



## North Mac CUSD #34

### Elementary School Information

217/965-5424

**Today is Wednesday, March 4th, 2020**

### News:

- Welcome March – National Nutrition Month!
  - Throughout this month, we will address good nutrition. Today, we start with “Nutrition: More than just eating your veggies.” There are endless opportunities to help your children become healthy eaters, which in turn helps improve self-esteem, reduces health risks, and sharpens focus in the classroom. (Excerpt from Action for Healthy Kids)

### Reminders:

- 3/9 – Pre-K – Second Period Reports go home with students
- 3/9 – OrganWise Guys at Elementary
- 3/9 – Kindergarten field trip to UIS
- 3/12 – High School Fine Arts Festival, 6p
- 3/12 – Pre-K Field Trip to DiCarlos, AM and PM classes
- 3/20 – Pre-K Field trip to Sportabouts – Various times throughout the day
- 3/23 – OrganWise Guys at Elementary
- 3/24 – Pre-K Family Night with Absolute Science – 6p-7:15p – Elementary Gym
- 3/25 – District Board Meeting, 6:30p, HS Media Center
- 3/25 – Report cards go home
- 3/25 - Manners Meal - K-2<sup>nd</sup>
- 3/30 -- Pre-K Nutrition Program with Macoupin Co. Cooperative Extension
- 4/7 – K-2 Math & Science Family Night – 6pm – Featuring “Wacky Science” presentation -- Elementary Gym
- 4/15 – Blood Drive for Liam Ireland at North Mac Elementary.

### Week at a glance:

- 3/4 – AM Pre-K classes Family Bowling – 10:45a – 11:45a – Showtime Lanes (RESCHEDULED from 2/26)
- 3/4 - Dismissal at 1:20p
- 3/6 – Father Daughter Dance – 6-8p – Girard Community Center -- \$5 per couple
- 3/7 -- North Mac Foundation Annual Dinner and Auction , 6p, Virden KC Hall – Tickets are \$30 each
- 3/8 – Spring Equinox, Set clocks forward one hour.

### Week's Menu:

- Wednesday, March 4 –  
Breakfast – Cinnamon Roll, Fruit, Juice and Milk  
Lunch – Corn Dog, Carrot Sticks w/Ranch, Cherry Tomatoes, Fruit and Milk
- Thursday, March 5 --  
Breakfast – Cereal w/Pop Tart, Fruit, Juice and Milk  
Lunch – Chicken Patty Sandwich, Garden Salad, Fruit and Milk
- Friday, March 6 --  
Breakfast – Dutch Waffle w/optional SF Syrup, Fruit, Juice and Milk  
Lunch – Cheese Pizza, California Blend Veggies, Sorbet and Milk