

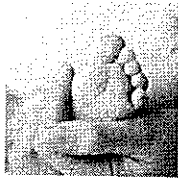
Lowe Farm School

March 2014 Newsletter

lowefarm@rrvsd.ca

Congratulations to . . .

. . . **Mrs. Melinda Colpitts**, our Kindergarten & Grade 1 teacher up until Christmas time. Mrs. Colpitts and her husband are the proud parents of a beautiful baby girl. **Paisley Grace Colpitts** was born on February 5th.



Farewell/Welcome. . .

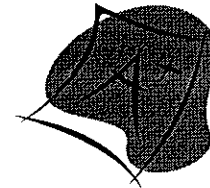
. . . a fond farewell to **Mrs. Courtney Braden**, our grade 4 teacher. Mrs. Braden is going on maternity leave. We would like to thank her for all of her hard work over the past couple of school years and wish her all the best with the new addition to her family. We will miss the enthusiasm that she has brought to our school.

. . . a warm welcome to **Miss Andrea Friesen**. Miss Friesen comes to us from the Altona area and she will take over Mrs. Braden's teaching duties.



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.



Report Cards/ Student Led Conferences

Report cards are scheduled to go home on **March 18th**. **Student Led Conferences will be held on March 20 from 4 – 8 p.m. and March 21 from 9:00 a.m. to 12 noon.** Each family will receive a letter in the next few days with their appointment time(s). If you do not receive your appointment time letter by March 7th please contact the school secretary as soon as possible.

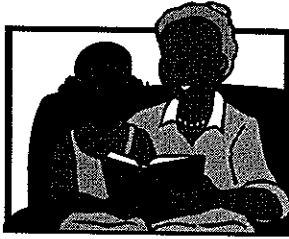
Fundraising Update/Summary

Everything has now been tallied up and we have ended up with a profit margin of **\$1145.29** from our **Chocolate Fundraiser!**

Thanks again to all who have supported each of our fundraisers throughout the school year. These funds are used to cover costs of class field trips and special student events or outings.

The following is a summary of our fundraising efforts for the school year:

Fundraiser	Grades that participate	Profit
Lamontagne Card/Gift Fundraiser	Kindergarten to Grade 8	\$1054.48
Mom's Pantry Products	Kindergarten to Grade 8	\$1536.23
Lowe Farm School Fall Supper	Grades 5 – 8 students	\$2270.27
Chocolate/Cereal Bar Fundraiser	Kindergarten to Grade 8	\$1145.29
TOTAL		\$6006.27



I Love to Read Month Wraps Up

Our goal for the month of February was to read our way to Sochi, Russia, the site of the 2014 Winter Olympics. Students were required to read a certain amount of minutes each day which would then equal a certain number of miles. How did we do? Well, it is 5,513 miles from Lowe Farm to Sochi and almost all of our students met their goals and were able to enjoy the reward movie on February 21st. They watched **Cloudy With a Chance of Meatballs 2**.

We were fortunate to host a few **Guest Readers** during the month of February, each coming from a different career background:

- On February 7, 2014 all of our students gathered in the gym to listened to former Lowe Farm School teacher, **Mrs. Margaret Harms** and CFAM morning show radio personality, **Ms. Jayme Giesbrecht** read.
- On February 18, 2014 newly elected MLA for the Morris area, **Mr. Shannon Martin** read to our students in three groups. He read to the K-3 students, then the grade 4-6 students and finished off with the grade 7-8 students. Shortly afterward **Dr. Ann Loewen** from the Morris Clinic read to all our students in the gym. Both Mr. Martin and Dr. Loewen donated books to our library. Dr. Loewen donated the book that she authored entitled *Fast For My Feet*.

Thank you to all our guest readers for taking the time out of their busy schedules to come and read to our students. We really enjoyed their visits.

Other reading activities during the month were **DEAR** (Drop Everything and Read) time which was held twice a week. Students also had the opportunity to listen to other classroom teachers read to them for about 15 minutes in our **Teacher Swap** one day each week.

Dates to Remember:

Thurs., Mar. 20	Student Led Conferences 4-8 p.m.
Fri., Mar. 21	Student Led Conferences 9 a.m. – 12 noon
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



Camp Cedarwood

Our grade 5-8 students along with staff and a number of volunteer parents attended Camp Cedarwood February 26 – 28. It was a rather chilly three days but still they enjoyed some outdoor activities which included: snowshoeing, cross country skiing, tube sliding, skating, wall climbing and ice fishing. They also partook in a hayride and camp fire (with bannock making).

Ms. Harley, Mrs. Brown, Mr. Fiola, Mrs. Harder and **Mrs. Landry** went along from our staff. **Mr. George Blatz, Mrs. Marie Doell, Mr. Ron Ginter, Mr. Blair Groening, Mr. Henry Isaak** and **Mr. Abe Suderman** went along as volunteer parents. Thank you to all for helping out with supervising the students during camp. Your help was much appreciated. Hopefully you were all able to keep warm while there!

Hop into spring break at Oak Hammock Marsh!

From March 31 – April 4, have fun participating in daily themed activities at Oak Hammock Marsh Interpretive Centre or register for one or all of our day camps. Camp runs daily from 9 a.m. to 4 p.m. and is for children ages 6 to 9. Camp is filled with fun indoor and outdoor themed activities that may include scavenger hunts, animal tracking, outdoor cooking and nature crafts. For more information on daily themes or to register a camper please visit:
<http://www.oakhammockmarsh.ca>, or call (204) 467-3300.

SPORTS



Basketball:

Our boys' team traveled to Oak Bluff on February 4 for a real barn burner of a game. Unfortunately they lost 36-35 but what a good game guys. Oak Bluff does not have a girls' team therefore the girls did not play.

Both the boys' and girls' teams played against J.A. Cuddy, Rosenort and Morris teams and came up short on all accounts. They finished their season off with a wind-up on February 19th. **Thank you to coaches Alice Brown, Trina Landry and Rikki Bergstresser.**



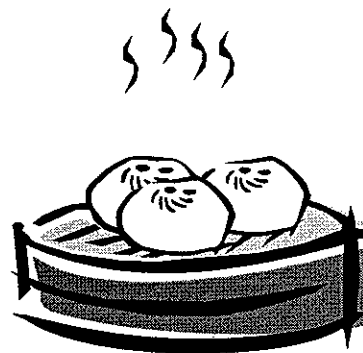
Curling:

Our grade 8 students participated in the annual curling bonspiel at the Morris Curling Club on Wednesday, February 12. They enjoyed the opportunity to learn some curling skills. Perhaps it will encourage some to take the game up in the future and who knows, become future Canadian Olympians!



Floor Hockey:

Our grade 5 and 6 students will be participating in the annual floor hockey tournament in Morris on **Thursday, March 6th, 2014.** Parents are welcome to attend the tournament to cheer on the students.



In honour of our grade 5-8 winter camp experience at Camp Cedarwood where their plans were to try some bannock making, we are going to share the following recipe from Food.com.

Metis Bannock

3 cups all-purpose or whole wheat flour
2 Tbsp. baking powder
1 Tbsp. sugar
1/2 tsp. salt
1/2 cup butter, margarine or shortening
3/4 - 1 cup milk or water

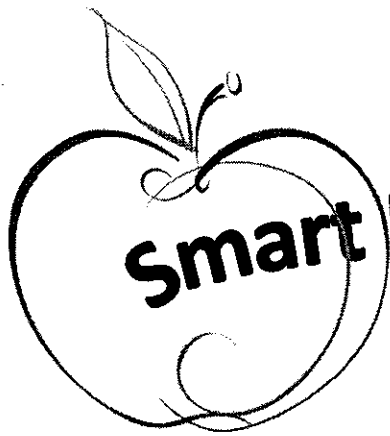
Directions:

1. Mix flour, baking powder, sugar, and salt.
2. Work in the margarine using hands until you make a nice crumble.
3. Gradually mix in enough milk to make soft but not sticky. Knead.
4. Shape into a ball, place on a greased baking sheet, then flatten into a circle about 1 inch thick.
5. Bake at 425°F (220°C) for 25 minutes or until lightly browned. Serve with a hot bowl of soup or stew or top with jam.

**Thank you to everyone who donated prizes for the
Annual PTA Soup & Pie Fundraiser held recently.
Check out the following prizes
generously donated by various businesses!**

Deluxe crokinole board with checkers on the back	Blue Sky Opportunities
Helmet (X - Large)	Altona Farm Service
Baking sheet with lid	Cotton Cottage
Steak knives	Border Real Estate
Shampoo, conditioner, body wash, lotion	Rexall
\$50 CO-OP gift card	Bartel Bulk Freight
Water bottles, rain gauge, bag	Access Credit Union
Metal flower and butterfly wall hanging	Sawatsky Furniture
Atlas, pocket light, rescue tool	CAA
Hoodie	Keystone Kat
2 - \$10 gift cards for Jasmine Tea Room (Altona)	Jasmine Tea Room
2 pairs of Goldeyes tickets	Self Storage
Movie, chocolates, \$25 gift certificate for Super Thrifty	Valley Super Thrifty
CAA Membership	MoTown
To go mug, 2 bear "piggy" banks, soccer ball, bag	Bank of Montreal
Small duffle bag and hat	Rempel Insurance
\$25 gift card for Burkes	Burkes Road House
\$50 gift certificate for Kamloon	Valley Agro
John Deere tool box	Enns Brothers
Gift basket with fire extinguisher, zippered note book	Prairie Insurance
Chocolates, candy and \$50 gift certificate for Bigway	Morris Bigway
Pliers and wrench set, ratcheting wrench set, 7 piece screwdrivers	Lowe Farm CO-OP
Mugs, 2 hats, golf balls, water bottle, 2 proudly Canadian T-Shirts	CIBC
GVE John Deere towels	Greenvally Equipment
Calculator, fax machine, folding chairs	Lowe Farm Grocery
Jacket and hats	Little Morden Service
Scentsy basket	Jennifer Hildebrand
Jug of start up and CPS basket	CPS
Partylite	Marie Hildebrand
More prizes on display from various community members	

**Thank you to those who came out
to support our school playground fundraiser!**



Smart Eating Makes The Grade

"Simply Cook and Enjoy"

Cooking with Kids

Cooking with kids is a great way to teach important life skills. Learning to cook now prepares them to cook for themselves when they grow up. It's also a fun hands-on activity that teaches literacy, science and math. It doesn't have to be hard. Start simply and build skills. Younger kids can help measure ingredients and stir. Older kids can help peel and chop vegetables. Once they are sure, they can help bake, broil and sauté. It might be messy. That's okay! Your kids can also help clean up.

Make it easy tips

Cook once. Eat twice. Make weeknight cooking a breeze with planned extras. Are you tired of reheating leftovers? Planned extras make a new meal. Just make a little more food than you need for one meal and reinvent it for another. Try these options:

- Grill chicken or fish? Grill a couple extra pieces for sandwiches
- Roasting veggies? Roast extras to toss with pasta or barley or to top a pizza.
- Serving chili? Cook a bigger pot and then make enchiladas.
- Having salad with supper? Make extra and put it in the fridge, without dressing, for tomorrow's lunch.

(Dietitians of Canada Nutrition Month 2014:
<http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2014.aspx>)

What's in your lunch?

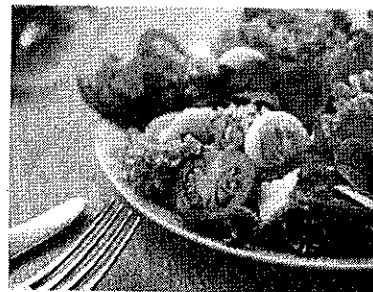
Romaine Lettuce – Good source of Vitamin A

Swiss Cheese – Good source of Calcium

Tomato – Good source of vitamin C

Boiled egg – Good source of protein

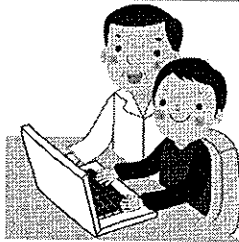
What did you make? A chef's salad



Cookspiration
Get your kids in the kitchen
Simplify weekday cooking
Make it easy **Enjoy**
Cook Prepare ahead of time **eatipster**

Healthy Bodies Healthy Minds

Put on some snow shoes and go for a walk in the snow 3 times per week for 20 minutes.



Media Savvy

- www.cookspiration.com
A new app from Dietitians of Canada that gives information on cooking and food preparation
- How to Cook Everything
An app with 2000 recipes, photos, how to videos, built in timers and ability to share over social media

What's in your snack?

Smoothies are a super way to introduce kids to the kitchen. Making smoothies takes little skill, so it's a great first step in the kitchen. The only tool you really need is a blender. You don't even need to follow a recipe. Just blend together a mixture of frozen fruit, bananas, yogurt and milk. Kids can experiment with favorite frozen fruits to create frosty combinations. Be adventurous! Try adding a handful of spinach or finely shredded carrot for a veggie boost. Smoothies are a tasty way to enjoy milk, fruit and maybe even veggies – all foods that kids don't get enough of.

(Dietitians of Canada Nutrition Month 2014:
<http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2014.aspx>)



Banana Berry Wake up Shake

- 1 banana
- 1 cup fresh or frozen berries (any combination)
- 1 cup milk or vanilla flavored soy beverage
- $\frac{3}{4}$ cup low fat yogurt vanilla or other flavor to go with the berries

(Reference:<http://www.dietitians.ca/Recipes>)

Salsa Chicken

- 2 Chicken breasts
- 1 - (410ml) jar Mango salsa, (or any other type of salsa will work)

- 1) Heat the oven to 400 F
- 2) Place the chicken in a casserole dish. (Use plastic bags on your hands to put the chicken in the dish and then throw away the bags.
- 3) Pour the salsa over the chicken.
- 4) Bake for 45 minutes (or until the chicken is no longer pink inside)
- 5) Serve with rice and a vegetable.

Ideas for LEFTOVERS: Take a small ovenproof dish and spread the bottom with low fat sour cream. Cut up the leftover chicken into the leftover salsa and spread it over the sour cream. Bake for 15 minutes at 350 F. Server as a dip with whole wheat tortilla chips

For more nutrition topics, go to the news and events section of www.southernhealth.ca or

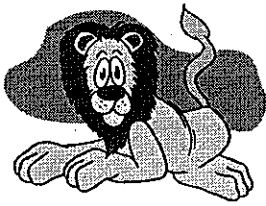
Contact Health Links -1-888-315-9257

Nutrition Services Team

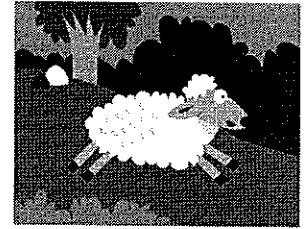
T 204-428-2736



May be photocopied in its entirety provided source is acknowledged.





March 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 KIDS Mini pizza/mac & cheese	4 Kindergarten, A Gym Tale program 9:30	5 Preschool, KIDS, Gr. 7/8 Home Ec, Mini pizza/ chips & salsa	6 Kindergarten, Gr. 5/6 Floor Hockey in Morris, Soup Day	7 KIDS Hot dog	8
9 Daylight Saving Time Begins	10 KIDS Mini pizza/mac & cheese	11 Kindergarten	12 Preschool, KIDS, Kinder- garten Info Night 5:30, Mini pizza/ chips & salsa	13 Kindergarten PTA Subway Day	14 Kindergarten Hot dog	15
16	17  St. Patrick's Day, KIDS, Gr. 7/8 Home Ec, Mini pizza/ mac & cheese	18 Kindergarten, A Gym Tale program 9:30, Report Cards to home	19 Preschool, KIDS Mini pizza/ chips & salsa	20 Kindergarten, Soup Day, Student Led Conferences 4-8 p.m.	21 Inservice/ Admin Day—no classes, Stu- dent Led Con- ferences 9-12	22
23	24 Spirit Week begins, KIDS Mini pizza/mac & cheese	25 Kindergarten PTA Taco in a Bag	26 Preschool, KIDS, Gr. 7/8 Home Ec Mini pizza/ chips & salsa	27 Kindergarten, Gr. 5-8 to Rosenort for John Dunn presentation	28 Kindergarten, Last day of classes before Spring Break, Hot dog	29
30	31 Spring Break 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: _____

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: _____

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: _____

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: _____

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: _____

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: _____