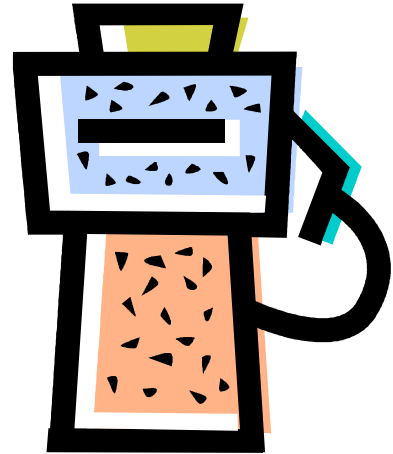


Nutrition & Wellness



Welcome Back to Breakfast – It's hard to learn with no fuel to burn!

Think about it for a minute, school is pretty tough. Every day our children have to be alert and use their listening skills, be organized and concentrate, and perform mentally, physically and socially. Starting the day with a nutritious breakfast prepares our children for these demands.

Hunger can limit our children's ability to learn about his or her world. Hunger in the morning can impair their focus and problem solving skills. Important skills like reading, math, and science might be taught in the morning, so a child who starts the school day with nothing to eat is unable to reach his or her learning potential. Over time this may cause them to fall further and further behind.

So please remember, in order to learn you need fuel to burn!

Kevin