



Rise and Shine



People say that “breakfast is the most important meal of the day for children,” and it is true! You would not go on a road trip without filling the car’s tank with gas, would you? Your body is the same way! It needs fuel to function optimally. Your child needs fuel to get their brain ready to learn at school.

Eating breakfast at school is one way to make mornings less hectic at home. Join us!

Success Story

When Principal Michelle Kristick realized she needed a way to strengthen relationships between teachers and students, and between students themselves, at her Kindergarten to 5th grade elementary school in Port Huron, MI, she turned to the school breakfast program.

Kristick launched The Literacy Academy at Cleveland’s Grab and Go breakfast program during the 2016-2017 school year, and it did exactly what she had hoped.

Use this sample success story or publish your own from your district.

Students could grab breakfast upon arrival at school and enjoy their morning meal in their classroom with their peers and teachers, creating a family environment.

Teachers were also able to use that time to check in individually with students, adding a level of support.

Literacy Academy at Cleveland, Port Huron Schools

From 2019 Playbook: Breakfast After the Bell by the Michigan Department of Education and No Kid Hungry

Quick Facts

**BREAKFAST CHANGES LIVES!
HOW?
KIDS WHO EAT BREAKFAST...**

MISS LESS SCHOOL



They attend an average of
1.5 more days
per year

MORE ATTENDANCE

DO BETTER IN MATH



They average
17.5% higher
math test scores

HIGHER MATH SCORES =

20%
more likely to
graduate high school



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MILK MEANS MORE

Let’s get the whole class on board!

Breakfast is an important meal for growing children. Studies show that breakfast eaters tend to have higher school attendance, less tardiness and fewer hunger-induced stomach aches in the morning.

Their overall test scores are higher, they concentrate better, solve problems more easily and have better muscle coordination. Children who eat breakfast also are more likely to maintain a healthy weight and get enough calcium, too.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/breakfast-key-to-growing-healthy>

Kids who fuel up in the morning focus and concentrate better in the classroom and perform better on math, reading and standardized tests.

They also have fewer behavior problems and are less likely to be tardy. Eating breakfast also can help children maintain a healthy weight.

Source <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/power-up-with-breakfast>

Favorite breakfast items at our school:

Breakfast times: