



LOWE FARM SCHOOL

October 2016 Newsletter

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

E-mail: lowefarm@rrvsd.ca

PRINCIPAL'S MESSAGE

Wow, September has just flown by! Soccer tournaments, Terry Fox run, Strong Beginnings and Meet the Teacher have combined to keep everyone busy. Thank you to Mrs. Zelinsky (nee Harpelle) for organizing the Terry Fox Run on the 20th of September. It was a well-organized event on a beautiful day. Thank you also to the RCMP for escorting the students on their walk/run. Thanks to the soccer coaches, Mrs. Zelinsky, Miss Lee, Miss Siemens and Mrs. Brown for helping the grades 5 – 8 enjoy perfect soccer weather.

October looks to be just as busy. St. Malo will once again be hosting the divisional cross country meet in the park. Volleyball practices have begun. We are happy to have Mrs. Resler begin our pre-school program for 4 year old children two times a week on Tuesday and Thursday mornings. Soon, Cheryl Crick will begin programming for children 4 and under to attend with their parents. If you have pre-school children or know of anyone with pre-school children, please have them contact the school.

Progress on our roof has been steady throughout the month (between rain and wind storms). Work will continue throughout the fall with completion before the snow flies as the goal. Let's hope the weather cooperates so farmers can get their crops in and we can get our roof done. It's been a great start to the school year for staff and students. Let's keep it going!

Mr. Rob Fiola

PARENT/STUDENT HANDBOOK

All families should have received the 2016-2017 edition of the Lowe Farm School Parent/Student Handbook. If your family has not received a copy, please contact the secretary at the school. A copy is also available on our website.

Student Council Elections:

Student Council elections were held on Friday, September 15th. All classes were invited to listen to the speeches of those nominated earlier that morning. At noon students in grades 5 to 8 participated in the voting process. The following were elected as this year's Lowe Farm School Student Council:

President	Jayda Doell
Vice President	Jason Harder
Secretary	Chloe Landry
Assistant Secretary	Mary Bergen
Gr. 8 Sports Rep	Ashton Groening
Gr. 7 Sports Rep	Elizabeth Giesbrecht

Following the elections, the grade 5/6 and 7/8 classrooms voted on their classroom reps:

Grade 5	Brytan Fehr Alternate, Clinton Penner
Grade 6	Esther Blatz Alternate, Cole Doell Alternate,
Grade 7	Raven Kanape Alternate, Abigail Wiebe
Grade 8	Tyson Ginter Alternate, John Schmitt

Terry Fox Walk/Run

Our annual Terry Fox Walk/Run was held on Tuesday, September 20th. Various courses were set out for students who wanted to walk and those who wanted to run. The local RCMP escorted the students and staff. Everyone was encouraged to donate a loonie or twoonie to support the cause and then these funds were forwarded to the Terry Fox Foundation of Manitoba. Total funds raised was \$76.50. After the walk/run, students enjoyed a juice box to replenish their bodies!

Thank you to Mrs. Zelinsky, Mrs. Brown and our student council for organizing the event.



School Cancellations

It may seem a little early to start thinking about inclement winter weather but we want parents to be informed and prepared. We do live in Manitoba after all! 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

BOOK ORDERS

Mrs. Johnston will be in charge of our Scholastic Book Orders this year. Periodically students will receive Scholastic Book Order forms along with a due date. If you wish to place an order you may choose to pay by cash or by cheque. Cheques are to be made payable to "Scholastic Canada Ltd." Students are to submit their book orders to their classroom teacher who will then forward them on to Mrs. Johnston. If you wish to place an order for your child as a surprise or gift without them knowing, please feel free to bring your order to our secretary, Mrs. Ewbank and put a note indicating this is to be a gift. The information will then be passed on to Mrs. Johnston.

FUNDRAISING

We have begun our first fundraiser of the school year, **Mom's Pantry Products**. With this fundraiser, family and friends will be able to stock up on their Christmas baking supplies. Fundraiser permission forms went home on September 26th. If you wish to have your child participate in the fundraiser, please sign the permission form and return it to school as soon as possible. Each participant will receive an envelope with 4 order forms in it (more forms are available upon request). **The fundraiser will wrap up on October 20, 2016 when all fundraising packages will be due back whether your child received any orders not.**

Thank You...

...to all parent and students who attended their Strong Beginnings appointment at the beginning of the school year. Teachers really appreciate this valuable time with the students on a one on one basis.

...to the Child Nutrition Council of Manitoba for their generous support again this year of our Nutrition Program. This is our sixth year of sponsorship which allows our students to enjoy a variety of nutritious snacks each and every morning.

DATES TO REMEMBER:

October 5	Divisional PD Day – no classes
October 6	Lowe Farm School Picture Day
October 10	Thanksgiving Day – no classes
October 14	RRVSD Cross Country Meet at St. Malo Provincial Park
October 21	MTS PD Day – no classes
November 11	Remembrance Day – no classes
November 18	Admin/Inservice Day – no classes
November 22	Report Cards will go home
November 24	Parent/Teacher Interviews from 4-8 p.m.
November 25	Admin/Inservice Day – no classes Parent/Teacher Interviews from 9 a.m. – 12 noon
December 22	Last day of classes before Christmas break
January 9	Classes resume

SPORTS

GRADE 7/8 SOCCER

The grade 7/8 soccer tournament was held in Rosenort on September 27th. A number of grade 6 students also participated to make teams. Mrs. Brown and Mrs. Zelinsky (nee Harpelle) coached the Lowe Farm School teams. Mr. Fiola helped out with the reffing end of the tournament.

GRADE 5/6 SOCCER

The grade 5/6 tournament was held on September 29th, also in Rosenort. We were happy to have some grade 4 girls come along and help us out. Miss Siemens and Miss Lee coached our teams.

CROSS COUNTRY MEET

The divisional Cross Country Meet will be held on October 14th at St. Malo Provincial Park. Students in grades 3-8 are eligible to participate. Notes will be sent home with the students who are participating closer to that date to let parents know that their child will be going to the event. Parents are more than welcome to go and cheer the students on.

VOLLEYBALL

Practices have started for the volleyball season. The girls' team is being coached by Miss Bergen and Mrs. Landry, while the boys are being coached by Mrs. Brown and Miss Siemens. The tentative schedule is as follows:

- October 25th at 1:00 p.m. in Rosenort
- November 1st at 3:30 p.m. in Sanford
- November 8th at 1:00 p.m. in Rosenort
- November 22nd Volleyball Finals, time and location to be determined

Nutrition Bits and Bites!

Packing a Balanced Lunch

A Good-Tasting and Filling Lunch

Your child's school lunches and snacks are a major source of the essential vitamins and minerals they need in order to grow and develop over the years.

The foods you pack for your child will give them the energy and nutrients they need to learn and play at school. Without enough energy from food, they may feel tired and find it difficult to concentrate in class.



Ace the Lunch Packing Routine

- Pack something from each of the four foods groups.
- When introducing a new food, pack it along with something your child is familiar with and enjoys.
- Pack enough so your child can get filled up.
- Let your kids choose what and how much to eat from what you provide.
- Get your kids involved in packing their lunch.
- Pack what you can the night before school.
- Include something sweet or extra such as tortilla chips, dried fruit, pudding cups or a cupcake.

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.

2015-2016

Think outside the sandwich!

Get creative and mix and match the options in the different columns to get a variety of lunch meals .

Veggies and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Pepper strips (red, green, yellow)	Tortillas, flatbread, naan or pita bread	Yogurt cups, tubes, drinks	Hard cooked egg
Peas in a pod or snow pea pods	Dry cereal	Yogurt dip (tzatziki) for veggies	Leftover meat, chicken or fish
Baby corn	English muffins	Milk or fortified soy beverage	Chicken, turkey or ham slices
Cherry tomatoes	Oatmeal muffins	Cheese cubes, cheese string or cheese slices	Hummus (see recipe below)
Melon balls	Rice cakes	Milk-based pudding	Refried or baked beans
Apple sauce	Whole grain crackers	Cottage cheese	Hard cooked egg
Zucchini sticks	Chappati, roti	Milk-based soup	Peanut butter
Cauliflower and broccoli trees	Pasta, brown rice, couscous, quinoa	Cheese-filled pasta (cannelloni, ravioli)	Steamed soybeans (edamame)
Sliced mango	Bread sticks	Hot chocolate	Marinated cooked tofu

Spicy Hummus

Makes 6 servings

Ingredients

- 1 can (19oz) chickpeas, drained and rinsed (about 2 cups)
- 2 garlic cloves
- ¼ tsp. Ground cumin
- ¼ tsp. Ground coriander
- ¼ tsp. Hot pepper sauce (optional)
- 1 Tbsp. Freshly squeezed lemon juice

1. In blender or food processor, on medium speed, blend chickpeas, garlic, cumin, coriander and hot pepper sauce for 30 seconds or until finely chopped. Add lemon juice and blend until smooth.

Dietitians of Canada: Simply Great Food. 2007

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

Contact Dial-a-Dietitian 1-877-830-2892

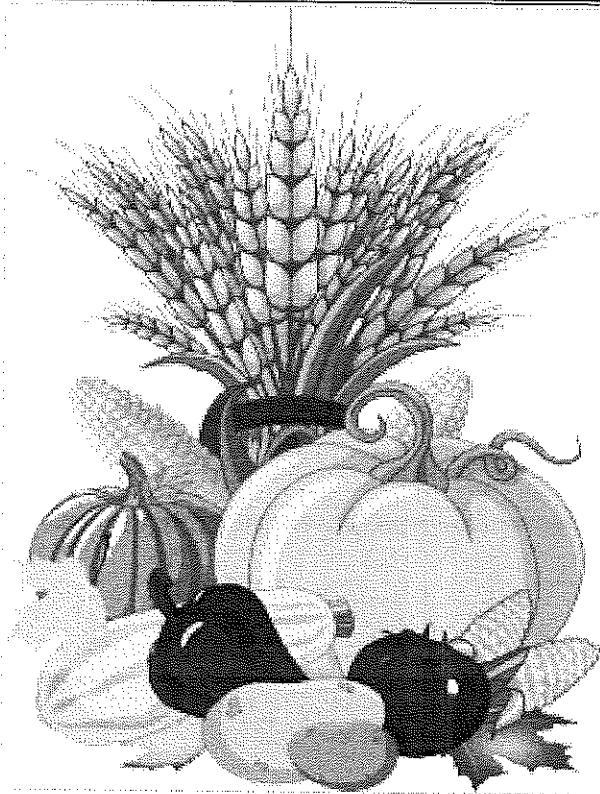
Health Links -1-888-315-9257

Nutrition Services Team T 204-388-2053

Created by Registered Dietitians from Southern Health - Santé Sud

May be photocopied in its entirety provided source is acknowledged.





Lowe Farm School

FALL SUPPER

Friday, November 4, 2016

5:00 – 7:00 p.m.

at the

Lowe Farm Community Centre

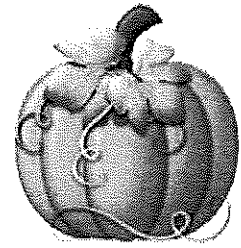
Adults: \$12.00

12 & Under: \$6.00

Preschool: Free



OCTOBER 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Mini pizza	4 Kindergarten, Preschool	5 Divisional PD Day—no classes	6 Kindergarten, Preschool, Picture Day	7 Hot dog	8
9	10 Thanksgiving Day—no classes	11 Kindergarten, Preschool, PTA meeting 5:00 p.m.	12 Mini pizza/ chips & salsa	13 Kindergarten, Preschool PTA Pizza Day	14 Kindergarten, Gr. 3-8 Cross Country Meet in St. Malo Hot dog	15
16	17 Gr. 7/8 Home Ec Mini pizza	18 Kindergarten, Preschool	19 Mini pizza/ chips & salsa	20 Kindergarten, Preschool, Mom's Pantry Products fundraiser pkgs. due	21 MTS PD Day -no classes	22
23	24 Mini pizza	25 Kindergarten, Preschool VB-1:00 in Rosenort	26 Mini pizza/ chips & salsa	27 Kindergarten, Preschool PTA Taco in a Bag Day	28 Kindergarten FALL FROLICS 1-3 p.m.	29
30	31 Gr. 7/8 Home Ec Mini pizza Hallowe'en				Nov. 4, 2016 Lowe Farm School Fall Supper 5-7 p.m.	

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: _____