North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Wednesday, January 15th, 2020

News:

- Following are some guidelines from the October 2019 Sleep Council Online Newsletter on how much sleep your child needs. Focus on sleep quality, not quantity, and establish a good bedtime routine and just like adults, some children need more sleep, and some need less. There is no hard and fast rule, the general guide is toddlers need around 12 hours of sleep a night; children aged three to six – 10-12 hours; seven-12 years olds – 10-11 hours; and teenagers – around eight to nine hours.

Reminders:

- 1/27 – Permission slips and skate size are due for the Skatetime School Program®. North Mac School District will pay the student skate rental fee. On 2/4/2020 – The Physical Education in-house skating program (Skatetime School Programs®) will begin.
- 1/27 – StarLab at the school

Week at a Glance:

- 1/15/2020 – Early Dismissal – 1:20p
- 1/20 – Martin Luther King, Jr. Observance – NO SCHOOL
- 1/22 – Blood Drive at the High School
- 1/22 – Board Meeting 6:30p at the High School
- 1/24 is the final day that students will be participating in the middle of the year IREADY Benchmark testing on the computer. Please make sure your student gets an adequate amount of sleep (see suggested amount above), a good breakfast, and shows up to school on time!
- 2/14 is the final day - 5 Essentials Survey went home with your student(s). The survey can be accessed until February 14 using this link https://survey.5-essentials.org/illinois or the link on our Elementary web page, thanks to Mr. Langellier.

Week's Menu:

Wednesday, 1/15 –
Breakfast – Cinnamon Roll, Fruit, Juice, Milk
Lunch – Mostaccioli, Garlic Bread, Corn, Fruit, Milk

Thursday, 1/16 –
Breakfast – Cereal with Pop Tart, Fruit, Juice, Milk
Lunch – Chicken Nuggets, Mac N Cheese, Green Beans, Fruit, Milk

Friday, 1/17 –
Breakfast – Dutch Waffle, Fruit, Juice, Milk
Lunch – Pizza Rolls, Marinara Sauce, Steamed Broccoli, Sorbet, Milk

Monday, 1/20 –
NO SCHOOL

Tuesday, 1/21 –
Breakfast – Cereal with Nutrigrain Bar, Fruit, Juice. Milk
Lunch – Chicken Crispito, Salsa, Corn, Fruit, Milk