

Families Making the Connection

Healthy Active Children



Did you know that we have a Healthy Active Children Policy? The N.C. State Board of Education passed the policy to reduce obesity, address hunger and promote health. The policy includes the following:

- Local education agencies (LEAs) should establish a School Health Advisory Council (SHAC) of school, community and health representatives, families and students. SHACs should oversee the Healthy Active Children Policy, Local Wellness Policy (LWP) and coordinated school health.
- LEAs should have a LWP that includes goals for nutrition education and promotion, physical activity, and other activities to promote student wellness.
- K-8 schools should offer 30 minutes of physical activity every day. Elementary schools should move toward 150 minutes/week of physical education and middle schools 225 minutes/week of health education with certified teachers.
- Recess and physical activity should not be taken away as a form of punishment.
- LEAs should have guidelines for all foods and beverages on campus, offer healthy food/beverage options for students, limit marketing to only healthy foods/beverages, offer nutrition education and choose options other than food to reward students.
- LEAs should evaluate progress, complete annual reports, and share the results.

Visit www.ncpublicschools.org for more info.

After School Snack Menu for January 2020

NHCS

		Wednesday, January 1	Thursday, January 2	Friday, January 3
				
Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
Cheddar Goldfish 100% Juice	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
Munchie Snack Mix 100% Juice	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice
Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
NO SCHOOL TEACHER WORK DAY	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice

January

- Family Fit Lifestyle Month
- Healthy Weight Week (3rd week)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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