



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Tuesday, December 3rd, 2019

News:

- Three things that matter more than your child's obedience. (imperfectfamilies.com) Part one
 - A child's obedience is like the gold standard in parenting. When a child obeys, we feel like we're doing something right, and feel good. When a child disobeys, we panic. The focus, then, shifts to consequences and punishments.
 - What if, instead of basing our parenting "success" on the obedience factor, we stepped back to lay a strong foundation? To do that, we need to take "obedience" off its pedestal and put 3 more significant qualities in place.
 - Trust – Do they feel physically AND emotionally safe? Will you freak out if they come to you? Your kids need to know that grace comes first and nothing they do or say will change your love for them.
 - A Strong Relationship – Your children need to be known by you – this takes time, energy and patience. This might mean giving a hug instead of a timeout. Focus on CONNECTION before CORRECTION.
 - Curiosity – Am I being curious about the behavior or making assumptions? Being curious gives you and your child an opportunity to explore challenges, brainstorm solutions, and evaluate decisions together. It gives your child the skills, tools, and support they need, rather than hoping they figure it out on their own.

Reminders:

- 12/4 – Elementary Holiday Program, Berry Gym at the HS, 6:30p
- 12/9 – Christmas Card Day – Students will make homemade cards for troops and elderly
- 12/10 – PTO Meeting at NME, 6p
- 12/11 – Senior Citizens' Luncheon, 11a – South Campus Gym – RSVP to 217/627-2915
- 12/18 - Board Meeting – HS Berry Gym – 6:30p
- 12/20 – End of Quarter 2/Ugly Sweater Day/Holiday Parties – 12:30p/Early Dismissal – 1:20p
- Christmas Break – No School: 12/23-1/3. School resumes on Monday, January 6th, 2020.

Week at a glance:

- ❖ 12/4 – Elementary Holiday Program, Berry Gym at the HS, 6:30p – Notes going home today
- ❖ Countdown to end of the Quarter – Are your student's academics where you want them to be?

Week's Menu:

Tuesday, 12/3 –

Breakfast – Mini Pancake Wrap w/optional SF Syrup, Fruit, Juice and Milk

Lunch – Nachos, Salsa, Refried Beans, Fruit and Milk

Wednesday, 12/4 –

Breakfast – Cereal w/Muffin, Fruit, Juice and Milk

Lunch – Ham & Cheese Sandwich, Carrot Sticks w/Ranch, Cherry Tomatoes, Fruit and Milk

Thursday, 12/5 –

Breakfast - Pancake Bites w/optional SF Syrup, Fruit, Juice and Milk

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

Friday, 12/6 –

Breakfast – Donut Holes, Fruit, Juice and Milk

Lunch – Pizza, California Blend Veggie, Sorbet, and Milk