



CONSIDER BREAKFAST AT THE BALLARD SCHOOLS!

Mornings can be really crazy...the alarm doesn't go off...the kids don't want to get up...there's no time to eat breakfast before the bus comes...or they're just not ready to eat. Or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

Breakfast is served at each of the Ballard School buildings every morning. School breakfast will give your child a healthy start to the day. A nutritious breakfast helps students be more alert so they can learn more in class. Breakfast has vitamins and nutrients for a strong and healthy body.

Breakfast at school is affordable, too. If you qualify for free and reduced price meals, you also qualify for the breakfast program, with no additional paperwork. You can't find a healthy breakfast at such a low cost anywhere else.

Help your child start the day right with school breakfast!

Here are some facts to consider:

- Eating breakfast can help improve math, reading, and standardized test scores.
- Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.
- Breakfast helps children pay attention; perform problem-solving tasks, and improves memory.
- Children who eat school breakfast are likely to have fewer absences and incidents of tardiness, than those who do not.
- By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.
- Studies have shown that children who eat breakfast on a regular basis, are less likely to be overweight.
- Eating breakfast as a child is important for establishing healthy habits for later in life.
- What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.