

# North Mac CUSD #34 Elementary School Information 217/965-5424 Today is Friday, November 22<sup>nd</sup>, 2019

### News:

- Healthy Habits for Children: (KidsHealth.com)
  - > Day 4: Raising Fit Kids Combining regular physical activity with a healthy diet is the key to a healthy lifestyle.
    - Help kids do a variety of age=appropriate activities. Set a regular schedule for physical activity.
      - Make being active a part of daily life, like taking the stairs instead of the elevator.
      - Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.
      - Be active as a family. Keep it fun, so your kids will come back for more.
- Great Holiday Reading:
  - Looking for a great gift idea for your children that will be fun and keep them reading during the Holiday breaks? We have the perfect idea! The author Byron Von Rosenberg will be visiting the Elementary school on November 26<sup>th</sup>, and he will signing books during that time. He will have books for sale which range from \$10-\$13, including the wildly popular "<u>I Don't Want to Kiss a Llama</u>." If you are interested in purchasing a gift for your child, without them knowing about it, please contact the office at the number above to make arrangements. We will be happy to help you play Santa!!
- "Support our Troops" Collection was a great success!
  - Thanks to all the families who supported our community service project for the month of November! NME packed 28 boxes for troops serving overseas (Plus a special one for our own Mrs. Ibberson's brother who is currently serving.) Lots of treats, personal care items, and homemade cookies filled those boxes to the rim. Topped with notes and pictures from the students, the packages were sent with a lot of love and appreciation for the liberties we experience every day! Don't forget to keep them in your best thought and prayers this Holiday season!

#### 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:

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

## Lunch Menus:

- 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!