

## Families Making the Connection

### Health is Academic

Do you know that November is *Healthy Lifestyles Month*? The National PTA created Healthy Lifestyles Month to promote child health and wellness. Throughout November, PTAs nationwide participate by conducting programs to promote health education, physical activity and parental involvement. Knowing that a healthy child can achieve and learn more, PTAs are encouraging families to increase their physical activity, eat fresh fruits and vegetables, and promote healthy lifelong behaviors. *Healthy Lifestyles Month* has encouraged PTAs to get creative and develop initiatives that make living healthy fun.

North Carolina PTA has launched a *Health is Academic* campaign. NCPTA supports schools helping students learn the value of balanced nutrition, sensible exercise and good overall health. Healthy kids have better academic outcomes. What can families do?

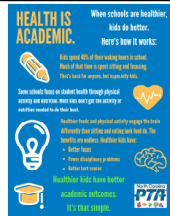
- Ask for more active recess and PE time.
- Promote healthy school meals and snacks.
- Use non-food rewards. Offer healthy options for celebrations.
- Support your school in using Energizers, the Walking Classroom, school gardens and outdoor learning environments.
- Choose fundraisers to promote healthy choices that do not include food.

For info and resources, visit:

- [www.pta.org/programs/content.cfm?ItemNumber=4280](http://www.pta.org/programs/content.cfm?ItemNumber=4280)
- <http://ncpta.org/index.php/programs/just-ask-health-program/>

## Menus for November 2017

Elementary, Middle, AEC and Early College Breakfast Menu

		Wednesday, November 1	Thursday, November 2	Friday, November 3
	<b>A VARIETY OF MILK IS OFFERED DAILY</b>	CHICKEN BISCUIT, MIXED FRUIT, GRAPE JUICE	EGG BISCUIT, BANANA, APPLE JUICE	MINI PANCAKES, PEACHES, GRAPE JUICE
Monday, November 6	Tuesday, November 7	Wednesday, November 8	Thursday, November 9	Friday, November 10
PANCAKE & SAUSAGE ON A STICK, STRAWBERRY CUP, APPLE JUICE	HAM BISCUIT, APPLESAUCE CUP, ORANGE JUICE	CEREAL (COCO PUFF) & TOAST, PEACHES, APPLE JUICE	SAUSAGE BISCUIT, MIXED FRUIT, GRAPE JUICE	<b>Holiday</b>
Monday, November 13	Tuesday, November 14	Wednesday, November 15	Thursday, November 16	Friday, November 17
MINI FRENCH TOAST, FRESH APPLE, GRAPE JUICE	EGG BISCUIT, APPLESAUCE CUP, ORANGE JUICE	MINI BERRY PANCAKES, PEACHES, GRAPE JUICE	SAUSAGE BISCUIT, MIXED FRUIT, APPLE JUICE	CEREAL (MARSHMALLO W MATEYS), STRAWBERRY CUP, APPLE JUICE
Monday, November 20	Tuesday, November 21	Wednesday, November 22	Thursday, November 23	Friday, November 24
BREAKFAST PIZZA, APPLESAUCE CUP, ORANGE JUICE	SAUSAGE BISCUIT, STRAWBERRY CUP, APPLE JUICE	<b>Teacher Workday</b>	<b>Holiday</b>	<b>Holiday</b>
Monday, November 27	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	
CEREAL (Frosted Mini Spooners), APPLESAUCE-CUP, APPLE JUICE	BAGEL & CREAM CHEESE BAR w/ cinnamon spread, MIXED FRUIT, GRAPE JUICE	MINI CHOC. CHIP FRENCH TOAST, PEACHES, APPLE JUICE	CEREAL (TRIX) & TOAST, STRAWBERRY CUP, GRAPE JUICE	

## November

- Good Nutrition Month
- Thanksgiving

Sources: [www.pta.org](http://www.pta.org), <http://ncpta.org>



Developed by School Nutrition Services, N.C. Department of Public Instruction. NC DPI and USDA are equal opportunity providers and employers. 06/17 <http://childnutrition.ncpublicschools.gov>