



## North Mac CUSD #34

### Elementary School Information

217/965-5424

Today is Wednesday, November 6<sup>th</sup> 2019

### News:

- Time out for Nature: (excerpt from Home & School Connection)
  - Time spent enjoying nature has been shown to reduce stress and improve mental health. The outdoors is a great place to learn, as well. Enjoy these five activities with your youngster:
    - Search for spider webs and let them collect them by taking photos with your phone.
    - Find a place to sit quietly and listen to the birds. Can they spot the birds that make each sound?
    - Take a few deep breaths, and tell each other what outdoor scents you smell (pine, flowers...)
    - Look for different types of rocks. They can sort them according to size, shape and color.
    - Explore favorite outdoor places in all kinds of weather. Splash puddles on a rainy morning. Look for shadows on a sunny afternoon. Notice leaf shapes and colors. Feel the breeze as it blows.

### Reminders:

- 11/11 – Veteran’s Day Program, North Mac High School, 9am at the Berry Gymnasium.
- 11/12 – PTO Meeting @ NME at 6p – all are welcome!
- 11/13 -- Board Meeting -- @ NMHS – 6:30p in cafeteria - public invited!
- 11/13 – World Kindness Day – What will you do?
- 11/14 – Family Reading Night - 6p -7:15p - Come and enjoy the Dulcimer Guy
- 11/19 -- Picture re-take day.
- 11/26 – Byron von Rosenberg, author of “I don’t want to kiss a llama” will be our guest at 1pm.

### Week at a glance:

- Wednesday, November 6<sup>th</sup> – School Improvement Early Dismissal (1:20)

### Lunch Menus:

- Wednesday, November 6th -
  - Breakfast – Pancakes w/optional sugar free syrup, Fruit, Juice and Milk
  - Lunch – Ham & Cheese Sandwich, Carrot Sticks w/Ranch, Cherry Tomatoes, Fruit and Milk
- Thursday, November 7th -
  - Breakfast – Breakfast Wrap, Fruit, Juice and Milk
  - Lunch – Chicken Patty Sandwich, Garden Salad, Fruit and Milk
- Friday, November 8th -
  - Breakfast – Cereal w/Muffin, Fruit, Juice and Milk
  - Lunch – Pizza, California Blend Veggies, Sorbet and Milk
- Monday, November 11th -
  - Breakfast – Cereal w/Yogurt, Fruit, Juice and Milk
  - Lunch – Turkey & Cheese Sandwich, Baked Beans, Carrot Sticks w/Ranch, Fruit and Milk
- Tuesday, November 12th -
  - Breakfast – Mini Pancake Wraps w/optional sugar free syrup, Fruit, Juice and Milk
  - Lunch –Chicken Nuggets, Mac N Cheese, Green Beans, Fruit and Milk