

Breakfast

Many students come to see me during the school morning telling me they are hungry because they haven't had time for breakfast, and are experiencing headaches, belly aches, and an inability to concentrate in class. I try to tell them that attempting to function in school without food in them is like attempting to drive a car without fuel! Of course, the best possible plan is for them to figure out how to eat something at home before they leave for school in the morning. For times when this does not happen, or for those who have difficulty eating first thing in an early morning, I am encouraging students to keep a portable, healthy snack in their backpacks to have ready at any time. A granola bar and a juice box or an apple in a plastic container will keep well, and can be replaced as needed at home. Our school cafeteria is open to students only before school until 7:25 AM, during the 3 lunches, and after school. It may sound like a cliché to a teenager, but a decent breakfast can literally change the course of the day ahead. In the same way, as parents, our continuing commitment to support healthy life-styles can only benefit our children throughout their lives.