



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Monday

Monday, January 6th, 2020

News:

- Did You Know? Laughing releases feel-good hormones that relieve stress. Take time each day to enjoy a good laugh with your youngster. Write a joke on a sticky note, and put it on a placemat at the dinner table. Share a funny video you find, or play a game that will make everyone laugh, such as charades or Pictionary. (Home & School Connection, January 2019)
- Just For Fun – **Q:** What has one eye but can't see? **A:** A sewing needle! (Home & School Connection, January 2019)
- Researchers discovered that laughing increased both heart rate and calorie expenditure by up to 20 per cent – and the longer participants laughs the greater the effects. These scientists went on to calculate that just 15 minutes of laughter a day will burn 10 to 40 calories, depending on a person's weight and the intensity of the laughter. That's enough to shift between 1 and 4 lbs. a year. (Reported by Juliette Kellow a registered dietitian from Leeds Metropolitan University)

Reminders:

- 1/8/2020 – Wednesday 1:20p Early Dismissal
- 1/20/2020 – Martin Luther King, Jr. Observance – NO SCHOOL
- Box Tops for Education program change – be sure to read the information sheet as it makes it to your home via your child's backpack.

Week at a Glance:

- 1/8/2020 – Wednesday 1:20p Early Dismissal
- Report Cards go Home – January 10

Week's Menu:

Tuesday, 1/7/2020–

Breakfast – Biscuits & Gravy, Fruit, Juice and Milk

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

Wednesday, 1/8 –

Breakfast – Cereal with Muffin, Fruit, Juice and Milk

Lunch – Corn Dog, Carrot Sticks with Ranch Dressing, Cherry Tomatoes, Fruit and Milk

Thursday, 1/9 –

Breakfast – Pancake Bites (optional sugar free syrup), Fruit, Juice and Milk

Lunch – Chicken Patty Sandwich, Garden Salad, Fruit and Milk

Friday, 1/10 –

Breakfast – Donut Holes, Fruit, Juice and Milk

Lunch – Pizza, California Blend Veggie, Sorbet, Milk

Monday, 1/13/2020

Breakfast - Breakfast Bar, Fruit, Juice and Milk

Lunch – Turkey & Cheese Sandwich, Baked Beans, Carrot Sticks with Ranch, Fruit and Milk.