



## North Mac CUSD #34

### Elementary School Information

217/965-5424

Today is Thursday, March 18th, 2021

### News:

Ideas to help you eat more greens around St. Patrick's Day (and throughout the year) \*Source: Intermountain Health Care

Vegetables Strengthen Your Bones -- A health study indicates that individuals who eat more than 110 mcg of vitamin K a day (about ½ cup cooked) are 30% less likely to break a hip. A number of vegetables are high in calcium and vitamin K, which can keep your bones healthy. Top contenders to consider are: **Kale, Spinach, Turnip Greens, Swiss Chard, Mustard Greens, Romaine and Green Leaf Lettuce.** Here are some practical tips to increase the number of greens on your plate: Plan ahead. Buy lots of veggies during your weekly trip to the grocery store and chop them up all at once, so they're ready to use throughout the week. Keep some frozen vegetables on hand – they're actually high in nutrients and super convenient to use. Make yourself a salad instead of eating salty snacks with no nutrition. Your taste buds will soon start to crave the good stuff!

### Reminders/Calendar:

- 3/24 – Report Cards Go Home w/Students
- 3/25 – First of the FREE Illinois Extension Office after school programs. Contact: [econrady@illinois.edu](mailto:econrady@illinois.edu)
- 3/30 – Kindergarten Screening for 2021/2022 – 12pm to 7pm/Elementary Gym by appointment
- 3/31 – Kindergarten Screening for 2021/2022 – 8:30am to 12:30pm/Elementary Gym by appointment
- 3/31 – Dr. Seuss Reading Challenge Deadline
- 4/1 - FREE Illinois Extension Office after school program. Contact: [econrady@illinois.edu](mailto:econrady@illinois.edu)
- 4/2 – Deadline for 5Essentials survey - Link for parents - <http://survey.5-essentials.org/illinois/survey/parent/>
- 4/2 & 5 – Easter Break – No School
- 4/8 – North Mac Foundation Brisket Dinner – Pick up at HS - \$25 each – See homepage for details.
- 4/8 - FREE Illinois Extension Office after school program. Contact: [econrady@illinois.edu](mailto:econrady@illinois.edu)
- 4/15 - FREE Illinois Extension Office after school program. Contact: [econrady@illinois.edu](mailto:econrady@illinois.edu)
- 4/22 - FREE Illinois Extension Office after school program. Contact: [econrady@illinois.edu](mailto:econrady@illinois.edu)
- 4/29 - FREE Illinois Extension Office after school program. Contact: [econrady@illinois.edu](mailto:econrady@illinois.edu)

**Week's Menu:** (Each day for breakfast the children will enjoy a fruit, a juice and a milk. For lunch they will enjoy a vegetable, a fruit and a milk.)

Thursday the 18 <sup>th</sup> --	Bfast – Cook's Choice	Lunch – Cheeseburger
Friday the 19 <sup>th</sup> --	Bfast – Donut	Lunch – Cheese Pizza

PS: That Silly Leprechaun got loose in the Elementary building yesterday for St. Patrick's Day, and pulled all kinds of Shenanigans!! We saw him run out the back door laughing and carrying a big bunch of broccoli!!!!