



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Thursday, March 5th, 2020

News:

- National Nutrition Month – So How Can You Encourage Good Nutrition?
 - Just like with all learning experiences, it's far more enjoyable if you explore yourself!
 - Find out the nutritional breakdown of some of your favorite foods. If they are not quite as healthy as you would like, what can you do to make them more nutritious? Add some vegetables? Substitute a leaner protein? Smaller portion sizes? Find an alternative recipe?
 - Canned vegetables and protein sources can be a great way to augment a meal. However, you can significantly lower the sodium content of a dish by simple rinsing canned products. Pouring the liquid off reduces some of the sodium, but giving the contents a good rinse will make a great difference.
 - Not all carbs are created equally. Brown rice and whole wheat pasta are great substitutions for many dishes. They add a sense of fullness that helps with digestion. Veggie pasta options are a great substitution and fun for the kiddos.
 - Hydration is an important part of health. Take the One Week Challenge: Substitute water for your beverage of choice for one week. At the end of the week, gauge how you feel compared to the previous week. If a week is too long, start with every other day. Many people have been surprised by how much they enjoy this change after just a few days.

Reminders:

- 3/9 – Pre-K – Second Period Reports go home with students
- 3/9 – OrganWise Guys at Elementary
- 3/9 – Kindergarten field trip to UIS
- 3/12 – High School Fine Arts Festival, 6p
- 3/12 – Pre-K Field Trip to DiCarlos, AM and PM classes
- 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

Week at a glance:

- 3/6 – Father Daughter Dance – 6-8p – Girard Community Center -- \$5 per couple
- 3/7 -- North Mac Foundation Annual Dinner and Auction , 6p, Virden KC Hall – Tickets are \$30 each
- 3/8 – Spring Equinox, Set clocks forward one hour.

Week's Menu:

- Thursday, March 5 --
Breakfast – Cereal w/Pop Tart, Fruit, Juice and Milk
Lunch – Chicken Patty Sandwich, Garden Salad, Fruit and Milk
- Friday, March 6 --
Breakfast – Dutch Waffle w/optional SF Syrup, Fruit, Juice and Milk
Lunch – Cheese Pizza, California Blend Veggies, Sorbet and Milk