



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Wednesday, January 13th, 2021

News:

- **BREAKING NEWS!**
 - **The Board has voted to return to in person schooling for all students beginning, Tuesday, January 19, 2021. All regular attendance students are expected to report to the school building on that date at 8am, with devices, for in person learning. All students will attend every day. Dismissal will be extended to 2:15pm. More information will follow.**

Reminders:

- This week officially begins the Third Quarter for the school year.
- No School on Monday, the 18th in honor of MLK Jr. Day.
- Return to In Person Learning, beginning at 8am.
- Quarter Two report cards will go home January 22nd.

Week at a glance:

- This Friday, the 15th, there will be no remote learning for the students. Enjoy the long weekend!

Week's Menu:

- Since there is no menu for this week, please see below for some great ideas!
 - For a terrific, healthy snack, always pair a carbohydrate with a protein. For example, enjoy some cheese with your apple. Or try some peanut butter with your banana.
 - Milk has both carbohydrates and protein. It makes a great afternoon pick-me-up.
 - Spending time with a pet helps calm the nerves for both the very young and the very old. But, those of us in the middle certainly can enjoy it too!
 - For a quick energy surge, take a brisk five minute walk around your yard. Breathe deeply while you do so. This will help cognitive ability and help expel those nasty germs we intake.
 - Studies have shown that humming to yourself can help drive away the winter blahs.