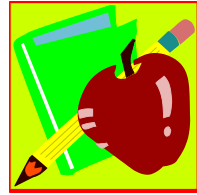


## Teachers and Community DID YOU KNOW?



Teachers are important supporters in implementing a successful School Breakfast Program. Teachers have multiple roles within the school environment. They are not only educators of America's youth, but they also serve as role models for the students. Teachers support the School Breakfast Program because it helps them prepare their students to learn and succeed.

Cited studies show that eating a healthy breakfast improves attention span, academic performance and classroom behavior. In schools that have implemented the School Breakfast Program, teachers have found that concerns are easily addressed and the benefits far outweigh the costs.

### **A teacher may be concerned about...**

#### **TEACHER WORKLOAD**

Teachers do many things besides teaching to support a successful learning environment. Studies show that school breakfast has a clear and direct impact on learning. Any additional work is handled by school food service staff, janitorial staff or the students themselves. Breakfast adds little or no work to the teaching day.

#### **CLASSROOM ORDER**

When breakfast is served in the classroom, food service staff provide garbage bags,. Students clean up themselves after eating their nutritious meal and are more ready to learn in the morning. The menu and methods of serving can limit both work and clean up for everyone.

### **Why School Breakfast?**

- Because there is a link between breakfast and learning, students experience an improved learning environment.
- When breakfast is available at school, students have improved attendance, decreased tardiness and discipline referrals. The few minutes it takes to add breakfast to the school day are offset by students' active participation once their brains are fueled.

- Parents are pleased when breakfast is available at school for those mornings when their student is unable to eat when he or she first gets up or when breakfast at home is just not possible or convenient.
- School breakfast may reduce the need for you to keep snacks in the classroom for hungry students.

### **What do teachers say about school breakfast?**

- “It is a time to interact with the kids and to really know what is going on at home. It gives you a chance, if you had a problem with a child the day before to get him/her set on the right track for that day.”
- “I felt I had enough to do with preparing for teaching that to have breakfast in my classroom would just be extra work and a big mess, but I found that I barely have to do any work at all, and the kids are so much better behaved that my lessons go much smoother. I would want to tell other teachers that it may seem like a hassle, but it really is minimal work with a lot of positive payoffs...I would be upset now if they took the breakfast program away.”

### **Studies show...**

**“Students who ate school breakfast often had math grades that averaged almost a letter grade higher than students who ate school breakfast rarely.”**

### **Students eating school breakfast resulted in:**

- **Higher scores on assessment tests**
- **Findings that support previous research**
- **Positive effects from eating breakfast in the classroom vs. the cafeteria**

**“Children in the School Breakfast Program were shown to have significantly higher standardized achievement test scores than eligible non-participants.”**

**School breakfast resulted in:**

- Increased math and reading scores
- Fewer nurse's office visits
- Improved classroom behavior
- Improved attentiveness reported by teachers
- Improved performance reported by parents

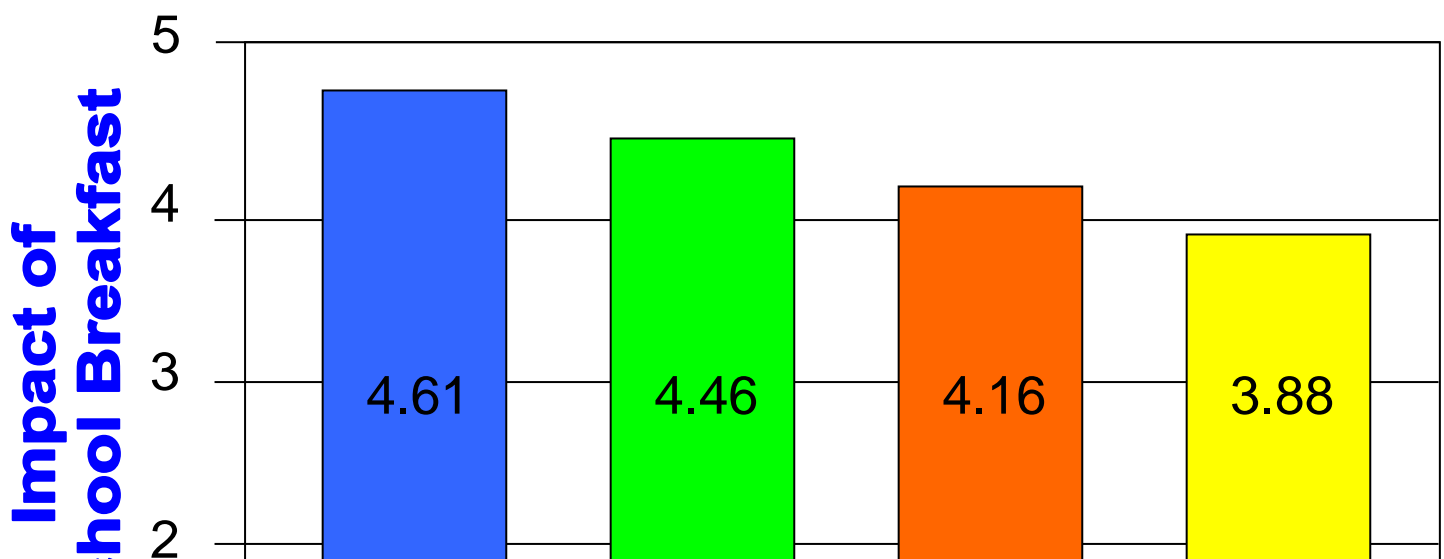
**“Children who ate breakfast at school scored notably higher on most of the tests than children who ate breakfast at home and children who did not eat breakfast.”**

**Breakfast at school resulted in significant:**

- Increases in math grades
- Decreases in student absences and tardiness
- Decreases in ratings of psychosocial problems

**“The benefits [of the School Breakfast Program] include higher performance on standardized tests, better school attendance, lowered incidence of anemia, reduced need for costly special education.”**

**Teachers Agree with the Research that Students who Participate in the School Breakfast Program do Better in School**



Note: Each effect was rated on a 1-5 scale,  
1 being “impacts not at all” and 5 being “strongly impacts”.

“This institution is an equal opportunity provider”