

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 K-8 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 BROCCO 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 DICED PEARS	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	



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