

LOWE FARM SCHOOL

January 2014 Newsletter

lowefarm@rrvdsd.ca

PRINCIPAL'S MESSAGE

What a wonderful Christmas Concert. Thank you to all the family and community members who joined us to celebrate the beginning of the holiday season. We are really proud of the way the students sung their hearts out. Way to go students and all staff involved. It was truly a team effort.

As many of you may or may not know, I have been experiencing some health issues. Mrs. Johnston, Mrs. Brandt and Mrs. Brown have worked together to make up the leadership team in my absence. Ms. Bergstresser has done an excellent job of filling in as the Physical Education teacher. It is my hope to be back to work sometime in the New Year.

There will be a few staff changes in January. We would like to congratulate Mrs. Colpitts on the great job she has been doing with our K/1 students for the last few years. She will now be concentrating on beginning her new family. Fortunately, Mrs. Penner is returning from beginning her family and will take over the K/1 position. The 2/3 teacher will be (TBD Thursday PM).

Our special Holiday wishes go out to the families of Lowe Farm School and we thank you for the opportunity to enjoy the privilege of teaching your children. Merry Christmas and a Happy New Year!

Mr. Rob Fiola

Please find below our 3 goals for the 2013-14 school year:

- All students will increase a minimum of 3 reading levels and 2 writing levels by June 2014.
- Every student at Lowe Farm will participate in at least 1 local, 1 regional and 1 Global Citizen activity.
- Teachers will completely implement the new Math Curriculum into their classrooms by June of 2014.



PTA Report

Merry Christmas everyone,

This month the PTA sent three delegates, Michelle Ginter, Lillian Groening, and Tara Falk to the school **Board Parent Forum**. The school board asked questions pertaining to the One to the World program, diversity in schools, and any other concerns our community may have regarding our school. The delegates answered to the values and cultures of our community. If you any have any questions feel free to contact the delegates or a member of the PTA.

Mark your calendars! Our **5th Annual Soup and Pie Fundraiser** will be on February 2nd from 11-2 p.m. Anyone interested in donating buns, pies, soup or silent auction prizes please contact Marie Doell @ 746-6947 or Tina Voth @ 746-2229.

SOUP DAYS

Once again we are fortunate to have a group of parent volunteers who are willing to organize some soup days for our students. As in the past, these days will be every second Thursday from the start of January to the end of March. **The first SOUP DAY will be Thursday, January 9th, 2014.** Order forms will go home with students a couple of days before. The order forms should come back to school the morning of the soup day if your child wishes to place an order. Parents should also send soup mugs, spoons and money for their child's order. Please label your child's soup mug.



Christmas Carolling

Lowe Farm School students enjoyed their visits to Prairieview Apartments where they treated the residents to some Christmas carolling on December 17th and 19th. On the 17th the grade 4-7 students participated and on the 19th the Kindergarten-grade 3 plus the grade 8s went. After they sang they presented each resident with a Christmas orange. When the students returned to school they enjoyed a cup of hot chocolate.

Christmas Concerts

Thank you to the large crowd who attended our annual Christmas Concert. This year the focus was on our school priority of Global Citizenship and multiculturalism with **Christmas Around the World**. Christmas songs from around the world were sung throughout a narrated program performed by the Kindergarten to grade 6 students. The grade 5 and 6 class also prepared and presented a slide show that was shown throughout the program.

Our grade 7 and 8 students also participated with songs played on their guitars under the guidance of Mr. Kurt Tittlemier, our guitar teacher. The grade 7 and 8 students also performed a reader's theatre entitled the Turn Around Christmas Story. This was followed by our grade 5 – 8 German choir who sang 6 German songs.

Many thanks to the **Low Farm Recreation Commission** who prepared and presented treat bags to all of the students and children in attendance at the end of the concert.

It was wonderful to have Domain School students and staff attend our concert dress rehearsal the morning of December 12th. We hope they enjoyed themselves. All students were then treated to a cookie and juice box after the performance.

Low Farm School's grade 1 – 8 students and staff then attended the Domain School dress rehearsal the morning of December 18th.



School Cancellation

Winter has arrived and 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.

Dates to Remember:

Mon., Jan. 6	Classes Resume
Fri., Jan. 31	Admin Day – no classes
Mon., Feb. 17	Louis Riel Day – no classes
Fri., Mar. 21	School Inservice/Admin Day – no classes
Fri., Mar. 28	Last day of classes before Spring Break
Mon., Apr. 7	Classes resume
Thurs., Apr. 17	School Inservice/Admin Day- no classes
Fri., Apr. 18	Good Friday – no classes
Mon., May 19	Victoria Day – no classes
Thurs., June 26	Last day of classes
Fri., June 27	Admin Day – no classes

Fundraising Update

Students are actively selling chocolates for our **Chocolate fundraiser**. Boxes were snapped up very quickly as this continues to be a popular fundraiser with both the students and community members. These tasty treats make a great stocking stuffer at only \$2 each. **All funds and any chocolates that did not get sold should be returned to the school no later than Monday, January 6th when classes resume.**

Looking for a tasty snack to munch on during the holidays? Try this recipe out.

Taco-Seasoned Chex Mix

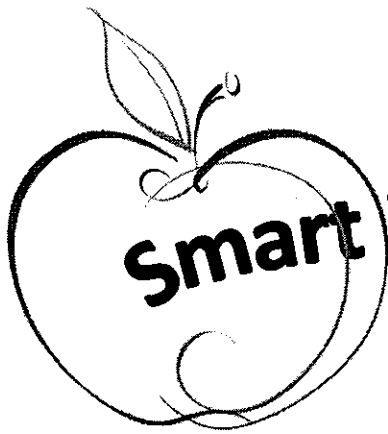
Ingredients:

- 6 cups (1.5 L) Rice Chex* Cereal
- 2 cups (500 mL) bite-size cheese crackers
- 2 cups (500 mL) bite-size pretzel twists
- 1 cup (250 mL) salted peanuts
- 3 tbsp. (45 mL) vegetable oil
- 2 tbsp. (30 mL) water
- 1 pkg. Old El Paso* Taco Seasoning Mix

Method:

- In large microwaveable bowl, mix cereal, crackers, pretzels and peanuts.
- In small bowl, stir together oil, water and taco seasoning mix. Pour over cereal mixture, stirring until evenly coated.
- Microwave uncovered on High about 5 minutes, stirring every 2 minutes, until mixture begins to brown. Spread on waxed paper or foil to cool. Store in airtight container.

OVEN DIRECTIONS: Heat oven to 250F. In ungreased large roasting pan, mix cereal, crackers, pretzels and peanuts. In small bowl, stir together oil, water and taco seasoning mix. Pour over cereal mixture, stirring until evenly coated. Bake uncovered 1 hour, stirring every 15 minutes. Spread on waxed paper or foil to cool, about 15 minutes. Store in airtight container.



Smart Eating Makes The Grade

"Protein Power in food"

5 Key Messages about Protein

1. Protein is found in many foods and is needed to keep you healthy. It provides the building blocks for growth and repairs cells in your muscles, skin and nails. As well it makes enzymes and hormones (*PEN 2013*).
2. If you eat a wide variety of food from Eating Well with Canada's Food Guide, it will provide more than enough protein and give you all the other vital nutrients your body needs.
3. Protein has its role, but remember the other nutrients and their roles. Protein works best when you get enough carbohydrates. If you don't get enough carbohydrates, your body will use protein for energy first rather than use it to heal and repair. No one nutrient works all by itself.
4. Protein is made from amino acids. Each amino acid has a unique role. This is why it's important to include a variety of foods as it will give you different combinations of amino acids. Ideally, a mixture of protein sources should be included and spread at each meal and snack over the day to ensure that a full balance of amino acids is consumed on a daily basis. (*Australian Institute for Sport, 2009*).
5. Eating the right amount of protein and balancing out the carbohydrates and fat is the key to feeling well, having energy, focusing better, and overall good physical and mental health.

What's in your lunch?

- Include a protein source from the milk/alternate or meat/alternate food group in your lunch
- Vegetable and Cheese Kabob with fruit and whole grain bun



Spinach leaves, tomato, mozzarella cheese balls (Substitute cheese with soy cheese, cheddar cheese.)



Banana or other fruit



Whole grain dinner roll or substitute Crackers



Healthy Bodies Healthy Minds

- Being active every day helps to maintain muscle mass.
- I am going to bundle up, dress warm, and go outside to ski, build a snowman, play soccer or football in the snow, at least 5 times this week for 30 minutes.



Media Savvy

<http://www.eatrightontario.ca/en/Articles/Protein/Introduction-to-protein.aspx>

What's in your snack?

- Include a protein source from the milk/alternate or meat/alternate food group in your lunch



Yogurt and fruit



Fruit and cheese kabobs



Roasted chickpeas and dried fruit

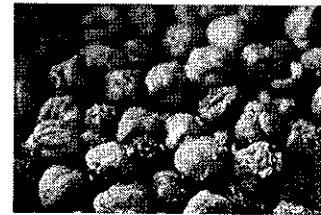
Roasted Chickpeas

Preheat oven to 350 degrees F

- 1 can chickpeas, rinsed, drained and patted dry
- 1 tbsp canola oil
- ½ tsp chili powder
- ¼ tsp garlic powder
- ¼ tsp ground cumin

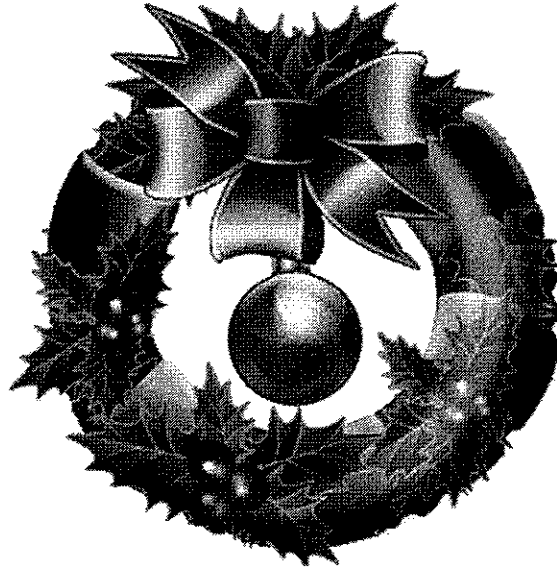
1. In a small bowl, combine chickpease, oil, chili powder, garlic powder and cumin. Stir to coat well. Spread evenly on preparing baking sheet.
2. Bake in preheated oven, stirring occasionally, for 60-75 minutes or until crisp. Let cool on pan on a wire rack.

Reference: Dietitians of Canada Cookbook "Cook"!



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

May be photocopied in its entirety provided source is acknowledged.



The staff of

Lowe Farm School

wishes each and every one of you

a very

Merry Christmas & a Happy New Year

Mr. Rob Fiola

Mrs. Melinda Colpitts

Mrs. Audrey Friesen

Mrs. Courtney Braden

Ms. Kristen Harley

Mrs. Alice Brown

Mrs. Jennifer Johnston

Mrs. Marla Brandt

Miss Rikki Bergstresser

Mrs. Ann Harder

Mrs. Trina Landry

Mrs. Diane Lilke

Mrs. Patti Nickel

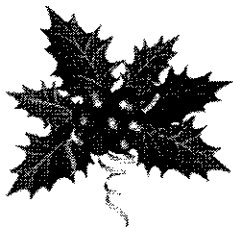
Mrs. Betty Resler

Mrs. Sharmen Wiebe

Mr. Peter Harder

Miss Valerie Hofer

Mrs. Rose-Marie Ewbank



*May the joy and warmth
of the holiday season
carry on throughout 2014!*





January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Happy New Year	2	3	4
5	6 Classes resume, Grade 7/8 Home Ec Mini pizza/ mac & cheese	7 Kindergarten	8 Preschool Mini pizza/ chips & salsa	9 Kindergarten Soup Day	10 Hot dog	11
12	13 Mini pizza/ mac & cheese	14 Kindergarten	15 Preschool, Grade 7/8 Home Ec Mini pizza/ chips & salsa	16 Kindergarten, PTA Subway Day	17 Kindergarten Hot dog	18
19	20 Mini pizza/ mac & cheese	21 Kindergarten	22 Preschool Mini pizza/ chips & salsa	23 Kindergarten Soup Day	24 Hot dog	25
26	27 Grade 7/8 Home Ec Mini pizza/ mac & cheese	28 Kindergarten, PTA Taco in a Bag Day	29 Preschool Mini pizza/ chips & salsa	30 Kindergarten	31 Admin Day -no classes	

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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