



NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

FEBRUARY 2012

Mandated Assessment Testing

Boost Student Test Scores through Nutrition

Spring is right around the corner, and with that comes mandated assessment testing. As administrators and board members know, the results of these tests have evolved into a high stakes game that directly impacts a schools accreditation standard. It is vitally important that students have every opportunity to perform at a high level. Eating a nutritious breakfast is one way to ensure that students are ready to focus on the challenging tests that lie before them.



More and more schools are discovering the benefits of breakfast and how it can enhance student performance in the classroom.

Schools increasingly are discovering the benefits of breakfast in enhancing student performance in the classroom. Many children may not be hungry first thing in the morning; however, by the time they arrive at school they could benefit from a nutrition boost.

Research consistently shows that students benefit from eating a nutritious breakfast prior to beginning the school day. Breakfast can help students perform better in school in a number of ways. Some benefits include more positive attitude towards school, less likely to be tardy, less likely to miss class, improved math and reading scores and fewer reported discipline problems.

Several studies suggest that eating breakfast may help children do better in school by improving:

- Memory
- Alertness
- Concentration
- Problem-solving ability
- Test Scores
- School Attendance
- Mood

Research consistently shows that students who start the day hungry have a harder time performing in school. They don't concentrate as well, they get tired more easily, and they have a hard time making the sustained physical and mental effort that learning requires.

As schools prepare for the upcoming spring assessment tests, we would like to remind school leaders and teachers about Opaa!'s reimbursable breakfasts. The ways to expand breakfast participation during the testing season are numerous, and we look forward to working with your district to provide breakfasts that are nutritious and delicious. Please contact your Director of Nutrition Services if you would like assistance in planning or customizing a breakfast program to fit your specific spring assessment testing schedule.