

Families Making the Connection

Whole School, Whole Community, Whole Child

Recognizing the linkage between health and academic achievement, the North Carolina State Board of Education passed a *Whole School, Whole Community, Whole Child Resolution*. In healthy schools, children are more alert and focused on learning and miss less school. They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communities.

The Whole School, Whole Community, Whole Child (WSCC) coordinated school health model includes ten components:

- Health Education
- Physical Education/Activity
- Nutrition Environment & Services
- School Health Services
- Counseling, Psychological & Social Services
- Social & Emotional Climate
- Physical Environment
- Staff Wellness
- Family Engagement
- Community Involvement

With all of these components in place and working together, students will be healthier in school and in class and ready to learn.

Please support the connection between health and academics at your school. For more info and resources on school health in North Carolina, visit www.nchealthyschools.org.

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month
- National Bean Day (January 6)

THE POINT COLLEGE PREPARATORY & LEADERSHIP ACADEMY 9-11 JANUARY LUNCH

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
		TACO SALAD W/NACHO CHEESE SHREDDED LETTUCE BLAK EYED PEAS FRUIT COCKTAIL ORANGES LOW FAT OR SKIM MILK	FRIED CHICKEN W/G DINNER ROLL MASHED POTATOES YELLOW CORN DICED PEACHES ORANGES LOW FAT OR SKIM MILK	PIZZA ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT LOW FAT OR SKIM MILK
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
CHICKEN FILLET SANDWHICH PINTO BEANS YELLOW CORN APPLESAUCE ORANGES LOW FAT OR SKIM MILK	MEATBALLS W/GRAVY MASHED POTATOES BROCCOLI PINEAPPLE TIBITS ORANGES LOW FAT OR SKIM MILK	FRIED CHICKEN W/G DINNER ROLL GREEN BEANS YELLOW CORN ORANGES APPLES LOW FAT OR SKIM MILK	CHICKEN FAJITAS W/SALSA SHREDDED LETTUCE BLACK BEANS FRUIT COCKTAIL LOW FAT OR SKIM MILK	PIZZA ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT LOW FAT OR SKIM MILK
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
NO SCHOOL MARTIN LUTHER KING HOLIDAY	CHICKEN NUGGETS W/G ROLL PINTO BEANS YELLOW CORN ORANGES LOW FAT ORSKIM MILK	BAKED CHICKEN W/G ROLL MASHED POTATOES GREEN BEANS TROPICAL FRUIT MIX ORANGES LOW FAT OR SKIM MILK	DELI TURKEY &CHEESE SANDWHICH FRESH CARROTS W/RANCH RESH CELERY STICKS APPLESAUCE YOGURT(BERRY) LOW FAT ORSKIM MILK	EARLY RELEASE PIZZA ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT LOW FAT OR SKIM MILK
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
BAKED SPAGHETTI YELLOW CORN DICED TOMATOES ORANGES LOW FAT OR SKIM MILK	CHICKEN FILLET SANDWHICH GREEN BEANS MASHED POTATOES FRUIT COCKTAIL LOW FAT OR SKIM MILK	FRIED CHICKEN W/G DINNER ROLL BROCCOLI &CHEESE YELLOW CORN ORANGES APPLES LOW FAT OR SKIM MILK	BBQ MEATBALLS MASHED POTATOES GREEN BEANS PINEAPPLE TIBITS ORANGES LOW FAT OR SKIM MILK	PIZZA ROMAINE SALAD MIX W/ RANCH ORANGES FRESH FRUIT LOW FAT OR SKIM MILK
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
TACO SALAD W/NACHO CHEESE SHREDDED LETTUCE YELLOW CORN FRUIT COCKTAIL ORANGES LOW FAT OR SKIM MILK	BAKED SPAGHETTI GREEN BEANS DICED TOMATOES ORANGES FROZEN FRUITCUPS LOW FAT OR SKIM MILK	CHICKEN NUGGETS W/G DINNER ROLL FRESH CARROTS W/RANCH DIP ORANGES LOW FAT OR SKIM MILK		



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>