

## 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 Preparatory & Leadership Academy January K-12 Breakfast Menu

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	<b>CHRISTMAS BREAK NO SCHOOL</b>	<b>CHRISTMAS BREAK NO SCHOOL</b>	<b>CHRISTMAS BREAK NO SCHOOL</b>	<b>TEACHER WORKDAY NO SCHOOL</b>
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
PANCAKES W/SYRUP TURKEY BACON	GRITS W/ CINNAMON ROLLS	W/G BLUEBERRY MUFFINS	WAFFLES W/ SYRUP	W/G BAGELS W/ CREAM CHEESE
DICED PEACHES 100% JUICE	PINEAPPLE TIDBITS 100% JUICE	DICED PEARS 100% JUICE	MANDARIN ORANGES 100% JUICE	APPLESAUCE 100% JUICE
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
W/G BLUEBERRY MUFFINS	FRENCH TOAST STICKS W/ SYRUP	GRITS TURKEY SAUSAGE	PANCAKES W/SYRUP	W/G BAGELS W/ CREAM CHEESE
MANDARIN ORANGES 100% JUICE	DICED PEARS 100% JUICE	FRESH ORANGES 100% JUICE	PINEAPPLE TIDBITS 100% JUICE	DICED PEACHES 100% JUICE
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 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
<b>MLK HOLIDAY NO SCHOOL</b>	W/G BLUEBERRY MUFFINS	WAFFLES W/ SYRUP	GRITS W/ CINNAMON ROLLS	FRENCH TOAST STICKS W/ SYRUP
	DICED PEARS 100% JUICE	MANDARIN ORANGES 100% JUICE	PINEAPPLE TIDBITS 100% JUICE	APPLESAUCE 100% JUICE
	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
WAFFLES W/SYRUP TURKEY BACON	GRITS W/ CINNAMON ROLLS	PANCAKES W/ SYRUP	W/G BLUEBERRY MUFFINS	
PINEAPPLE TIDBITS 100% JUICE	DICED PEACHES 100% JUICE	FRESH ORANGES 100% JUICE	DICED PEARS 100% JUICE	
LOW FAT OR SKIM MILK	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.  
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