



## North Mac CUSD #34

### Elementary School Information

217/965-5424

Today is Wednesday, December 18th, 2019

### News:

- Lost and Found -- Encourage your children to check the Lost and Found items before dismissal on Friday.
  - Anything left in the Lost and Found will be donated to Grace Place, Virden.
- Do you have plenty of brain stimulating activities and/or books to read during the holiday break?
  - Studies show that students who do not continue to stimulate their brain during long absences from school struggle to maintain current reading levels once they return.
  - This is the perfect time to pick fun and educational activities.
- According to an article written by Bari Walsh for the Harvard Graduate School of Education, music helps with the ability to remember and use what we know. It helps the brain switch gears and adjust to new demands. It is a key element not just of learning but of lifelong success.

Researchers at the Center on the Developing Child at Harvard University describe it as an air traffic control system for the mind — helping to manage streams of information, revise plans, stay organized, filter out distractions, cope with stress, and make healthy decisions. Children learn these skills first from their parents, through reliable routines, meaningful and responsive interactions, and play that focuses attention and stirs the beginnings of self-control.

### Reminders:

- 12/18 – TONIGHT - Board Meeting – HS Berry Gym – 6:30p
- 12/20 – End of Quarter 2
- 12/20 -- Ugly Sweater Day
- 12/20 -- Holiday Parties – 12:30p
- 12/20 -- Early Dismissal – 1:20p
- 12/23-1/6 Christmas Break – No School for Students
- 1/6/2020 - School Resumes

### Week at a Glance:

- Early Dismissal (1:20p) on Friday December 20.

### Week's Menu:

Thursday, 12/19 –

Cook's Choice/Breakfast and Lunch

Friday, 12/20 –

Cook's Choice/Breakfast and Lunch

Monday, 1/6/2020 –

Breakfast – Cereal with Yogurt, Fruit, Juice and Milk

Lunch – Sloppy Joes, Emoji Potato Smiles, Fruit and Milk

Tuesday, 1/7 –

Breakfast – Biscuits & Gravy, Fruit, Juice and Milk

Lunch – Crazy Walking Taco, Salsa, Refried Beans, Fruit and Milk