



## North Mac CUSD #34

### Elementary School Information

217/965-5424

Today is Wednesday, November 20<sup>th</sup>, 2019

### News:

- Healthy Habits for Children: (KidsHealth.com)
  - Day 2: The Three Elements of Fitness
    - If you've ever watched a child on the playground, you've seen these elements: Endurance, Strength and Flexibility.
      - ✓ **Endurance** is when children get aerobic activity – large muscle are moving, heart beats faster, harder breathing which helps body deliver more oxygen to the cells. IE: basketball, bicycling, skating, soccer, walking, swimming, running, tennis, etc.
      - ✓ **Strength** is when muscles encounter resistance – push-ups, stomach crunches, pull-ups, climbing, handstand, wrestling, carry a backpack, etc.
      - ✓ **Flexibility** is when muscles are stretched – this allows muscles and joints to bend and move easily through their full range of motion. IE: Reaching for something stored on a high shelf, practice the splits, acrobatics, bending down to tie their shoes, monkey bars, flying a kite, etc.
- Happy Universal Children's Day! - United Nations Universal Children's Day was established in 1954 and is celebrated each year to promote international togetherness, awareness among children's issues worldwide, and improving children's welfare. Celebrate by having some fun with a child today!

### Reminders:

- Every Wednesday is School Improvement Early Dismissal at 1:20pm.
- 11/26 – Byron von Rosenberg, author of "I don't want to kiss a llama" will be our guest at 1pm.
- Thanksgiving Break – No School: 11/28-11/29
- Christmas Break – No School: 12/23-1/3. School resumes on Monday, January 6<sup>th</sup>, 2020.

### Week at a glance:

Wednesday, 1/20 - School Improvement Early Dismissal at 1:20pm.

Thursday, 11/21 – World "Hello" Day – The children will learn that word in several foreign languages.

Friday, 11/22 – The children's Thanksgiving meal will be served.

### Lunch Menus:

- Wednesday, November 20th -
  - Breakfast – Cinnamon Rolls, Fruit, Juice and Milk
  - Lunch – Chicken Crispito, Salsa, Steamed Broccoli, Fruit and Milk
- Thursday, November 21st -
  - Breakfast – Cereal w/Pop Tart, Fruit, Juice and Milk
  - Lunch – Toasted Ravioli, Marinara, Carrots w/Ranch, Frozen Yogurt and Milk
- Friday, November 22nd -
  - Breakfast – Dutch Waffle w/optional SF syrup, Fruit, Juice and Milk
  - Lunch – THANKSGIVING MEAL