

First Things First...



Source:

<https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/about-national-school-breakfast-week/>

Here's something we think is worth celebrating – *Breakfast!*

In fact, the School Nutrition Association gives it a whole week each March. This year, **National School Breakfast Week** will take place March 6-10.

Whether your student eats their first meal at school or at home, there are so many benefits to breakfast! Did you know that children who eat a nutritious breakfast each day are more likely to:

1. Reach higher levels of achievement in reading and math
2. Score higher on standardized tests
3. Have better concentration and memory
4. Be more alert and maintain a healthy weight

Research also shows that students who eat breakfast at school have better attendance rates and fewer behavioral problems.

Each time you and your student prioritize breakfast, success is served!



Spring Things!



You can feel it coming – the Vernal Equinox, also known as the first day of Spring, will happen on March 20th. Longer, warmer days are right around the corner... But until then, we love this craft idea for a rainy spring day.

Rainy Day Rainbow:

1. Help your child create a 7-section rainbow outline.
Hint: There are printable templates online!
2. Work together to sort construction, tissue, fabric, or even periodical pieces of paper by color: Red, Orange, Yellow, Green, Blue, Indigo, Violet
3. Cut scraps to uniform size, then glue by section.

Other fun family activities for March include:

- Have a picnic in the park.
- Create nature crowns: Make a paper crown, add a layer of double-sided tape all around it, and decorate it with small flowers, petals and leaves during a nature walk.
- Go on a "gold coin" treasure hunt (a fun activity for St. Patrick's Day): Hide 20 "gold coins" (cardboard or paper) and invite the kids to find them to "unlock" a little sweet surprise.
- During a family walk, invite the kids to look for signs of spring in nature and take a picture of them. After a few weeks, you can return to the same places and observe how nature changed since you took the pictures.
- Play sidewalk games like hopscotch or a sidewalk chalk obstacle course.



Read Across America

For 25 years, Read Across America has encouraged students and teachers to devote a day to recognizing the importance of early – and lifelong – literacy. Schools may choose to invite guest readers, host book fairs, or even stop drop and read. But we all know the importance of reading extends past the classroom! As schools celebrate Read Across America on March 2nd, we want to encourage you to continue that excitement at home. Not sure how to get started? Here are some tips from the National Educators Association:

- Keep reading to your student even when they can read independently
- Talk with your child about their reading preferences, favorite authors
- Lead by example!



Read more tips here:

<https://www.nea.org/professional-excellence/student-engagement/tools-tips/tips-reading-young-school-age-children>

We're rethinking school meals!

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