



**Breakfast** is the most important meal of the day.

Your body has been "fasting" all night and needs to refuel for the day's activities. Breakfast provides the energy to keep your child alert and focused so that he/she is ready to learn. Even if your child refuses to eat first thing in the morning, the cafeteria at each school offers a wide selection of breakfast foods for a \$1.00. Is your child not a breakfast eater.... make sure you child brings a healthy snack to eat at school.



**Hydration** is another important aspect to keep your child performing his/her best at school. More than half of children and teenagers in the United States might not be properly hydrated. Almost one in four kids drank no water during the course of their day according to a [nationwide study from the Harvard T. H. Chan School of Public Health](#). Mild dehydration isn't life threatening, but not drinking enough water can cause a student not to learn as well in class and can cause headaches.

[Hydration Facts](#)