



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Friday, April 9th, 2021

News:

*If your child needs help learning to participate more in class, try this suggestion: As part of homework, decide on one question or comment about the material they can share in class the next day. Practicing what they plan to say prepares them to speak up.

*What does respect mean? Showing respect will be easier for your youngster if they know what respect sounds like and looks like in everyday life. Here is an idea: Make a quote board – Using poster board, make a “sounds of respect” bulletin board. When a family member hears respectful language, they can write it on a sticky note and add it to the board. This is a great exercise for all family members. We all need to be reminded to be respectful sometimes.

*Did you know that laughing releases feel good hormones that relieve stress? Take time each day to enjoy a good laugh with someone. Write a joke on a sticky note and put it on a place mat at dinner. Share a funny video or play a game that will make everyone laugh such as Charades or Pictionary.

*What has one eye but can't see? (a sewing needle.)

*What is black and white and black and white and black and white? (a penguin rolling down a hill)

*What is black and white and red all over? (a zebra with a sunburn)

*Catch them in the act – “Catch” your child being responsible and tell them you noticed. You could even snap a photo of their responsible behavior, print it out, and hand it on the fridge for more impact.

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.)

Friday the 9th –	Bfast – Mini Donuts	Lunch – Cheese Pizza
Monday the 12th –	Bfast – Pop Tart w/Cereal	Lunch – Chicken Patty on Bun
Tuesday the 13th –	Bfast – Cinnamon Roll	Lunch – Toasted Ravioli
Wednesday the 14th –	Bfast – Cook's Choice	Lunch – Cook's Choice
Thursday the 15th –	Bfast – Yogurt w/Cereal	Lunch – Cheeseburger
Friday the 16th –	Bfast – French Toast Sticks	Lunch – Italian Dunkers w/Dipping Sauce