

Nutrition News And Notes

Breakfast Helps Students Make The Grade

(NAPSA)—One of the most important school supplies your child has may be a spoon. That's the news from a new survey that gave a "report card" on American children's breakfast habits and how they relate to school performance. The study suggests that something as simple as eating cereal in the morning can help a child have a better school day.

Educators witness the fall-out every day and confirm studies that show that children who eat breakfast daily score higher on achievement tests and have lower absenteeism rates than children who skip breakfast.

Kids who skip breakfast lose up to a quarter of their daily intake of critical vitamins and minerals—directly impacting energy levels, memory and focus.

Parents Can Help Make The Grade

The report card survey found that more than 90 percent of moms said it was "very important" to be involved in their children's education—but 30 percent of elementary school-aged children are sent to school at least one day per week on empty stomachs.

"Skipping breakfast is not an option," said Tim Sullivan, president of PTO Today. "Getting involved doesn't have to be difficult. Easy steps like pouring a



Start Smart—Studies show that eating breakfast can improve a child's performance in school.

bowl of cereal in the morning to ensure kids arrive at school ready to learn are the first steps in effective involvement."

Sullivan's group works to provide over 20 million moms and dads with simple tips on helping their children do better in school. They include:

- Breakfast doesn't need to be elaborate. A quick bowl of cereal provides a nutritious breakfast.
- Kids running to class have trouble settling down so incorporate at least 10 minutes of padding in the school drop-off routine to avoid a rush.
- Implement open lines of communication with your school early. Whether it's by e-mail, phone or in person, don't let your parent-

teacher conference be your only touch point.

- Have a daily school check-in with your child—homework, friends, successes, challenges. This simple conversation sends a powerful message to your child.

- Even an hour or two of school involvement, which can often be done before or after school, can make a difference for your child and your school.

About The Report Card

The Report Card on America's Breakfast Habits was launched in response to educators who say they are concerned about children who do not eat breakfast.

The survey was completed by the American Cereal Council in partnership with PTO Today. It was meant to examine how well parents are preparing their children for school.

A sample of over 1,000 moms with children ages 6 to 12 were asked about their breakfast routine and the importance of parent involvement in their children's education.

More Information

Parents looking for suggestions on how to improve their breakfast routine and get more involved in preparing their children for school can visit www.americancerealcouncil.org or www.ptotoday.com for easy tips and expert advice.