

Breakfast Program at AFS

I am pleased to inform you that we are starting a Breakfast Program at Annie Foote School. Thanks to a generous donation, we are able to offer breakfast through Meals on Wheels to ensure students begin each day with the conditions they need to be successful learners.

Studies show that a healthy breakfast results in:

- *improved student health
- *increased academic achievement, creativity, problem solving skills and concentration
- *decrease in negative behaviours.

Our program begins on Monday, April 22 and is available every school day. Students who wish to have breakfast should come through the front door at 8:45am (no earlier) and go to the Learning Commons. The breakfast supervisor will have bins with a variety of breakfast options. The students will eat breakfast until 9:00am in the Learning Commons where there is supervision. Students coming from the bus are welcome to pick up food items from the bins in the Learning Commons on their way to class and are permitted to eat in their rooms.

There are many reasons children may not eat breakfast including the following:



Long bus rides



Lack of time



Lack of
healthy food



They don't
feel hungry



Early
extra-curricular
activities



Family
emergencies

Breakfast Club of Canada. [chrome-extension://efaidnbmninnibpcajpcglclefindmkaj/https://www.breakfastclubcanada.org/wp-content/uploads/2021/02/BTU_EN-WEB_125P-si-pas-acces-a-version-book.pdf](https://www.breakfastclubcanada.org/wp-content/uploads/2021/02/BTU_EN-WEB_125P-si-pas-acces-a-version-book.pdf). Page 5

All children at the school are welcome to have breakfast. Breakfasts include one grain, one dairy and one fruit. All food is halal.

We look forward to serving your children. You can see there will be some delicious, health-conscious options for kids!

Sincerely,

Heather Scholz