

WHAT IS BREAKFAST AFTER THE BELL?

Every Day...

- Kitchen staff prepare breakfasts using a standard menu.
- Kitchen staff prepare and deliver the meals.
- One complete breakfast is provided at no charge to all students.
- Students should take fruit or juice or both.
- Milk must be offered but does not have to be taken.

Breakfast in the Classroom is one model of Breakfast After the Bell. Some schools have selected other options like Grab and Go or Breakfast in the Office.

The Enterprise Management Division of Denver Public Schools has offered the Breakfast in the Classroom program (DPS-BIC) since 2007. Since then, the program has grown from eight to 63 participating schools! A 2014 survey of participating teachers² has shown:

Two-thirds (or 65.6%) of DPS teachers surveyed have a positive view of the Breakfast in the Classroom program.

Two-thirds (or 64.7%) say that Breakfast in the Classroom improves student attention and student concentration.

More than half (or 54.6%) believe that Breakfast in the Classroom improves student academic outcomes.

The Breakfast After the Bell Nutrition Program

The Breakfast After the Bell program takes the traditional school breakfast and improves it. By making breakfast available to all children after the school day begins, students are much more likely to participate. They no longer have to worry about showing up early or being embarrassed, because they didn't have the chance for breakfast at home. Plus, kids who eat breakfast are ready to learn and succeed in school.

Starting in September 2014, schools with more than 80% of students eligible for free or reduced-price lunch under the USDA's National School Lunch Program will offer breakfast after the first bell to all students at no charge.

The benefits include:

Children who eat breakfast at the start of their school day have higher math and reading scores, have broader vocabularies, and perform better on standardized tests. They focus better and behave better. Children are less likely to be absent. They're less likely to see the school nurse and less likely to be overweight.

BREAKFAST SUCCESS!

Let's Continue to Provide Students With the Meal Needed to Succeed!



The Breakfast After the Bell program significantly improves student attentiveness, attendance, tardiness, suspensions and test scores.¹ It also improves students' eating habits, enhancing their nutrition, especially among students who may not know when or where they will get their next meal outside of school.

² Survey distributed in March 2014 to teachers in 52 DPS schools participating in the DPS BIC program. A total of 528 teachers responded for a response rate of 21%.

¹ American Association of School Administrators (2013). Improving attendance, health and governance: Moving breakfast out of the cafeteria. School Governance and Leadership. Vol. 8: Number 1.

DPS teachers offered the following comments:

I think highly of the breakfast program because students cannot learn on an empty stomach.



I think it's a great way to increase academic achievement.



It is amazing to me how much building relationships revolves around food and having the access to nutritious food. For many of our students this represents caring and one less thing they have to worry about.

In response to teacher feedback, the following program resources for Breakfast in the Classroom will be made available:

- ✔ Information for students about the importance of breakfast
- ✔ Information for parents about the importance of breakfast
- ✔ Best practice guide for teachers

**The numbers are in, and teachers are reporting...
BREAKFAST IN THE CLASSROOM WORKS!**



The Enterprise Management Division of Denver Public Schools uses best practices to ensure Breakfast in the Classroom is well implemented in all participating schools. Three quarters of teachers (or 78.5%) newly participating in the program during fall of 2013 felt prepared to implement it in their classrooms.³

Teachers also report that the following best practice strategies are in place:

84.3% **YES!** Breakfast items are delivered to the classroom, prior to the beginning of class.

76.7% **YES!** A simple system for meal participation accounting has been established.

58.8% **YES!** A team-approach to Breakfast in the Classroom has been established involving all stakeholders, including teachers, kitchen staff, custodial staff, administration, etc.

58.4% **YES!** Program logistics have been clearly defined and shared school-wide.

62.4% **YES!** The school and the teacher set a general expectation that students will eat breakfast (whether at home or school).

64.1% **YES!** Students may be expected to be responsible for certain aspects of the breakfast program, including delivery of breakfast items to classroom, distribution of non-food items to classmates, clean-up and the return of items to the school kitchen.

³ Survey distributed in November 2013 to teachers in 13 DPS schools newly participating in the DPS-BIC program. A total of 197 teachers responded for a response rate of 26%.