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Teachers at Parkview Making Breakfast in the Classroom a Success!

The number of students eating breakfast each morning has more than doubled at Charlotte Public Schools' Parkview Elementary because of the teachers' help in implementing the Breakfast in the Classroom (BIC) program. In May, Parkview underwent a trial period with the program. Due to overwhelming success in the spring, the program was started back up with the new school year. Before breakfast was served in the classroom, an average of 71 students ate breakfast at the school. With the change to



Breakfast in the Classroom, now an average of 160 students eat a nutritious breakfast each morning. The students are offered whole grains, fresh fruit, low fat dairy, 100% juice and milk each day. Charlotte Public Schools aims to provide this service to its students because of several obstacles making it difficult for kids to eat breakfast each morning. Some of the common obstacles include; busy schedules, lack of time, poor appetites, or inaccessibility to food. Regardless of the reason, no child should start his or her school day hungry. Studies show that kids who eat breakfast regularly are able to focus better, retain information better, and develop healthy habits for life. Additionally, students benefit socially from having Breakfast in the Classroom. One Parkview third grader said, "I enjoy eating breakfast in my classroom because it is much quieter than eating in the gym, and I can enjoy talking to my classmates easier."

More teachers and students are becoming supporters of Breakfast in the Classroom as the program progresses. We talked to first grade teacher, Amy Smith, to hear her thoughts on the program. She said that sometimes the cereal can be a bit messy; however, she knows that it is good for the students to start each day with a good breakfast and she is a supporter of the program. Breakfast in the Classroom does increase the teachers' workload because they have to serve and tally the meals, but the teachers and foodservice team have worked in collaboration with one another to make Breakfast in the Classroom an overwhelming success.

Breakfast in the Classroom is also served at Charlotte Upper Elementary where the program was initially tested and deemed a success in 2014. The hopeful next step is to start

the program at Washington Elementary and Charlotte Middle School to provide more children in the district a convenient, nutritious, and easily accessible breakfast each morning.