

**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).

**K-12 Breakfast Menus**

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	Holiday	No School	WG Breakfast Pizza Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Assorted WG Cereals Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Breakfast Burrito Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Whole Grain Waffles w/ Syrup Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Pop-Tart, 2 ct Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	WG Breakfast Pizza Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Assorted WG Cereals Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
WG Cinnamon Roll Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Whole Grain Waffles w/ Syrup Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Turkey Sausage Biscuit Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	WG Breakfast Pizza Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Assorted WG Cereals Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
Holiday	Whole Grain Waffles w/ Syrup Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Pop-Tart, 2 ct Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	WG Breakfast Pizza Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Assorted WG Cereals Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
WG Cinnamon Roll Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Whole Grain Waffles w/ Syrup Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	Turkey Sausage Biscuit Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	WG Breakfast Pizza Fresh or Canned Fruit, Variety 100% Juice, 4 oz Choice of Milk	



**January**

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month
- National Bean Day (January 6)



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

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