane Recreation Notice

The Lowé Farm/Kane Recreation Commission will hold its Annual Meeting on December 4, 2012 at 7:30 p.m. at the Lowé Farm Community Centre.

The agenda will include a progress report on the Lowé Farm Skating Rink project, reports on the Lowé Farm Park and Community Centre, and elections.

RM representatives Margaret Gluck and Larry Driedger will be attending. Mr. Driedger will address the meeting.

The Rink Committee has received a number of donated items from the Winnipeg Jets to be used in a fund raising draw. Tickets will be available for sale in the near future. Those in attendance at the meeting will receive one free entry into the draw for an autographed #44 Zack Bogosian jersey. Refreshments will be provided.

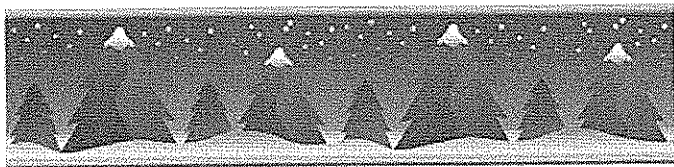
## Dates to Remember:

December 18	<b>LFS Christmas Concert 7:00 p.m.</b> <b>(storm date December 20)</b> <b>*PLEASE NOTE CHANGE IN DATE*</b>
December 21	Last day of classes before Christmas Holidays
January 7	Classes Resume
February 1	School Inservice Day – no classes
February 18	Louis Riel Day – no classes
March 15	School Inservice Day – no classes
March 22	Last day of classes before Spring Break
April 1	Classes resume

## School Cancellation

We would just like to remind parents that should we have stormy weather 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)

Also, we would like to again remind parents to please make sure their children are dressed for the cold weather. This means that students need to be dressed warm with toques, mitts, scarves, jackets, snow pants and boots.



## PTA Report

The PTA is happy to announce that the Red River Valley School Division has given us permission to build our multi-purpose shed. Construction of the shed will begin in Spring. We are looking for volunteers to help build the shed, if you are interested in helping out please call Trina Landry at 204-746-6203.

Our first Taco in a Bag was a huge success! Thank you for your support. Our next Taco in a Bag will be December 6th. Order forms went home with students on November 29<sup>th</sup> and should be returned on Monday, December 3 along with payment.

Even though school was cancelled for three days last week we still continued our planned Movie night on November 23. It was a fun night with about fifty attenders. Thirty children and adults relaxed on the mats in the gym watching Dolphin Tales, while the others enjoyed Soul Surfer in the computer lab. It was a great night complete with hotdogs and buttered popcorn. Stay tuned for another movie night being planned for February.

### Upcoming PTA events:

4th annual Soup and Pie Fundraiser in January. We are looking for volunteers to help us make soup, pie or buns for this yearly event. All money raised at the Soup and Pie will go toward our third and final phase of our Natural Playground.

Feel free to contact Michelle Ginter (PTA chair) at (204) 746-2775 or email [rmginter@sdnet.ca](mailto:rmginter@sdnet.ca) for more information or questions regarding the PTA.

The next PTA meeting will be held on December 10, 2012 at 5:30 p.m. All parents welcome!!!

## PRESENTATIONS

### ATV/Snowmobile Safety

Grade 1-8 students attended an ATV/Snowmobile presentation in the gym on November 2<sup>nd</sup>. Manitoba Public Insurance presented safety guides and rules for use of these recreational vehicles.

### Manitoba Hydro

Thank you to Mr. Michael Bially and his assistant for their presentation to our Kindergarten to grade 6 students on hydro safety. Mr. Bially showed the students a safety video as well as had an electrical display to show the dangers of live wires, etc.

## Fall Frolics

Students enjoyed an afternoon of fun and games at Fall Frolics on November 2<sup>nd</sup>. The afternoon activities were organized by the student council. Students enjoyed face painting, pillow fight, haunted house, petting zoo, rope climbing, nerf gun, sumo wrestling, maze, taste and touch, human bowling and pie in the face.

## Grade 7/8 Eagle Radio Visit

Our grade 7 and 8 students had a very exciting opportunity to visit and tour the Eagle radio station in Winkler on Monday, November 26<sup>th</sup>. Grade 8 student, Courtney Rietze entered a contest where she had to state the name of her teacher and say what she liked about that teacher. The chosen entry was selected to win the tour and do some broadcast tapings. Listen in the near future for the school day calendar, as well as the Twelve Days of Christmas, recorded by none other than our very own grade 7 and 8 students. The students, Mrs. Brown (the teacher the kind words were about) and student teacher, Mrs. Comtois were also treated to lunch provided by Dairy Queen.

## Mini We Day

A Mini We Day was held on November 29<sup>th</sup>. A number of grade 5 – 8 students presented songs, speeches and dances stressing the importance of helping the needy in the world and making a difference. Mr. Dennis Matthies made a presentation on his recent trip to Africa.

Students were encouraged to donate to the penny drive. This drive is for Free the Children in support of providing clean water. Penny donations will be accepted until December 12. Pennies will go to Free the Children, coins and larger donations will go to the Morris Christmas Cheer Board. We also started our Christmas Food Bank collection. Parents and students are able to drop off non-perishable food items until December 12. These items will be then be delivered to the local food bank for Christmas distribution.

# Fundraising Update

We surpassed our expectations with this year's Mom's Pantry Products fundraiser and raised a whopping **\$1985.51!** Thanks again to all who supported the fundraiser. Everyone should have their orders delivered by now.

As stated in our November newsletter Lowe Farm School held its annual Fall Supper on October 26<sup>th</sup>. We had a fantastic turn out for the evening and raised **\$2373.28.** WOW! We would also like to say a **BIG THANK YOU** to **Granny's Poultry** for the generous donation towards our supper.

Our last big student council fundraiser for the school year is the **Chocolate & Cereal Bars** fundraiser. The fundraiser will run from the beginning of December until the 7<sup>th</sup> of January. The chocolate selections will have Caramel Bars, Almond Bars and Chocolate Covered Almonds. The cereal bars come in 4 different varieties: blueberry, cherry, cranberry and apple, and apricot bars. All items sell for \$2 each. Make sure to snatch some of these tasty goodies up for stocking stuffers at Christmas time!

We may not say it enough, but support for our fundraisers is very much appreciated. The funds raised enrich the students' lives with extra field trips and experiences they might otherwise miss out on. Thank you to all who support the school in these endeavors.

Lowe Farm School

# CANTEEN

will be **CLOSED** on

## Friday, December 21

(hot and cold items will **not** be available that day)

Sorry for any inconvenience.

# SPORTS

On November 1<sup>st</sup> our volleyball teams travelled to Morris. The girls lost 6 games out of 6 but were very close in 3 of them – 25-21, 25-22, 25-21. The boys also played very well, lost all of their games but had two extremely close scores of 25-24. Their coaches said that they showed great improvement from the first tournament.

The teams travelled to St. Pierre on November 7<sup>th</sup> to participate in a tournament hosted by St. Malo. The girls won 1 of their 4 games and the boys lost all of their matches.

On Monday, November 12<sup>th</sup> Lowe Farm hosted Rosenort and St. Malo. It was very nice to see some of our parents out to cheer on the teams. Thanks for your support. The children really do appreciate it.

The final tournaments of the school year were held on Tuesday, November 13<sup>th</sup>. The girls played in Sanford and lost to Morris 25-11, 25-20, lost to Starbuck 25-17, 25-16 and beat Rosenort 25-21 and 25-22. The boys played in Oak Bluff. They beat St. Malo one game and lost the rest.

That brings the volleyball season to an end for our students. Thanks again to our coaches: **Mrs. Brown, Ms. Pettapiece, Mrs. Isaak and Mrs. Landry** for their time and dedication to the teams. Both teams improved greatly over the season and had some close competitive matches. We hope they enjoy their wind-up watching the University of Manitoba play November 30 evening.



**Here's a recipe to spice up your Christmas! Prepare it the night before for a quick and easy morning meal!**

## Mexican Brunch Bake

Source: kraftcanada.com

3 cups frozen hash browns  
1 cup frozen corn  
1 can (19 fluid oz./540 mL) black beans, rinsed  
1 red pepper, finely chopped  
1 small onion, finely chopped  
2-1/2 cups *Kraft* Habanero Heat Shredded Cheese (or other hot and spicy cheese)  
8 eggs  
1-1/4 cups milk  
1 tsp. garlic powder  
1/4 tsp. cayenne pepper  
1/4 cup chopped fresh cilantro

### Make It

**COMBINE** first 5 ingredients in 13x9-inch baking dish sprayed with cooking spray; top with cheese.

**WHISK** remaining ingredients until blended; pour over hash brown mixture. Refrigerate overnight.

**HEAT** oven to 350°F. Bake casserole, uncovered, 55 min. to 1 hour or until knife inserted in centre comes out clean. Let stand 5 min. before serving. If you wish, you can serve with salsa and sour cream.



**Lowe Farm School**  
***Christmas Concert***

will be held on

**Tuesday, December 18<sup>th</sup>, 2012**

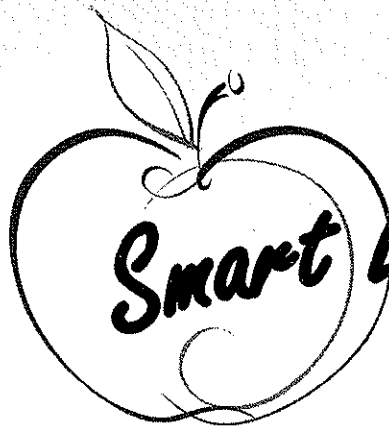
at 7:00 p.m. in the school gym.

The storm date for the concert will be

**Thursday, December 20, 2012**

Everyone is welcome to attend!

**Please note the date of the concert**  
**has changed again.**



# Smart Eating Makes The Grade

## Sugar Sugar

### *Making sense of Carbohydrates*

Carbohydrates are the body's most important and easily available source of energy.

Carbohydrates provide energy for your muscles and your brain.

The three main types of carbohydrates are:

- Starches - found in foods such as starchy vegetables, grains, rice, breads and cereals.
- Sugars -
  - **Naturally occurring**- found in fruit, vegetables and milk
  - **Refined or added sugars** - found in white sugar, brown sugar, honey or molasses, fructose, and glucose
- Fibre - whole grain foods, vegetables and fruit. Unlike the other forms of carbohydrate, fibre does not turn into sugar. Eating high fibre foods may lower your blood sugar and will help you feel full.

#### Answers to SUGAR SHOCK activity

1. Water (0 tsp sugar)
2. 1% milk (3 tsp sugar)
3. 3 Cookies (3 tsp of sugar)
4. Gatorade® (3.75 tsp of sugar)
5. Pop tart ® (4 tsp of sugar)
6. Apple juice (7.5 tsp sugar)
7. Pepsi (7.5 tsp sugar)
8. Ben & Jerry's® (10 tsp of sugar)

### *Sugar Shock Activity!!*

Order the items below from least to greatest sugar content. (Check out bottom left corner of the page for the correct order.) **Good luck!**

- 1 cup Pepsi
- 3 Chips Ahoy® Cookies
- 1 cup water
- 1 cup Gatorade®
- 1 cup Ben & Jerry's® ice cream
- 1 cup apple juice
- 1 Pop Tart
- 1 cup 1% milk

### *Dig Deeper...*



- Websites to check out for more information:
  - <http://www.eatrightontario.ca/en/Articles/Carbohydrate/>
  - <http://www.healthyalberta.com/HealthyEating/829.htm>
- For more information on the safe use of artificial sweeteners, check out:
  - [http://www.diabetes.ca/files/en\\_sw\\_eeteners\\_final.pdf](http://www.diabetes.ca/files/en_sw_eeteners_final.pdf)

**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.

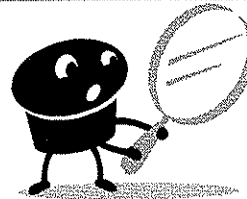
## Healthy Bodies Healthy Minds

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 will have 1 apple at breakfast during the weekdays instead of having apple juice.



## Tastebud Challenge

Persimmons are an orange-red skinned fruit that are available September- December. They are excellent sources of Vitamin A and C, and fibre.

When choosing persimmons, make sure you choose one that has deep red undertones, is round, plump and has glossy- smooth skin. If consumed unripened, the fruit can taste bitter, and can leave you with a dry mouth.

Enjoys persimmons cut into slices, added to salads, smoothies, or fresh fruit sauces!

Reference: WebMD

## Banana Applesauce Muffins

Makes 12 large muffins      Preparation time: 10 minutes      Cooking time: 15-20 minutes

Recipe from: Simply Great Food, by Dietitians of Canada, (2007). Published by Robert Rose Inc.

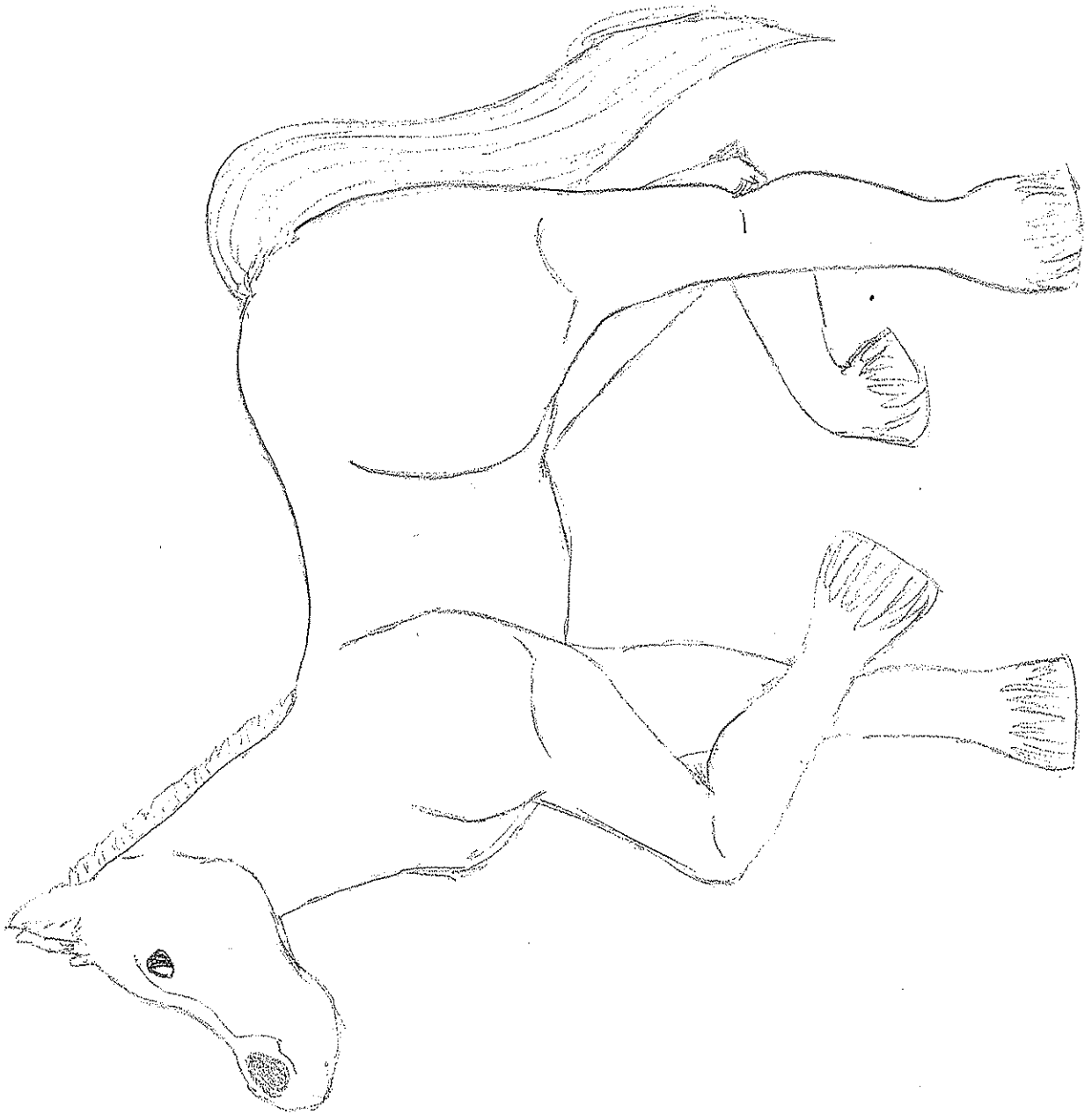
2 cups whole wheat flour  
1 tsp baking soda  
3 ripe bananas, mashed  
1 cup unsweetened applesauce  
¼ cup vegetable oil

1 tbsp baking powder  
½ tsp salt  
1 egg, lightly beaten  
½ cup sugar

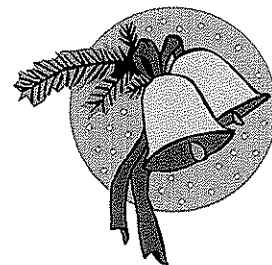
1. Pre-heat oven to 400°F (200°C)
2. In a large bowl, combine flour, baking powder, baking soda and salt.
3. In a medium bowl, combine bananas, eggs, applesauce, sugar and oil. Stir into flour mixture until just combined.
4. Divide batter evenly among prepared muffin cups.
5. Bake in pre-heated oven for 15-20 minutes or until tops are firm to the touch and a tester inserted in the centre of a muffin comes out clean. Let cool in tin for 10 minutes, and then remove to a wire rack to cool completely.

This low fat muffin is a good source of fibre and can be added to your lunch box and enjoyed as a dessert or quick snack!

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



# December 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Mini pizza/mac & cheese	4 Kindergarten	5 Preschool Mini pizza/chips & salsa	6 Kindergarten	7 Hot dog	8
9	10 Mini pizza/mac	11 Kindergarten	12 Preschool, Gr. 7/8 Home Ec Mini pizza/chips & salsa	13 Kindergarten	14 Kindergarten Hot dog	15
16	17 Mini pizza/mac & cheese	18 Kindergarten <b>Christmas Concert 7:00 p.m.</b>	19 Preschool, Mini pizza/chips & salsa	20 Kindergarten, Christmas Concert storm date	21 Lass day of Classes before Christmas Break <b>NO CANTEEN</b>	22
23	24 Christmas Eve	25 <i>Merry Christmas</i>	26 Boxing Day	27	28	29
30	31 New Year's Eve					Classes resume Monday, January 7, 2013



**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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