

Webinar: School Breakfast

The webinar will start shortly. Connect to audio using your computer's microphone and speaker OR dial in on your phone to the number in the webinar control box.

“Because of the increasing rates of obesity, unhealthy eating habits, and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.”

– Richard H. Carmona

former U.S. Surgeon General, testimony before the U.S. Senate, 3/2/2004
<http://www.surgeongeneral.gov/news/testimony/childobesity03022004.html>





School Breakfast: Moving Breakfast Increases Participation and Learning Outcomes

October 10, 2017

Learn • Act • Transform

ACTION FOR
HEALTHY
KIDS 



Today's Presenters

Chelsea Prax

**AFT's Health, Safety and Well Being
American Federation of Teachers**

Etienne Melcher Philbin

**Senior Child Nutrition Program Coordinator
Food Research and Action Center**

Lisa Sims

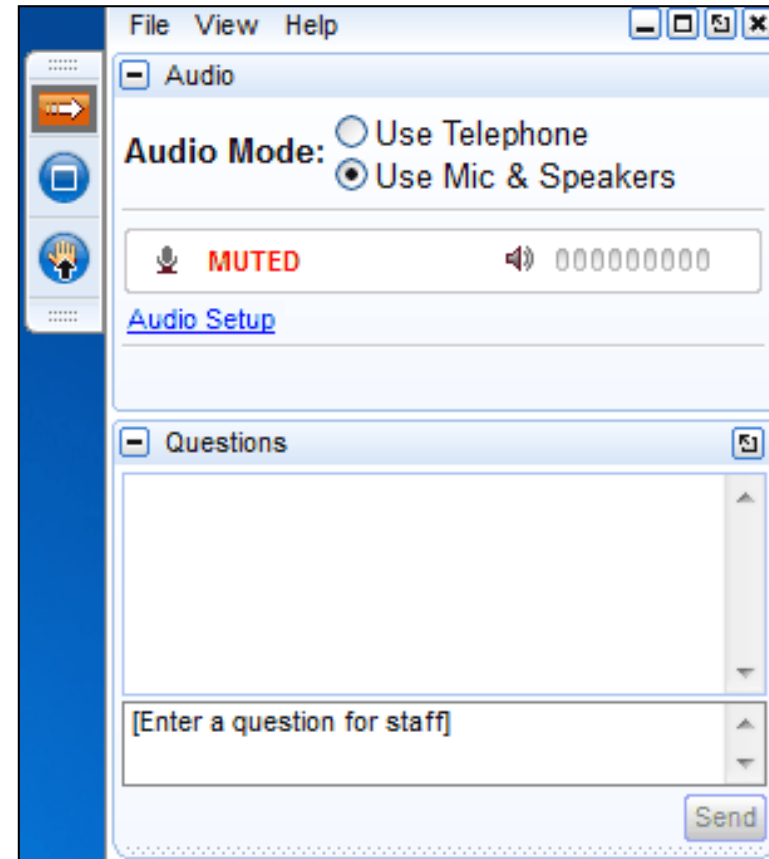
**School Nutrition Director
Daviness County Public Schools, KY**

Ellen Dillon

**Senior Manager, School
Breakfast Programs
Action for Healthy Kids**

Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



Agenda

- Who We Are: Action for Healthy Kids
- Overview of Breakfast Models
- AFT and FRAC's Breakfast Supports Learning and their joint resource: Breakfast Blueprint
- One District's Story: Daviess County Public Schools, KY
- Q and A



Who Are We?



AFHK's vision is a world in which every kid is healthy, active and ready to learn.

Who Are We?



Our goal is to create school communities where children learn how to make healthy choices from the minute they walk in the front door to the minute they leave at the end of the school day.

Why Schools?

55 MILLION SCHOOL KIDS

Each one of us can help improve the eating and activity habits of the **55 MILLION** school kids in this country and, in the process, improve their health so they can succeed in the classroom.

GOOD FOOD
+
ACTIVE BODIES
=
KIDS EQUIPPED FOR SUCCESS!

Kids who attend "healthy" schools have fewer absences, higher academic achievement and self-esteem and are more likely to graduate from high school.

PHYSICAL ACTIVITY SUPPORTS ACHIEVEMENT
Even moderate exercise, like walking, increases brain activity.

KIDS WHO EAT WELL, LEARN BETTER
Students who eat school breakfast have been shown, on average, to attend 1.5 more days of school per year and score 17.5% higher on standardized math tests.

HEALTHIER PRACTICES CAN INCREASE SCHOOLS' BOTTOM LINES
Schools can get a financial boost by offering more nutritious meals & snacks. Students will buy and eat healthier foods and beverages.

EVERY KID HEALTHY

Visit ActionforHealthyKids.org, where you can read *The Learning Connection: What You Need to Know to Ensure Your Kids Are Healthy and Ready to Learn* and in under 1 minute, you can take the *Every Kid Healthy Pledge*. You'll have access to our free programs, volunteer opportunities and school grants.

Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success

Problems with Traditional School Breakfast

Traditional Breakfast Before School Bell

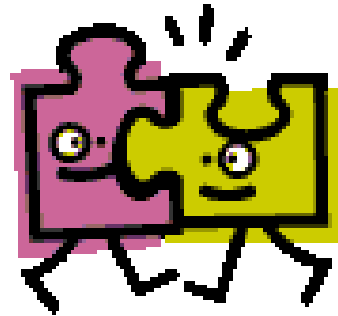


- Often in Cafeteria
 - Not able to house full student body
 - Not conveniently located
- Requires students to arrive early
- Competing activities: friends & play priorities for students
- Stigma: only the 'poor' kids eat
- Time: not everyone wants to eat early in day

Moving the Time of Breakfast

What is Breakfast after the Bell?

Moves breakfast after the start of the school day.



Location, Location, Location

Service times & locations that meet student needs

Model	Time	Location
Breakfast in the Classroom	Start of class	Classroom
Second Chance Breakfast	Mid-morning at recess or between classes	Cafeteria or multiple locations
Grab n' Go Breakfast	Before school and/or mid-morning	Multiple locations (e.g. service carts)

Benefits of Moving School Breakfast

- Increased participation
- Eliminates the stigma
- Improved academic outcomes
 - Improved school attendance and reduced tardy students
 - Improved student focus and behavior
 - Better student Performance
- Fewer nurses visits due to hungry bellies
- Increased sense of community...especially with Breakfast in the Classroom



Concerns

Impacting Instruction Time?

- Actually, teachers find instructional time increases
- Use Breakfast in the Classroom to start academic day
- Many educational agencies support and have provided letters of support



What Schools have Shared: Other Impacts

<u>Breakfast Impacts</u>	
Increased average daily participation in school breakfast	72.0%
Improved student focus/behavior in the classroom	51.9%
More on time student arrivals	34.5%
Reduced student visits to the school nurse	29.1%
Positive feedback from parents about school breakfast program	39.2%
Student enthusiasm for and interest in school breakfast	56.9%
Increased instructional time	23.1%
Increased teacher and/or admni support and engagement	38.1%
Increased food service revenue	42.2%
Increased ability to hire more staffing	11.4%

Questions?

Questions? Let us know!





Children's
Health, Safety and Well-Being

AFT and FRAC *present*

Breakfast Blueprint

Breakfast after the bell programs
supporting learning

Introductions



Etienne Melcher
Philbin, FRAC

- emelcher@frac.org
- 202-986-2200
x3012

Chelsea Prax, AFT

- cprax@aft.org
- 202-393-4288





- **Research:** A nutritious morning meal supports learning
- **AFT members' voices:** the value of breakfast
- Common themes from our work on the **Breakfast Blueprint**



AGENDA



For every 100 low income children who participate in school lunch, *only* 56 eat school breakfast.

—FRAC School Breakfast Scorecard 2017

Image credit: Washington Post

School Breakfast and Learning



School breakfast improves student behavior and reduces tardiness and absenteeism.

Children who eat breakfast at school:

- Increase their math and reading scores
- Perform better on standardized tests
- Improve their speed and memory in cognitive tests



AFT voices



AFT voices



“Although serving breakfast in the classroom can be problematic, most teachers discovered the **students were less riled up, easier to re-direct** when their day began in the classroom as opposed to the loud (sometimes chaotic) cafeteria.”

–*Elementary paraprofessional, NY*

“I hear from students -- **they so look forward to a good breakfast to get them going**. Our school program is very concerned for the progress and physical, mental and emotional well-being of students... I am thankful to be a part of such a caring staff.”

–*Bus driver, WV*

AFT voices



“I really enjoy BIC because **every student in my class looks forward eating breakfast in the classroom**. Some students do not have time or food to eat before they get to school. Some students were complaining of stomachaches, but with BIC there is less complaining.”

–*Teacher, CA*

“Our district is so poor – far below the poverty line – that these kids really need the breakfast, lunch and snack! For a lot of these kids, **these are their only meals**. It just breaks my heart for kids I see every day.”

–*PreK-8 cafeteria manager, NY*

Breakfast after the bell!



Direct delivery to the classroom

Grab 'n' Go



2nd Chance Breakfast

The Breakfast Blueprint, a comprehensive guide for planning, implementing and evaluating breakfast after the bell programs.



School personnel can work together to take attendance, collect homework or check in with students to ensure a smooth start to the day.

Students who eat school breakfast are less tardy, less absent, and show improved academic performance.

Remove trash in a timely fashion from classrooms and consider disposing of liquids in a separate container.



Equip classrooms with absorbent paper towels and wipes to maintain clean spaces.

For a productive classroom, students can work independently, with a supportive adult or in a group during breakfast service.

Themes



- **Boost student satisfaction**
 - Increase variety, encourage scratch-cooking, include culturally appropriate menu items
 - “Build choice into the breakfast menu ...there’s more buy-in whenever there’s some kind of a choice.” –Elementary teacher, TX
- **Include diverse school personnel** in planning processes to avoid frustration
 - Engage administrators of the district and participating buildings, as well as implementing staff (and their unions): instructional personnel, custodians, food service
 - “Every teacher in our school wants our kids to eat breakfast ... but [alternative breakfast service models are] seen as something that was done to us.” –Elementary teacher, NM

Themes, continued



- **Recognize the effort and time** required for success
 - Address competing demands: high-stakes testing, bell-to-bell instruction
 - “I’m sure the program would go much smoother at our school if we had adequate help but staff is at a minimum. Our school of 400 plus students only has one custodian through the day and two after school hours.” –Paraprofessional, WV
- **Establish routines and procedures for cleanliness**
 - Typically, high standards for hygiene and safety and applied to cafeterias; these standards should be applied in all spaces where food is served
 - “I haven’t had paper towels in my classroom for two weeks... I just got them today. I’ve asked. So when we spill milk... if I had paper towels that could absorb and pick-up...that would help.” –Teacher, TX

AFT.org/BreakfastBlueprint



- Breakfast After the Bell Programs Support Learning
- Set Up Your Program for Success
- Plan for a Successful Launch
- Strategies for a Productive Classroom
- Strategies for Clean School Spaces
- Strategies for Boosting Student Satisfaction
- Evaluate Program Success
- Take Your Breakfast After the Bell Program to the Next Level
 - Farm-to-School
 - Green Schools

Questions?

Questions? Let us know!





One District's Story

Welcome:

Lisa Sims

School Nutrition Director

Daviess County Public Schools

Owensboro, KY

MUTUALLY REINFORCING



What you eat
or don't eat
matters to
your brain



BREAKFAST BEFORE BIC

Daviess schools had varying participation.

Participation depended on:

- Where kids were housed before school,
- The culture of the school, and
- Bus arrivals...late busses and long lines created additional barriers.

~Free Reduced Meals % around 60%

MAKING THE MOVE TO BIC

Wanted to make change for years, but variety of barriers.

Finally...

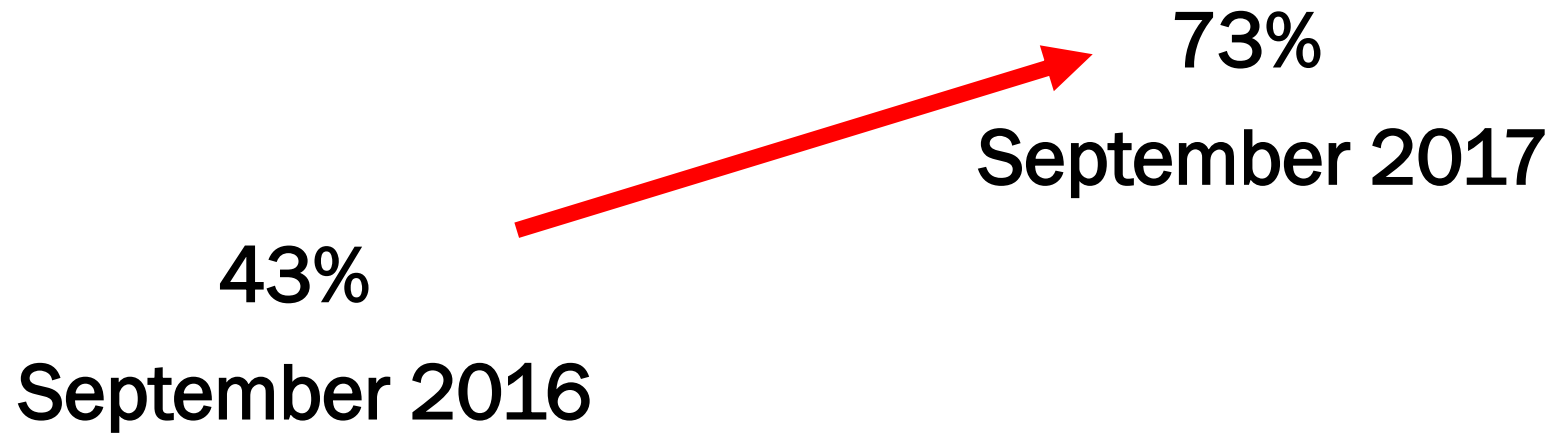
- Had a supportive supervisor who was a numbers man and knew that increasing participation was key.
- Visited other area schools to see what worked.
- Presented at elementary principals meeting.
- Recruited volunteers to pilot.



INCREASED PARTICIPATION

Numbers talk:

- Implemented in 7 of 12 elementary schools.
- 5 schools funded for breakfast grants from AFHK



Who Wins?

STUDENTS

Better grades, feels better, more alert

TEACHERS

Fewer discipline problems

SCHOOLS

Improved test scores

Reduced tardiness & absenteeism

PARENTS

Convenience/low cost



BIC Prep at Daviess County



BIC Utilizing Offer Verses Serve (OVS)

- Reduces Waste
- Saves Money \$ to keep the program “break even”
- Unselected milk and fruit are returned to the cafeteria
- After a few days the manager will begin to forecast milk and fruit usage. They will not have to send a fresh fruit & milk for every student.
- Please note: If additional fruit or milk are needed due to student request, let your cafeteria manager know.

Simple Steps to OVS for Teachers and/or Student Helpers

- When bags arrive, place the entrée and a juice on each desk
Note: If there is any special dietary needs in the classroom, that breakfast will be bagged separately
- This is a complete breakfast



Simple Steps to OVS for Teachers and/or Student Helpers

- Leave milk and fresh fruit in the blue bag for students to take if they would like
- Remember, their complete breakfast is already on their desk

• After breakfast: Dispose of any items on desk in the trash bag that is provided each day. This could be put in a classroom trashcan, over the regular trash bag, and then pulled out, tied and set outside the door for pick up.

Return the bags to the hall for pick up also.

The red bag will be for hot or dry items. The blue for cold items.



Only Required Paperwork

Blank Form

This form can be found in the clear slot on the outside of the cooler.

note: one adult meal is allowed per class

Daviess County
Student Roster
00130 - West Louisville Elementary
817 - 817

By Classroom

Student ID	Grade	Name	Mon	Tues	Wed	Thurs	Fri
1130601	4	Adams, Tyler					
1131800	4	Wesley, Shelby					
1132270	4	Wainwright, George					
7106881	4	Wright, Ian					
7117740	4	Conroy, Luke					
7171481	4	Conner, Ashlyn					
7217730	4	Clark, Heather					
7220030	4	Condon, Christopher					
8107508	4	Edwards, Cameron					
7317008	4	Gilley, Catherine					
1209110	4	Giddens, Burgan					
1081608	4	Houlihan, Carl					
7335008	4	Givens, Sydney					
7339008	4	Gomez, Jody					
7311830	4	Howard, Kayn					
7191801	4	Jones, Connor					
7111300	4	Kessinger, Kayden					
7077000	4	Langston, Dylan					
7108230	4	Layman, Tyler					
7342070	4	Layton, Shoshanna					
7208008	4	Lyles, Carlyn					
7342030	4	Phillips, Brexley					
4166508	4	Partridge, Alesandra					
7016640	4	Rubio, Isabella					

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Only Required Paperwork

Completed Sample
(basically an
attendance sheet)

Daily- return
completed form to
the slot on the cooler

Sign and date on Last
Day of the week

Davies County
Student Roster
00130 - West Louisville Elementary
217 - 217

By Classroom

Alumni ID	Grade	Name	Mon	Tues	Wed	Thurs	Fri
723250	4	Aubrey, Telen	✓	✓	✓	✓	✓
723260	4	Bishop, Shelby	✓	✓	✓	✓	✓
730070	4	Brashers, Georgia	✓	✓	✓	✓	✓
730602	4	Byatt, Larri			✓	✓	✓
731748	4	Clary, Luke	✓	✓	✓	✓	✓
731960	4	Conner, Ashley	✓	✓	✓	✓	✓
731770	4	Clark, Heather	✓	✓	✓	✓	✓
732400	4	Conner, Christopher	✓	✓	✓	✓	✓
416700	4	Cooper, Cameron	✓	✓	✓	✓	✓
731990	4	Collins, Catherine		✓	✓	✓	
733510	4	Goldberry, Benjamin	✓	✓	✓		✓
728190	4	Gault, Carrie	✓	✓	✓	✓	✓
730660	4	Green, Rodney	✓	✓	✓	✓	✓
733690	4	Oliver, Jaden	✓	✓	✓	✓	✓
731730	4	Hosford, Kevin	✓	✓	✓	✓	✓
718100	4	Jones, Cooper	✓	✓		✓	✓
711300	4	Kavanaugh, Skyler	✓	✓	✓	✓	✓
731760	4	Langston, Cyleigh	✓	✓	✓	✓	✓
739020	4	Layman, Tyler	✓	✓	✓	✓	✓
734200	4	Layton, Elizabeth	✓	✓	✓	✓	✓
720000	4	Lynn, Carlyn	✓	✓	✓	✓	✓
734320	4	Phillips, Roney	✓	✓	✓	✓	✓
416820	4	Radtke, Amanda	✓	✓	✓	✓	✓
731440	4	Roberts, Joseph	✓	✓	✓		✓

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THANK YOU



Questions



New Website: Parents for Healthy Kids

Parents **for**
Healthy *Kids*

Action for Healthy Kids • National PTA
Sponsored by ALDI

www.ParentsforHealthyKids.org

Follow Us for More Resources



Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!



Healthy and Fun Snack Ideas



Edit

Healthy Treats for Kids



Edit





School Programs ♦ Tools and Resources ♦ Expert Partners
Volunteer Opportunities ♦ School Grants

www.ActionforHealthyKids.org