



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Thursday, April 8th, 2021

News:

SPRING IS THE MOST DESIRED SEASON – (mentalfloss.com)

1. Moderate Temps – People are most agreeable when the temps around their body are between 69 and 71 degrees.
2. More Daylight – Sunlight is a mood booster and decreases mental stress.
3. Birds Return – Studies show watching birds increases mental health significantly.
4. Baby Animals – Watching baby animals run around is shown to increase focus.
5. Safety Increases – Crime rates, particularly robbery, drop in the Spring.
6. More Time Outdoors – Spending at least 30 minutes outside contributes to a healthy heart rate, more relaxation, elevated mood and better memory.
7. More Creative – Alters thought processes and makes us more open to new information and images.
8. Leaves Come Back to the Trees – Green stimulates brain activity. New vegetation mitigates heat increases. Increased moisture in the air can alter temps by 9 degrees.
9. Plants absorb Carbon Dioxide – Releases fresher, cleaner air for breathing.
10. Fresh Produce Becomes Available – This increases happiness and life satisfaction, not to mention good for your physical body.
11. Flowers Return – Increases positivity and lowers anxiety.
12. Allows Outdoor Exercise – This increases energy levels and promotes healthier breathing.
13. Absorption of Vitamins – Your largest organ, your skin, begins to absorb lovely Vitamin D.

Reminders/Calendar:

- 4/15 - FREE Illinois Extension Office after school program. Contact: econrady@illinois.edu
- 4/22 - FREE Illinois Extension Office after school program. Contact: econrady@illinois.edu
- 4/22 – Earth Day – Make your yard an oasis for birds and creatures to enjoy nature or start a recycling program at your home/office.
- 4/28 – Board Meeting at High School - 6:30p (Limited seating due to Covid restrictions. Please call 217/627-2915 to make reservation.)
- 4/29 - FREE Illinois Extension Office after school program. Contact: econrady@illinois.edu
- 4/30 – Arbor Day – Plant a Tree! Students will be encouraged to wear something green that day.
- 5/26 – Board Meeting at High School - 6:30p (Limited seating due to Covid restrictions. Please call 217/627-2915 to make reservation.)
- 6/23 - Board Meeting at High School - 6:30p (Limited seating due to Covid restrictions. Please call 217/627-2915 to make reservation.)

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 8th –
Friday the 9th –

Bfast – Mini Pancakes
Bfast – Mini Donuts

Lunch – Turkey and Cheese Sandwich
Lunch – Cheese Pizza