

Breakfast

Breakfast = The Key to Academic Excellence

Dear Parent/Guardian,

It is imperative that every student have a well-balanced and nutritious diet. Food is the fuel that provides energy for the task of learning. Eating breakfast helps assure that the energy is there for learning, physical growth and development. Evidence is increasing to support the view that kids who eat breakfast perform better at school.

Breakfast is a KEY to academic excellence and a healthy balanced diet. Breakfast literally means “breaking the fast” and as this may be up to 16 hours there is no doubt that breakfast is the most important meal of the day. This is particularly true for active, growing school children who have high energy, vitamin and mineral requirements. Eating a nutritious breakfast helps children get the daily nutrients they need and can help develop good eating habits.

From an education perspective:

- Studies have shown that eating breakfast improves children’s problem-solving abilities, their memory, concentration levels, visual perception and creative thinking.
- International studies have shown that punctuality and school attendance improve when breakfast is provided.

From a health perspective:

- Eating a healthy balanced diet is crucial to everyone’s health, especially children.
- It has been suggested that breakfast is the most important meal of the day, yet surveys reveal that up to 1 in 10 children regularly miss breakfast.
- Breakfast provides the ideal opportunity for children to begin the day by eating bread, other cereals, fruits and vegetables, which are all important elements of a healthy and balanced diet. (Surveys persistently show, for example, that we don’t eat enough fruit and vegetables, and fruit at breakfast may be a good opportunity for children to eat more).
- An appetizing and nourishing breakfast may mean that children are not tempted to eat sweets as frequently — eating sugary foods often can increase the risk of dental cavities.

To encourage students to eat a healthy breakfast, we will be running a ***"Breakfast on the Go"*** campaign at our school. Every (*second Friday of the month*) we will have a fun event during meal periods, while serving kids' favorite breakfast foods. Please encourage your children to participate in these events.

You will find a menu attached for each month, which includes the breakfast menu. If your child does not eat breakfast at school, we encourage you to consider having him or her do so. If you have any questions about this program, or would like more information about our breakfast menus, please contact Christopher Avtges 534-2000 ext. 233

Studies Show Children...

- 🍏 Have longer attention spans
- 🍏 Perform better at complex tasks
- 🍏 Score better on standardized tests
- 🍏 Have better social skills
- 🍏 Are more alert
- 🍏 Miss fewer days of school
- 🍏 Are generally healthier

...when they eat breakfast!

Breakfast is important every day—not just test day!