



North Mac NMIS/NMMS December Newsletter

2019

Cold/Flu Season

The cold and flu season has begun and missing school can often have a negative impact on a child's educational progress. WebMD has some tips to avoid getting sick and missing school:

1. Exercise regularly
2. Wash your hands- frequently
3. Get enough sleep

Dressing for the weather is also helpful. Students need to keep warm with a coat, gloves, hat and scarf. This will help keep them from the outside elements during recess. If your student is sick, please notify the office that he/she will not be attending school. However, when we can avoid being sick it means less time missed from school, which is important for the student's academic success. Students are the most important people in the school, and we always want them here.

Happy Holidays!

Family Time/Learning Tips for the holidays:

- Create a budget
- Cook together
- Make greeting cards and gifts- to practice handwriting and creative writing
- Play games- play board and trivia games to enjoy quality time together
- Enjoy the great outdoors- to promote physical activity (especially if it snows!)
- Read every day- to support those important literacy skills

Screen Time- How Much Is Too Much?

For kids of all ages, screen time should not replace time needed for sleeping, eating, playing, studying, and interacting with family and friends.

TIPS FOR PARENTS:

- Research video and computer games before getting them for your child.
- Preview games and even play them with your child to see what they're like before you let your child play alone.
- Make sure kids have a variety of free-time activities (reading, friends, sports, biking)
- Turn off all screens during family meals and at bedtime
- Spend time with your child without screens
- Teach your child about Internet safety and proper social media use.

Winter Programs

The NMMS Winter Program will be rescheduled. The NMIS Winter Program will be December 17th at 6:00. Our students are working hard to prepare, and we hope to see everyone there! The NMMS winter dance will be on December 7th in the cafeteria from 7:00-9:00. Entry is \$2 or 2 canned goods.

monday	tuesday	wednesday	thursday	friday
2	3	4 Penguin Patch Shop 1:30 Dismissal	5 Penguin Patch Shop	6 Penguin Patch Shop Math Facts Comp.
9	10	11 1:30 Dismissal	12	13
16	17 NMIS Winter Program 6:00	18 1:30 Dismissal	19	20 1:30 Dismissal
23 No School Winter Break	24 No School Winter Break	25 No School Winter Break	26 No School Winter Break	27 No School Winter Break
30 No School Winter Break	31 No School Winter Break			