



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Monday, March 9th, 2020

News:

- National Nutrition Month – EATING TOGETHER
 - Sitting down to eat as a family at home with your kids costs less than eating out and also helps create healthy eating habits. It introduces more quality time together, especially if you get kids involved with cooking or food prep. Eating as a family causes everyone to slow down, and as a result of slowing down, we tend to be more conscious of what we are consuming.
 - It can take up to 20 minutes for the brain to register fullness. Talk about your day. Your stomach will tell you when to stop!

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-2nd 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:

- 3/9 – Pre-K – Second Period Reports go home with students
- 3/9 – OrganWise Guys at Elementary
- 3/9 – Kindergarten field trip to UIS
- 3/11 – 1:20 Dismissal for School Improvement Meetings
- 3/12 – High School Fine Arts Festival, 6p
- 3/12 – Pre-K Field Trip to DiCarlos, AM and PM classes

Week's Menu:

- Monday, March 9 --
Breakfast – Chocolate Bread Slice, Fruit, Juice and Milk
Lunch – Turkey & Cheese Sandwich, Baked Beans, Carrot sticks w/Ranch, Fruit and Milk
- Tuesday, March 10 --
Breakfast – Cereal w/Nutrigrain Bar, Fruit, Juice and Milk
Lunch – Mostaccioli, Garlic Bread, Corn, Fruit and Milk
- Wednesday, March 11 --
Breakfast – Breakfast Pizza, Fruit, Juice and Milk
Lunch – Cheeseburger, Tater Tots, Fruit and Milk
- 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