

Have you eaten breakfast yet today?

Eating breakfast every day...

- **Helps children perform better in school**

Students who eat school breakfast tend to improve in vocabulary, math and standardized tests, scoring an average of 17.5% higher. Students who eat school breakfast are also 20% more likely to graduate from high school.

- **Leads to better attendance and fewer behavioral problems**

Students who eat school breakfast have better attendance (1.5 more days a year) and exhibit fewer behavioral and psychological problems.

- **Reduces obesity risk**

Children who regularly eat breakfast have a better quality of nutrient intake and are less likely to be overweight or obese.

Students of Summerville High School and Connections Visual and Performing Arts Academy can get breakfast every morning at the Bear Rock Café beginning at 7:30 AM.