



## North Mac CUSD #34

### Elementary School Information

217/965-5424

Today is Thursday, March 12th, 2020

### News:

- It's Book Fair Time!
  - One of our favorite events is upon us again! Our Spring Book Fair is scheduled from March 30<sup>th</sup> until April 3<sup>rd</sup>. The children look forward to this event for months. To help encourage lifelong, strong reading habits, the children have the opportunity to "shop" for their favorites. We need "grown-up" reader/shoppers to help encourage the children with their choices; and also, teach them about handling money. Do you have a little bit of time that you could donate to our children? During the fair, the store will be open daily from 8-9am and 2:15-3pm. Your duties would be to help an individual child search for treasures with the monies sent from home. Everyone has a great deal of fun, and the children absolutely love it. If you can donate some time, please contact the school at the number listed above, and ask for the Book Fair Coordinator. She will be happy to work with your schedule. Thank you for helping support our students and their love of reading!
- National Nutrition Month – Eating on a Budget (cont.) Excerpt from "Action for Healthy Kids"
  - Stock up on whole grains, like brown rice, barley, and oats, plus beans or lentils. These are inexpensive items that add substance and nutritious benefits to many different kinds of meals.
  - Try eating well-balanced vegetarian meals more frequently. Meat is more expensive than proteins like eggs, beans, and legumes.
  - Don't let anything go to waste. Repurpose leftovers, and make sure to always use your produce. Cooking vegetables in a "kitchen sink" meal like soup, chili or stir fry, is a great way to use up produce and make the most of your meal dollars.

### Reminders:

- 3/20 – Pre-K Field trip to Sportabouts – Various times throughout the day
- 3/23 – OrganWise Guys at Elementary
- 3/24 – Pre-K Family Night with Absolute Science – 6p-7:15p – Elementary Gym
- 3/25 – District Board Meeting, 6:30p, HS Media Center, Elementary Providing Presentation to Public. Public is invited.
- 3/25 – Report Cards Go Home
- 3/25 – Manners Meal – K-2<sup>nd</sup> Grade
- 3/30 – Pre-K Nutrition Program w/Macoupin Co Cooperative Extension
- 3/30 to 4/3 – Spring Book Fair – Children's store 8a-9a & 2:15p-3p daily. VOLUNTEERS NEEDED
- 4/7 – K-2 Math & Science Family Night – 6pm – Featuring "Wacky Science" Presentation – Elementary Gym
- 4/15 – Blood Drive for Liam Ireland at North Mac Elementary

### Week at a glance:

- 3/12 – High School Fine Arts Festival, 6p
- 3/12 – Pre-K Field Trip to DiCarlos, AM and PM classes

### Week's Menu:

- Thursday, March 12 --  
Breakfast – Pancake Bites w/optional SF Syrup, Fruit, Juice and Milk  
Lunch – Chicken Nuggets, Mac N Cheese, Steamed Broccoli, Fruit and Milk
- Friday, March 13 --  
Breakfast – Cereal with Muffin, Fruit, Juice and Milk  
Lunch – Cheese Pizza, Carrot Sticks w/Ranch, Cherry Tomatoes, Sorbet and Milk