

## 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](http://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-8 JANUARY LUNCH MENU

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