

Lowe Farm School

October 2014 Newsletter

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

E-mail: lowefarm@rvvsd.ca

PRINCIPAL'S MESSAGE

September has come to an end already. I hope that harvest is well under way (if not already completed). I would like to thank the parents who came out to the Meet the Teacher night and the new parents who joined the PTA that evening. The next PTA meeting is October 8th at 4:00 pm if you would like to be involved.

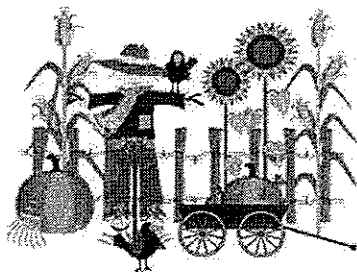
In September, students managed to quickly get back into the swing of learning. We also welcomed several new families; especially in the 17 new pre-school students we have attending. A normal class of pre-school students is about 7 students. Wow!

Students participated in the annual Terry Fox Run in the community. In the past 11 years, Lowe Farm school has raised over \$1700 towards the Terry Fox foundation. What a great accomplishment! Congratulations to the Lowe Farm Community. Many of our parents may have been involved in some of the earlier Terry Fox events.

This fall, we also participated in the divisional soccer tournaments in Rosenort. Thank you to the younger students who helped to complete our grade 5/6 and 7/8 teams.

In October, we look forward to participating in the Cross-Country event for grade 3 – 8 students in St. Malo. We also look forward to starting volleyball with two tournaments in October on the 21st and the 28th. Looking forward to another great month at Lowe Farm.

Mr. Rob Fiola



PTA Report

The PTA has recently completed the **Climbing Wall** on the playground shed. The students will have a great time on that!

The PTA will once again be holding **Subway Days** and **Taco in a Bag** days throughout the school year. Forms will go home with students prior to these days and students will be required to submit their orders and payment ahead of time if they wish to have that for their lunch on those specific days. These days are marked on the school calendar towards the end of the newsletter. Please look for the order forms in your child's backpack a week or so before each day.

The next PTA meeting will be held at 4:00 p.m. on Wednesday, October 8th. All parents are welcome to attend the meetings and new members welcomed to join.



The CLIMBING WALL on our playground shed is now complete!

Parent/Student Handbook

All families should have received the 2014-2015 edition of the **LOWE FARM SCHOOL PARENT/STUDENT HANDBOOK**. If your family has not received one, please contact the secretary at the school.

Lowe Farm School Student Council 2014-2015:

Leadership Team: Virginia Blatz, Kristi Harder
Members at Large: Abe Schmitt, Jessica Wieler
Reporting Team: Jaysin Funk, Christina Neufeld
Sports Team: Denby Fehr, Willie Berg

Classroom Reps:

Grade 5	Abigail Wiebe
Alternate	Danny Froese
Grade 6	Zander Herkert
Alternate	Jayda Doell
Grade 7	Daniel Isaak
Alternate	Adrienne Groening
Grade 8	Cameron Herkert
Alternate	Tanner Martens



WANTED

Custodian Subs

If interested, please call
Low Farm School
at 204-746-8068.

Terry Fox Run

On a beautiful September 23rd Lowe Farm School students and staff headed outdoors in support of the Terry Fox Foundation. All participated in a Terry Fox Run/Walk. Staff and students were encouraged to donate a loonie or toonie to support the foundation with our goal being set at \$105 to raise. Thank you to Officer McKay, from the Morris RCMP Detachment, and Mr. Peter Harder for escorting the participants and keeping them safe on the roads. **We raised \$132!**



Thank You. . .

. . . to all **parents and students** who attended their **Strong Beginnings** appointments in September. The teachers really appreciated the opportunity to get to know their students/your children better. This one on one time will help to make the year more successful for the students. Thanks again.

. . .also to the **Child Nutrition Council of Manitoba** for their generous support in our **Nutrition Program** at school. We are in our fourth year of sponsorship and our students have enjoyed a wide variety of nutritious snacks each and every morning. It is fascinating to watch some of the students experience new food choices.

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.

School Cancellation

Nobody really wants to think of winter weather just yet, especially after the cool, short summer we have just experienced but what is that old saying? Better safe than sorry and we do want parents to be informed. Along with winter 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

FEES DUE REMINDER

There are still a number of fees due from some students. Kindergarten to grade 4 students are required to pay \$25 for school supplies that their teachers have bought for them. Grade 7 students are to pay a \$10 caution fee which will be returned to them upon graduation from Lowe Farm School providing all textbooks and library books have been returned in good condition. All grade 7 and 8 students are required to pay a \$25 fee for their Home Ec classes at the Morris School. All fees can be paid in the form of cash or cheque. All cheques are to be made payable to Lowe Farm School **except for the grade 7 and 8 Home Ec fee cheques which are to be made payable to the Red River Valley School Division.** If you have outstanding fees due, please pay them as soon as possible. Thank you.

FUNDRAISING

We have just wrapped up our first fundraiser of the school year from the **Lamontagne Card/Gift** brochures. All fundraising packages were to be submitted by September 26th. Order forms are being gone through before everything is sent off to the company. Once we receive the orders they will be distributed to our sellers who will then distribute them to their customers. Thank you to all who supported the fundraiser.

Next up will be the **Mom's Pantry Products** fundraiser which will run October 6 – 24. Students from Kindergarten to Grade 8 are able to participate in this fundraiser. Permission forms will be home very soon for parents to sign so watch for those in your child's backpack. This is a great way to start stocking up on baking supplies needed for the upcoming Christmas season.

SPORTS

SOCCER

Lowe Farm School grade 5-8 students participated in the divisional Grade 7 & 8 soccer tournament in Rosenort on September 24th. Congratulations to Starbuck School who won the boys division and St. Pierre School who won the girls. Thanks to our coaches Mr. Fiola & Mrs. Brown.

Then on September 26th our grade 3-6 students participated in the divisional Grade 5 & 6 soccer tournament also hosted by Rosenort School. Morris won the girls division and Starbuck the boys division. Thank you to Mrs. Michelle Ginter who came along to help with supervision and Ms. Harley and Mrs. Johnston for coaching.

CROSS COUNTRY MEET

Runners start your engines! The Red River Valley School Division Cross Country Meet will be held on Friday, October 17th at St. Malo Provincial Park. Grade 3-8 students are able to participate in the meet so we will have a number of students training for the event.

VOLLEYBALL

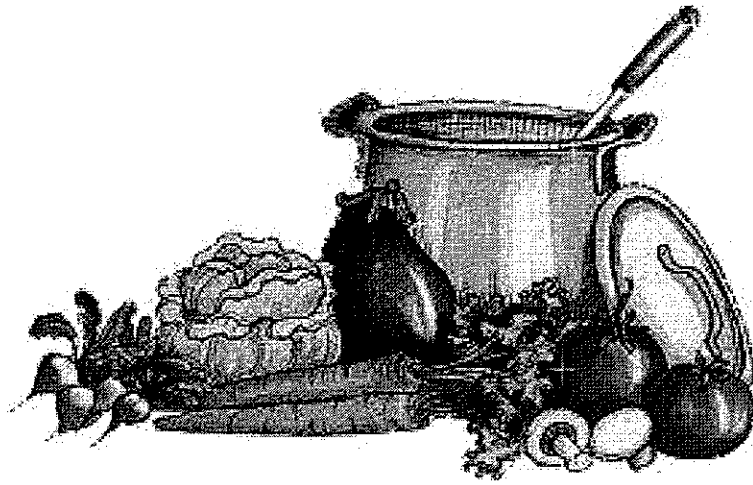
Volleyball season is quickly approaching. The tentative schedule is as follows:

Oct. 15	3:30 p.m. at Morris School
Oct. 21	1:00 p.m. at Rosenort School
Nov. 4	1:00 p.m. at Oak Bluff School
Nov. 13	Finals at 1:00 p.m. (Boys at J.A. Cuddy in Sanford) (Girls at Oak Bluff School)

DATES TO REMEMBER:

Mon., Oct. 13	Thanksgiving Day – no classes
Fri., Oct. 24	SAGE – no classes
Fri., Oct. 31	Divisional Inservice Day – no classes
Fri., Nov. 7	School Inservice/Admin Day – no classes
Tues., Nov. 11	Remembrance Day – no classes
Fri., Nov. 21	Lowe Farm School Fall Supper
Fri., Nov. 28	School Inservice/Admin Day – no classes
Fri., Dec. 19	Last day of classes before Christmas Holidays

WATCH YOUR CHILD'S BACKPACKS FOR ORDER FORMS THROUGHOUT THE MONTH OF OCTOBER FOR NEW CANTEEN OFFERINGS.



Lowe Farm School

FALL SUPPER

Friday, November 21, 2014

5:00 – 7:00 p.m.

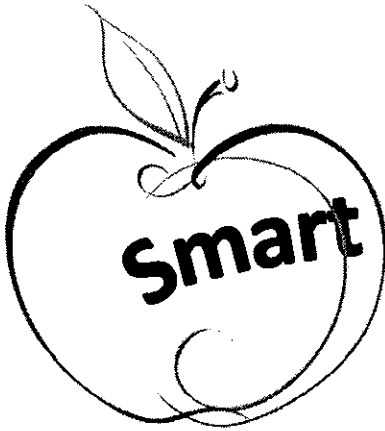
at the

Lowe Farm Community Centre

Adults: \$10.00

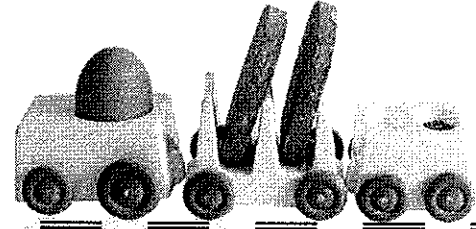
12 & Under: \$5.00

Preschool: Free



Smart Eating Makes The Grade

"Get on track with Breakfast"



Breakfast is considered the most important meal of the day. Breakfast eaters tend to be more focused and have longer attention spans which helps set our children up for success in the classroom.

Establish a "Breakfast Routine" early in life and early in the school year to help children stay healthy. Consider these few tips as we power into the new school year:

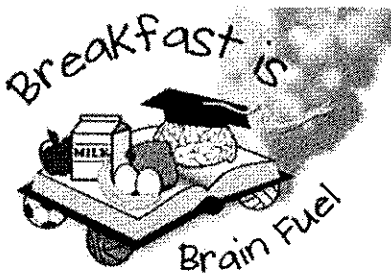
- Plan and prepare ahead. Do as much as you can the night before to free-up time in the morning.
- Involve your kids....have a variety of choices ready for them to choose from.
- Keep it simple. Stock up on favorites, be more creative when time allows.
- Think outside the breakfast box. Fuel first.
- Lead by example. Make breakfast a priority for the whole family.

Is it hard to eat breakfast?

Sometimes its hard for people to eat breakfast. If this is true for you, why is that? What is the challenge to eating breakfast? Ask....what would be one simple, easy step I could do to try to eat breakfast? Does it mean going to bed earlier so you can get up earlier, or does it mean having something small like 1 piece of fruit, just to get you started? Does it mean having quick breakfast foods ready in the fridge, on the counter or in your backpack in the morning? Maybe there are other challenges...take some time to brainstorm how you can start to eat breakfast!

TIP

Come up with 1 solution that will help you to eat breakfast. Write it on your calendar or put a reminder message in your phone. That's a start. Then try it. If it doesn't work, think of another option and keep trying.



Breakfast Ideas

Breakfast Ideas: Try to include some **Whole Grain Foods** (breads/cereals/crackers) + **Protein Foods** (meat, eggs, nuts, cheese) + **Dairy Foods** (milk, yogurt, cheese) + **Fruits & Vegetables**

1. Eggs (any style) or Peanut Butter or Cheese on anything Whole Grain like toast, or a bun, a bagel, or wrapped up in a tortilla. Add a glass of milk and some fruit (fresh, packaged or canned in its'own juice).
2. Cereals – Cold (low sugar types preferred) or Hot with Milk and topped with fruit. Try preparing the instant oatmeal with milk instead of water for an added boost.
3. Fruit, Yogurt, Granola Parfait. Change it up and add cottage cheese instead of yogurt.
4. Toasted Bagel with light cream cheese.
5. Sandwich Options – anything goes Grilled Cheese, Peanut Butter & Banana, Scrambled Egg.
6. Yogurt or milk, granola bar or muffin and fruit or juice box.
7. Fruit Smoothie or Instant Breakfast Drink.
8. Leftovers aren't just for dinner anymore. Be sure to fuel up!!

Blueberry and Avocado Smoothie

Yield: 2 servings

Ingredients:

- ¾ cup vanilla yogurt
- ¾ cup frozen blueberries (or use other fruit if desired)
- 1 avocado
- ½ cup milk

In a blender, mix all ingredients together. Blend until smooth.



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.



October 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Mini pizza/ chips & salsa	2 Kindergarten, Preschool Group 2	3 Hot Dog	4
5	6 Mini pizza/mac & cheese	7 Kindergarten, Preschool Group 1 PTA Taco in a Bag day	8 PTA Meeting 4:00 p.m. Ham & Cheese Wraps/ chips & salsa	9 Kindergarten, Preschool Group 2 Ham & Cheese Wraps	10 Kindergarten Hot Dog	11
12 	13 Thanksgiving Day —no classes	14 Kindergarten, Preschool Group 1	15 Grade 7/8 Home Ec, Volleyball in Morris 3:30, Egg Salad Wraps/chips & salsa	16 Kindergarten, Preschool Group 2 Sandwich Wraps	17 Cross Country Meet in St. Malo 11:00 a.m. Hot Dog	18
19	20 Mini pizza/mac & cheese	21 Kindergarten, Preschool Group 1, Volleyball in Rosenort 1:00 p.m., Sandwich Wraps	22 Sandwich Wraps/chips & salsa	23 Kindergarten, Preschool Group 2 PTA Subway Day	24 SAGE —no classes	25
26	27 Mini pizza/mac & cheese	28 Kindergarten, Preschool Group 1 Sandwich Wraps	29 WE Day Sandwich Wraps/chips & salsa	30 Kindergarten, Preschool Group 2, Grade 7/8 Home Ec	31 Divisional Inservice Day —no classes Hallowe'en	

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: _____