



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Thursday, November 21st, 2019

News:

- Healthy Habits for Children: (KidsHealth.com)
 - Day 3: The Sedentary Problem
 - Kids & Teens are sitting around a lot more than they used to. They spend hours in front of a screen. Too much screen time and not enough physical activity add to the growing problem of childhood obesity and onset childhood diseases. Here are some ideas to limit screen time and encourage activity:
 - Limit screen time to 1 hour a day or less for children 2-5 years old. Limit screen time to 1 1/2 hours a day for children K-2nd grade. Discourage screen time for kids 0-18 months.
 - Keep “screen” devices out of the bedrooms of children.
 - Turn off screens during mealtimes. Instead, discuss activities of the day.
 - Encourage activity by having a chore each day that requires bending, stretching, lifting, etc.
 - Have some “run” time outside in the fresh air.
 - Organize an age appropriate scavenger hunt to get them moving in some way.

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 6th, 2020.

Week at a glance:

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:

- 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

GLANCE AT NEXT WEEK:

Monday, 11/25> Chicken strips w/mashed potatoes & gravy

Tuesday, 11/26> Tater tot casserole w/spinach salad

Wednesday, 11/27> Cook’s choice

Thursday, 11/28> NO SCHOOL – HAPPY THANKSGIVING!

Friday, 11/29> NO SCHOOL – ENJOY THE BREAK!