Breakfast in the Classroom Resources

NOSH
NAPA'S OPERATIVE for SCHOOL food HEALTH

NVUSD
NAPA VALLEY UNIFIED SCHOOL DISTRICT

Specifically designed for
teachers and school administration

Breakfast in the Classroom Resources for Teachers and School Administration

Thank you for participating in Breakfast in the Classroom (BIC)!

We created this resource, with school staff in mind, to support a better BIC for your students and staff.

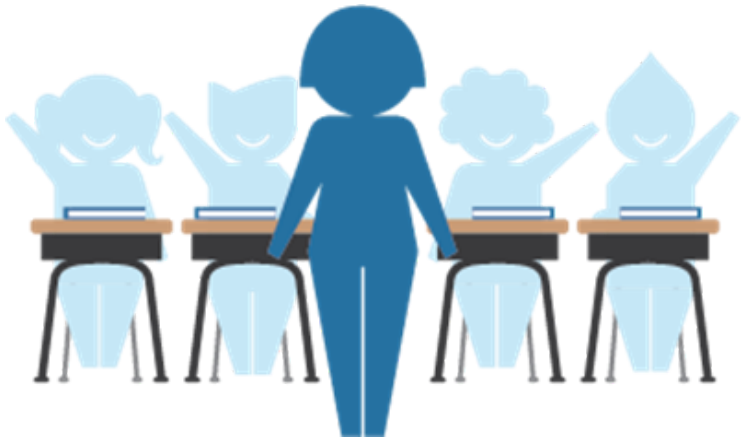
You will find the following resources:

TO POST IN THE CLASSROOM:

- Classroom breakfast checklist
- Student breakfast roles
- Posters – Recycling, compost and trash!

FOR YOUR REFERENCE:

- Best practices
- FAQs
- How to identify number of breakfasts being eaten
- Quickie guide to breakfast in the classroom
- Breakfast in the Classroom flyer
- “Benefits of breakfast in the classroom” NVUSD brochure



Student Breakfast Roles

DELIVERY

- € Pick up the blue bags of food and milk from the cafeteria.
- € *At or before lunch:* Take the thermal bag and stacker back to the cart

Student(s)

Once all tasks are completed, initial here

SETUP

- € Take out the required paperwork packed with the food.
- € Open the blue bags to display the meal for the day.
- € Make sure classmates take fruit with their meal. Milk is optional!

Student(s)

Once all tasks are completed, initial here

Leftovers

- € Leave any untouched entrees and fruit in the bags.
- € Leave any unopened milk in the blue bag.

Student(s)

Once all tasks are completed, initial here

Waste

- € Put compost, recycling and trash in appropriate bins.
- € Place out containers outside the classroom for the custodian to pick up.

Student(s)

Once all tasks are completed, initial here

Q: What counts as a breakfast?

A: Students are required to take a fruit and the main entree. The only optional item is milk.

<table>
<tr>
<td>
YES!
AND
</td>
<td>NO

Only Milk - No</td>
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<tr>
<td>
YES!
AND
</td>
<td>
Only Fruit - No</td>
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<tr>
<td>
Yes!

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Only Bar - No</td>
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COMPOST
COMPOSTA





NO PLASTIC BAGS • NO RECYCLING
NO BOLSAS DE PLÁSTICO • NO RECICLAJE

Napa Recycling
CITY OF NAPA

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RECYCLE
RECICLA





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NO RECYCLING • NO COMPOST
NO RECICLAJE • NO COMPOSTA

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BEST PRACTICES

This list of best practices has been compiled by observation of classrooms with BIC and conversations with teachers from other districts. The more best practices you can bring into your classroom and incorporate, the stronger your BIC routine will be!

Remember, it can take several weeks for students to get into a new routine.



First Day!

Introduce BIC to your students with a quick presentation going over timing, responsibilities, and expectations.

Here is a template of a BIC presentation to share with your students: PRESENTATION FOR KIDS



Set-Up

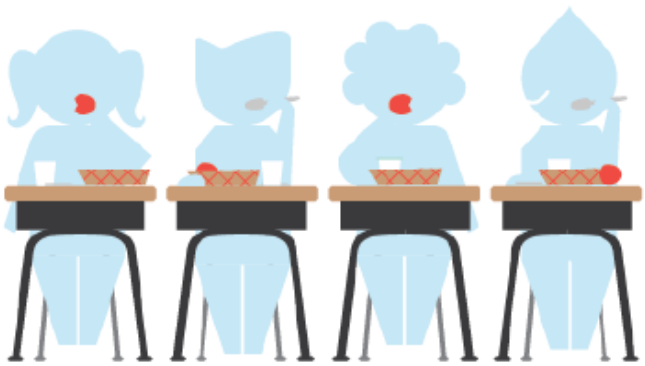
1. Announce the breakfast of the day to the students as breakfast is being set up or write it on the board

2. Encourage students to eat breakfast by asking them “have you had breakfast today?” or to try the breakfast if they haven’t eaten it before.

3. Follow the “Student Breakfast Roles” checklist to divide up set-up and clean-up responsibilities.
    - Place the “Student Breakfast Roles” checklist on the wall for the students to refer to.
    - Write the names of students who have assigned roles on the board.
    - Decide how often to change the roles between students (weekly, bimonthly, monthly).

4. Set up breakfast by the door and have students grab breakfast as they come into class.

5. Find a spot in your classroom to put the compost, recycle and trash bins. Then tape the recycling, compost and trash posters in the area, so students can refer to them as they throw away their breakfasts.



During Breakfast!

1. Use a timer and set it for 10 minutes to eat. Once the timer goes off, the students know it is time to clean up

2. Ask students eating breakfast to open breakfasts before starting activity (to minimize the distraction of wrappers being opened).

Activities To Do During Breakfast –

- Homework check or review
- Read aloud or silent reading
- "Do Now" prompts or "Problem of the Day"
- Time to catch up on homework
- Take attendance
- Make announcements
- Have social time for breakfast on Fridays
- Community Circle
- Journal
- Watch video and have classroom discussion
- Social skills center around proper eating habits.

Clean Up!

1. Set timer (or play music) for 5 minutes during clean-up.

2. Every student is responsible for cleaning their desk and throwing waste in the correct receptacle.

3. Teacher can stand by the recycling, compost, and trash bins to make sure students are throwing things away properly.

4. Reward students or tables with the best clean-up practices.
    - Name on the board
    - Choose next book for teacher to read out loud to class
    - Earn extra credit
    - Free no homework pass
    - Extra computer time
    - First in line for recess
    - Each school bucks
    - Get to choose a game to play during recess



Frequently Asked Questions –

PROGRAM BACKGROUND

What is Breakfast in the Classroom (BIC)?

Breakfast in the classroom is one of the "Breakfast After the Bell" service models. BIC provides breakfast during the first period for every student to have the opportunity to eat breakfast.

How does BIC work?

The students start their mornings by eating together in the classroom. It typically takes 10 minutes to eat and 5 minutes to clean up. Teachers can use this time to take attendance, review homework, make announcements, and more (see "Best Practices" to view a list of activities teachers do during breakfast)

Why are we moving breakfast into the classroom instead of keeping it in the cafeteria?

Breakfast is the most important meal of the day! Unfortunately, only 8% of students eat breakfast. BIC:

- *Increases number of students eating*. Breakfast participation typically jumps from 10% to as high as 80%
- *Reduces stigma*. Students eat together and build a sense of community in their classrooms.
- *Provides a reliable source of nutrition*. Families can always count on schools to provide the nutrition students need.
- *Develops healthy eating habits*. By eating breakfast together, students are building a daily routine to start the day with a healthy meal.

What are the health benefits?

Based on national studies, students are more calm and ready to learn when they have eaten breakfast. There are fewer complaints of hunger, trips to the nurse's office, disruption in class, and less junk food brought to school.

What if a student ate breakfast at home or does not want breakfast at school?

It is not mandatory for students to eat BIC. We highly recommend adults at school to encourage students to eat a healthy breakfast, whether at home or at school.

BREAKFAST TIME

What does a typical breakfast meal look like?

Breakfast includes an entrée item (cereal, bagel, muffin), fruit, and two choices of milk (1% or nonfat). Students are required to take a fruit and the main entree, but they may put unwanted items in a "share basket" after taking it. Anyone can take from the "share basket". Milk is offered on the side, but not required.

What type of recording am I responsible for?

Each day, teachers are to count and record the number of students who take a reimbursable meal breakfast during the allotted breakfast time on the breakfast count sheet. Teachers can only count one meal per student and the students have to take a reimbursable meal. The breakfast count sheet is located with the blue bag. It must be returned with the blue bag daily.

I am worried that I will be doing the majority of the work setting up and cleaning up.

Giving responsibility to students gives them a chance to take a leadership role and feel more responsible for the classroom. It can take several weeks at the beginning of the school year for students to get into a new

routine, but when teachers disseminate responsibilities to their students, setup and cleanup is faster (see "Student Breakfast Champion Roles" for responsibilities divided into four roles).

Will more custodial support be provided?

Yes, Food Service and Operations work closely to set up waste receptacles near classrooms for daily clean-up. BIC has set up a best practice where all food sent to the classrooms will be removed after service in order to prevent pests.

CURRICULUM

Will BIC impact instructional time?

BIC is considered part of the instructional minutes for the day. Many teachers use the time to review or check homework, have silent reading time, or complete "Do Nows". For a complete list of activities to use during breakfast see "Best Practices"

FOOD SAFETY

How should breakfast leftovers be handled?

The rule of thumb is all food in, all food out. Food Service staff will sort the leftover food that can be used as snacks for students throughout the day. Due to food safety, all temperature-sensitive food items (milk, yogurt, cheese sticks), will be discarded after service. All unopened pre-packaged breakfasts must be returned to the kitchen.

If I have a sink in my classroom, can I pour leftover milk in it?

No. Milk poured down the classroom sinks can cause a plumbing issue.

What should I do if a student has food allergies?

If a student has food allergies or dietary restrictions due to medical reasons, meal substitutions can be made. The student's parent or guardian will need to complete the "Medical Statement to Request Special Meals and/or Accommodations" form, have it signed by the student's physician and submit it to Food Service Office. Once this form is received and approved, Food Service will work with the teacher to make sure the correct procedure is followed.

BREAKFAST IN THE CLASSROOM

What is Breakfast in the Classroom?

Breakfast in the Classroom is where students eat breakfast in the classroom at the start of the school day. All students will receive a nutritious breakfast at no cost, nourishing them for a full day of learning!

What are the benefits?

- More focused for class
- Less hunger pains
- Less trips to the nurse's office
- More consumption of fruits and milk
- Community building by eating together



Teacher Quotes:

"Students seem happier, calmer, and better able to concentrate"

"My students are more attentive and have more energy."

"Less students bring hot chips because they know breakfast will be provided"





If you have any questions or feedback about breakfast in the classroom, please email us at breakfast@nvusd.org

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