

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 PREPARATOR & LEADERSHIP ACADEMY K-11 JANUARY BREAKFAST MENU

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
PANCAKES W/SYRUP SAUSAGE LINKS	WHOLE GRAIN GOLDEN GRAHAM CEREAL BAR	WHOLE GRAIN BREAKFAST BURRITOS	WHOLE GRAIN DANISHES	APPLE CINNAMON OATS W/G GOLDFISH GRAHAMS
ORANGES FRUIT COCKTAIL	100% JUICE	FRESH FRUIT	100% JUICE	FRESH FRUIT
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
WHOLE GRAIN BREAKFAST BURRITOS	CORN FLAKES W/G GRAHAM CRACKERS	WHOLE GRAIN DANISHES	WHOLE GRAIN NUTRI GRAIN BARS W/G APPLE CINNAMON GRANOLA BARS	WHOLE GRAIN FRENCH TOASTSTICKS W/SYRUP
APPLESAUCE ORANGES	100% JUICE	FRESH FRUIT	100% JUICE	FRESH FRUIT
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
NO SCHOOL	WHOLE GRAIN DANISHES	WHOLE GRAIN NUTRI GRAIN BARS	WHOLE GRAIN CINNAMON TOAST CRUNCH BARS	EARLY RELEASE CHEERIOS W/G GRAHAM CRACKERS
MARTIN LUTHER KING HOLIDAY	100% JUICE	FRESH FRUIT	100%JUICE	FRESH FRUIT
	LOW FAT ORSKIM MILK	LOW FAT OR SKIM MILK	LOW FAT ORSKIM MILK	LOW FAT OR SKIM MILK
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
W/G PANCAKE W/SYRUP SAUSAGE LINKS	W/G OATS & HONEY GRANOLA BAR W/G GOLDFISH GRAHAMS	W/G BREAKFAST BURRITO	W/G DANISHES	APPLE CINNAMON OATS CEREAL W/G GOLDFISH GRAHAMS
APPLESAUCE ORANGES	100%JUICE	FRESH FRUIT	100% JUICE	FRESH FRUIT
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
W/G BLUEBERRY MUFFINS	W/G DANISHES	W/G NUTRI GRAIN BARS		
APPLESAUCE ORANGES	100% JUICE	FRESH FRUIT		
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK		



Developed by School Nutrition Services, N.C. Department of Public Instruction. NCDPI and USDA are equal opportunity providers and employers. 6/17 <http://childnutrition.ncpublicschools.gov>