

Randolph County Nutrition Program

From the Desk of ...Mrs. Wimberly

BREAKFAST MATTERS!

Breakfast is often regarded as the most important meal of the day. Is there truth to that notion? Certainly! In fact, not only is it the most important meal of the day from a nutritional standpoint, there are many important academic, health and behavioral implications as well. The myriad benefits of eating breakfast in school are well documented

To improve academic and behavioral outcomes:

Research shows that regularly eating breakfast can have significant positive implications for student behavior, academic achievement and school learning environments.

Good for the mind

Children who eat school breakfast are more likely to:

- *Reach higher levels of achievement in reading and math
- *Better concentration
- *Be more alert
- *Retain more of what they learn
- *Participate in class

Good for Schools

School breakfast is associated with:

- *Reduced absenteeism
- *Reduced tardiness
- *Reduced behavior problems
- *Reduced nurse's office visits
- *Increased standardized test achievement scores
- *Higher grades
- *Positive learning environments

Parents, please continue to encourage your child/children to eat a healthy breakfast at school.

Sincerely,
Genett G. Wimberly
Nutrition Director
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This institution is an equal opportunity provider.