

Health is Academic

Are you helping your child achieve his/her best? Did you know that children who eat healthy and are physically active everyday do better in school?

Research increasingly supports the link between health and learning.

- Breakfast truly is the most important meal of the day. Students who do not eat breakfast have a harder time concentrating and perform lower on their schoolwork than those who eat breakfast.
- Absenteeism, tardiness, and school suspension rates go down while student participation in class goes up when students eat healthy and are physically active.
- Children who eat well and exercise have lower levels of anxiety, hyperactivity, and depression.
- Dietary iron deficiency can lead to shortened attention span, irritability, fatigue, and difficulty with concentration – all of which affect a child's ability to learn.

You can make a difference in your child's academic success by ensuring that your child is physically active for at least 60 minutes every day and eats healthy foods such as whole grains, vegetables, fruits, low-fat dairy, and lean protein every day. The school breakfast and lunch programs are a healthy way to ensure your child is getting the nutrients he/she needs. Together we can make every student successful!