



## North Mac CUSD #34

### Elementary School Information

217/965-5424

**Today is Tuesday, August 10th, 2021**

### NME News

#### **It's almost time to return to school!**

REMINDER for parents/guardians: If you have not registered your student for the upcoming school year, please do so immediately. If you need assistance, please contact the School office at the number listed above to help. We look forward to seeing you on the first day – August 17<sup>th</sup> at 8am!!

Stop, Drop and Go! Thursday, August 12<sup>th</sup> from 5-7pm. Come to the school, meet the teacher, see the classroom, and drop off your student's supplies. **Masks are required during your stay inside the building.** Thank you for your cooperation, and we will see you Thursday.

Back to School Tips: Studies have shown students thrive when structure is the norm in their lives. To help transition your student to the structure of school, try some of these Back to School Tips:

Earlier Bed Time – Children age 10 and under require 9-10 hours of quality sleep nightly.

Increase Water Intake – New information is coming forth proving hydration of the brain assists with learning new concepts.

More Veggies/Less Junk – Natural foods carry the vitamins and minerals which keep the mind and body healthy.

Get Excited! – Talk it up! Helps the student get excited about new experiences, new friends and learning new ideas.

### Reminders/Calendar:

#### August

12<sup>th</sup> – Stop Drop and Go – 5-7pm

16<sup>th</sup> – Teacher Institute Day

17<sup>th</sup> – First Day of School – 8am to 2:50pm

#### September

6<sup>th</sup> – Labor Day – No School

9<sup>th</sup> – Open House/Book Fair -- 5-7pm

10<sup>th</sup> – Patriot Day (Students/Staff wear patriotic wear and/or colors)

30<sup>th</sup> – NME School Pictures

#### October

6<sup>th</sup> – Parent/Teacher Conferences – 3-8pm

7<sup>th</sup> – Parent/Teacher Conferences – 3-8pm

8<sup>th</sup> – No School

11<sup>th</sup> – Columbus Day – No School

12<sup>th</sup> – Teacher Institute Day - No School for Students

15<sup>th</sup> – End of Quarter One

22<sup>nd</sup> – Q1 Report Cards Go Home with Students

### 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.)

Monday, August 16<sup>th</sup>

No School

Tuesday, August 17<sup>th</sup>

Breakfast: Toast w/Cereal

Lunch: Quesadilla, Corn

Wednesday, August 18<sup>th</sup>

Breakfast: Cheese Omelet w/Toast

Lunch: Mini Corn Dogs, Baked Beans

Thursday, August 19<sup>th</sup>

Breakfast: Muffin w/Cereal

Lunch: Sub Sandwich w/Chips and Carrots w/Dip

Friday, August 20<sup>th</sup>

Breakfast: Pop Tart w/Cereal

Lunch: Pizza, Garden Salad, Ice Cream Cup