

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 January 9-12 Lunch Menu

| | Tuesday, January 1 | Wednesday, January 2 | Thursday, January 3 | Friday, January 4 |
|---|--|--|---|---|
| | CHRISTMAS BREAK NO SCHOOL | CHRISTMAS BREAK NO SCHOOL | CHRISTMAS BREAK NO SCHOOL | TEACHER WORKDAY NO SCHOOL |
| Monday, January 7 | Tuesday, January 8 | Wednesday, January 9 | Thursday, January 10 | Friday, January 11 |
| SLOPPY JOE W/G HAMBURGER BUN | FRIED CHICKEN W/G ROLL | MEATBALLS W/ GRAVY W/G ROLL | TACO SALAD W/ NACHO CHEESE W/G TORTILLA CHIPS | PIZZA |
| TATER TOTS BROCCOLI & CHEESE DICED PEACHES FRESH FRUIT | SWEET POTATOES YELLOW CORN PINEAPPLE TIDBITS FRESH FRUIT | BROWN RICE STEAMED CARROTS GREEN BEANS DICED PEARS FRESH FRUIT | SHREDDED LETTUCE PINTO BEANS MANDARIN ORANGEZS FRESH FRUIT | YELLOW CORN CUCUMBER SALAD APPLESAUCE 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 14 | Tuesday, January 15 | Wednesday, January 16 | Thursday, January 17 | Friday, January 18 |
| PHILLY CHEESESTEAK W/G HOAGIE BUN ONIONS & PEPPERS | BAKED SPAGHETTI W/G ROLL | CHICKEN & RICE CASSEROLE W/G ROLL | BBQ MEATBALLS W/G ROLL | PIZZA |
| YELLOW CORN MANDARIN ORANGES FRESH FRUIT | GREEN BEANS STEAMED CARROTS DICED PEARS FRESH FRUIT | STEAMED BROCCOLI YELLOW CORN DICED PEARS FRESH FRUIT | MASHED POTATOES PINTO BEANS PINEAPPLE TIDBITS FRESH FRUIT | FRESH CARROTS W/RANCH FRESH CELERY DICED PEACHES FRESH FRUIT |
| LOW FAT OR SKIM MILK | LOW FAT OR SKIM MLK | LOW FAT OR SKIM MILK | LOW FAT OR SKIM MILK | LOW FAT OR SKIM MILK |
| Monday, January 21 | Tuesday, January 22 | Wednesday, January 23 | Thursday, January 24 | Friday, January 25 |
| MLK HOLIDAY NO SCHOOL | TACO SALAD W/ NACHO CHEESE W/G TORTILLA CHIPS | BAKED CHICKEN W/G ROLL | SLOPPY JOE W/G HAMBURGER BUN | PIZZA |
| | SHREDDED LETTUCE YELLOW CORN MANDARIN ORANGES FRESH FRUIT | PINTO BEANS MIXED VEGETABLES FRESH ORANGES FRESH FRUIT | TATER TOTS BROCCOLI & CHEESE PINEAPPLE TIDBITS FRESH FRUIT | BABY CARROTS W/ RANCH FRESH CELERY APPLESAUCE FRESH FRUIT |
| | LOW FAT OR SKIM MILK | LOW FAT OR SKIM MILK | LOW FAT OR SKIM MILK | LOW FAT OR SKIM MLK |
| Monday, January 28 | Tuesday, January 29 | Wednesday, January 30 | Thursday, January 31 | |
| CHICKEN & RICE CASSEROLE W/G ROLL | BAKED SPAGHETTI W/G ROLL | PHILLY CHEESESTEAK W/G HOAGIE BUN ONIONS & GREEN PEPPERS | MEATBALLS W/ GRAVY W/G ROLL | |
| STEAMED BROCCOLI PINEAPPLE TIDBITS FRESH FRUIT | GREEN PEAS DICED PEACHES FRESH FRUIT | YELLOW CORN FRESH ORANGES FRESH FRUIT | MASHED POTATOES GREEN BEANS DICED PEARS FRESH FRUIT | |
| LOW FAT OR SKIM MILK | LOW FAT OR SKIM MILK | LOW FAT OR SKIM MILK | LOW FAT OR SKIM MILK | |



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<http://childnutrition.ncpublicschools.gov>