

## Families Making the Connection

### Take a Hike


When was the last time you went on a hike? November 17 would be a great time to go on a family hike because it is national Take a Hike Day. Hiking is not only fun. It is good for you, too. Regular physical activity, like hiking, enhances our health and fitness and improves the length and quality of our lives. Being out in nature is wonderful for our bodies and minds.

N.C. State Parks have issued the 100 Mile Challenge to encourage individuals and families to be physically active, get outside and explore parks. You can find out about the challenge and parks near you, log your miles, earn digital badges, and redeem prizes for your milestones at <https://nc100miles.org>. Our state is part of Kids in Parks with many of our state parks participating in the TRACK Trail program, which offers family-friendly adventures with self-guided tours, games and prizes. For more info, visit to [www.kidsinparks.com](http://www.kidsinparks.com).

Before you go on a hike, plan to:

- Wear sturdy, comfortable shoes and good socks. Use sunscreen, bug repellent, sunglasses and a hat.
- Pack a snack and extra water.
- Let someone know where you're going.
- Lock valuables in the trunk.
- Bring a trail map or take a photo of the map with your cell phone. Stay on the trail.
- Choose the right trail for your fitness level.
- Pay attention to the weather.
- Do not remove any natural objects. Do your part by carrying out your trash.
- Enjoy the beautiful landscapes!

## The Point College Preparatory & Leadership Academy Nov. K-12 Breakfast Menu

			Thursday, November 1	Friday, November 2
			FRENCH TOAST STICKS W/ SYRUP	W/G BAGEL W/ CREAM CHEESE
			MANDARIN ORANGES 100% JUICE	FRESH ORANGES 100% JUICE
			LOW FAT OR SKIM MILK	LWO FAT OR SKIM MILK
Monday, November 5	Tuesday, November 6	Wednesday, November 7	Thursday, November 8	Friday, November 9
W/G WAFFLES W/ SYRUP	W/G PANCAKES W/SYRUP TURKEY BACON	GRITS W/ CINNAMON ROLLS	W/G BAGELS W/ CREAM CHEESE	W/G BLUEBERRY MUFFINS
APPLE SAUCE 100% JUICE	FRESH ORANGES 100% JUICE	PINEAPPLE TIDBITS 100%J JUICE	DICED PEARS 100% JUICE	MANDARIN ORANGES 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 SKIIM MILK
Monday, November 12	Tuesday, November 13	Wednesday, November 14	Thursday, November 15	Friday, November 16
<b>NO SCHOOL</b>	FRENCH TOAST STICKS W/ SYRUP	W/G BLUEBERRY MUFFINS	GRITS TURKEY SAUSAGE	W/G BAGEL W/ CREAM CHEESE
<b>VERTERANS DAY</b>	FRESH ORANGES 100% JUICE	PINEAPPLE TIDBITS 100% JUICE	MANDARIN ORANGES 100% JUICE	APPLE SAUCE 100% JUICE
	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, November 19	Tuesday, November 20	Wednesday, November 21	Thursday, November 22	Friday, November 23
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>.NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
<b>THANKSGIVING BREAK</b>	<b>THANKSGIVING BREAK</b>	<b>THANKSGIVING BREAK</b>	<b>THANKSGIVING BREAK</b>	<b>THANKSGIVING BREAK</b>
Monday, November 26	Tuesday, November 27	Wednesday, November 28	Thursday, November 29	Friday, November 30
W/G BLUEBERRY MUFFINS	W/G PANCAKES W/ SYRUP	GRITS W/ CINNAMON ROLLS	FRENCH TOAST STICKS W/ SYRUP	W/G BAGEL W/ CREAM CHEESE
MANDARIN ORANGES 100% JUICE	FRESH ORANGES 100% JUICE	PINEAPPLE TIDBITS 100%J JUICE	DICED PEARS 100% JUICE	APPLE SAUCE 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

## November

- Good Nutrition Month
- Thanksgiving

Source: <https://www.ncparks.gov>



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