



North Mac CUSD #34

Elementary School Information

217/965-5424

Today is Thursday, September 3rd, 2020

News:

- ✚ Here are a few helpful hints to make remote learning days a little less stressful: ([Care.com/resources/school & education](https://www.care.com/resources/school-education))
 - Alter your students' sleep schedule to add a few extra zzz's the night before remote learning. This should help with "screen time" fatigue.
 - Dress for success. Jammies and "comfy" clothes tell a student it's down time. Clean faces, brushed teeth, and fresh, clean clothes helps a student have confidence.
 - Having extra "read" time helps strengthen cognition and mental discipline for the student.
 - Encourage the student to share how they are feeling with the new experiences. You may be able to alleviate some of their concerns simply by listening.
 - Organize lunch items in one part of the fridge for fast/easy lunch prep. Have the students help plan.
 - Hydrate, hydrate, hydrate...the brain works best with fresh, clean water.
 - Plan for active after school activities to help them burn off some pent up stress/calories from long "screen time" sessions.
 - Young students may need some afternoon rest time after such an information filled day.
 - Colored pocket folders can help your child organize their classes and any paperwork they might have. Left pocket can be "Needs to be done" and the right pocket "Return to Teacher." Feel free to make them however works best for you and your situation.
 - Rewards can be a very effective motivator. Help the students embrace new experiences with a type of reward that excites them. Have a reward for yourself as the parent, too!
 - Don't forget to give yourself some time to learn, organize, and accomplish these changes. Remember, you have a successful day too.

Reminders:

- 9/7 – HAPPY LABOR DAY!! No school -- Enjoy Family Time!
- 9/28 & 9/29 – School Photo Days: 9/28 for Cohort A and 9/29 for Cohort B. Flyers will be posted on Dojo soon.
- 9/30 – District Board Meeting, 6:30p, HS Media Center. NOTE: Due to the COVID-19 restrictions, this meeting will be limited to 50 attendees total. If you wish to attend, you must pre-register by contacting Aprille Kuhar by email at: AKuhar@northmacschools.org no later than 4:00 PM on September 26th. Attendees will be registered on a first come, first serve basis. Masks must be worn by ALL attendees.

Week at a glance:

- 9/3 – Cohort "A" Attendance Day
- 9/4 – Cohort "B" Attendance Day

Week's Menu:

- Thursday, 9/3 --
Breakfast – Cook's Choice, Fruit/Juice and Milk
Lunch – Cook's Choice, Fruit/Juice and Milk
- Friday, 9/4 –
Breakfast – Cook's Choice, Fruit/Juice and Milk
Lunch – Cook's Choice, Fruit/Juice and Milk