



## Breakfast After The Bell

Is the morning rush at your house a mad dash to get out the door with your children barely having time to grab their homework, much less eat a nutritious breakfast? Bergen County Special Services and Chartwells, the district's food service provider, recognize the difficulty families face during the morning crunch. BCSS and Chartwells also understand the importance of breakfast on academic performance and student learning. As such, we are teaming up to help alleviate this burden and bring you a proven, low cost, breakfast program that will foster classroom environments that promote maximum learning.

Beginning on 9/7/23, families will be given the opportunity to participate in an innovative new program called "Breakfast After The Bell." For a small cost, a nutritious breakfast will be served to participating students, right in the classroom, every school day. Students will have an opportunity during the first 10 minutes of class to eat breakfast with their classmates and get the fuel they need to be ready to learn.

How does Breakfast in the Classroom work? Once in the classroom, each student chooses a breakfast and eats at his or her desk while the teacher takes morning attendance, does review work and reads announcements. Breakfast normally takes about ten minutes.

What foods are served in Breakfast in the Classroom? Milk is served daily, as is fruit or juice. Entrees are nutritious and easy to eat quickly. Meals often include popular breakfast items such as cold cereal, cereal bars, bagels and string cheese.

What are the advantages of Breakfast in the Classroom? Traditional breakfast in the cafeteria does not meet the needs of many students. Less than half of the students who eat lunch at school eat breakfast at school. Research shows that students who do not eat a nourishing breakfast are not able to concentrate well, become irritable more quickly and show hunger related symptoms such as headaches and stomach aches. When breakfast is moved into the classroom and served to everyone, every student is able to start the school day ready to learn without hunger-related disruptions.

What is the cost of the program? For our elementary aged students, the cost is \$2.00 per day and \$2.50 for our secondary students. However, there is no cost if you qualify for free or reduced meals (based on household income). How do you apply? Go to <https://www.bergen.org/Page/1444> to apply on line or print out a paper application and submit to your school.

Share this exciting news with your child and be ready on 9/7/23 for the start of this new program!

