



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Friday, January 17th, 2020

News:

- Exercise Your Brain – Your brain is like a muscle – the more it is used the stronger it will become. Suggest that your child give their brain a workout with activities like using their non-dominant hand to throw a ball or to color. Learning to speak a foreign language or play a musical instrument are also known brain boosters. (Home & School Connection, October 2010)

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:

- 1/20 – Martin Luther King, Jr. Observance – NO SCHOOL
- 1/22 – Blood Drive at the High School
- 1/22 – Early 1:20p Dismissal
- 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 (The general guide is children aged three to six – 10-12 hours; seven-12 years olds – 10-11 hours.), 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:

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

Wednesday, 1/22 –

Breakfast – Breakfast Wrap, Fruit, Juice, Milk

Lunch – Mini Corn Dogs, Baked Beans, Fruit, Milk

Friday, 1/23 –

Breakfast – Cook's Choice

Lunch – Cook's Choice