

HOPKINS PUBLIC SCHOOLS BREAKFAST
AVAILABLE DAILY IN THE CAFETERIA 7:30AM
FULL PAY \$1.50 REDUCED PAY \$.30

Why make your school better with breakfast – THE FACTS!

Building successful students is a common goal shared among families, school staff and school nutrition professionals.

Kids do better when they start the day right. Research shows that the simple act of eating school breakfast can dramatically change a child's life.

Here are four ways school breakfast benefits kids:

#1. Higher Test Scores: Hunger makes school harder. Students who eat school breakfast achieve higher scores on standardized tests.

#2. Calmer Classrooms: Children who do not regularly get enough nutritious food to eat tend to have significantly higher levels of behavioral, emotional and educational problems.

#3. Fewer Trips To The Nurse: When kids come to school hungry, they visit the school nurse more often due to stomachaches and headaches. Kids who struggle with hunger are also likely to be sick more often, slower to recover from illness, hospitalized more frequently and more susceptible to obesity.

#4. Stronger Attendance & Graduation Rates: Students who eat school breakfast attend more school days. Chronic absenteeism, defined as missing three weeks or more of school, decreases by 6 percentage points on average when students have access to Breakfast After the Bell. Attendance is important, as students who attend class more regularly are 20 percent more likely to graduate from high school.