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SCHOOL BREAKFAST – READY SET GO!
SCHOOL BREAKFAST PROGRAM LETS COVENTRY STUDENTS MAKE A
HEALTHY START TO THEIR DAY

The G. H. Robertson School (GHR) is hosting a “School Breakfast – Ready Set Go!” campaign to introduce students to the importance of school breakfast and demonstrate how eating a school breakfast prepares you for a busy day. The campaign, created by the School Nutrition Association, a non-profit organization, with the support of General Mills Foodservice, culminates during National School Breakfast Week, March 8 through March 12. The National School Breakfast Program was established in 1966.



Since 1989 National School Breakfast Week has been raising awareness of the program and the links between eating a good breakfast, academic achievement and healthy lifestyles.

School breakfast provides the necessary energy to start a day of learning and achievement, providing 25 percent of the recommended daily allowance of protein, calcium, iron, vitamins A and C and calories and meeting the Dietary Guidelines for Americans. Numerous studies have shown that breakfast can improve a student’s memory, test scores, school attendance and cut down on visits to the school nurse.

From March 8 – March 12 GHR students will be encouraged to have a school prepared, hot, nutritious breakfast daily. Fun gifts will be given to any student purchasing breakfast during the week. Students will have the opportunity to answer the question “How does a School Breakfast benefit you?” and illustrate their answer on a contest entry form. Art teacher, Ted Berent, will facilitate the art contest in which students will be competing both locally and nationally. The week-long celebration will conclude with a visit from Super Cow on Friday, March 12 from 8:10 a.m. – 8:45 a.m. at GHR. Super Cow is the “mascot” from Guida Dairy who helps to promote low-fat dairy and healthy eating. The winners of the art contest will be announced during that time by Superintendent of Schools, Donna Bernard, Ph.D. and GHR Principal, David Petrone.

For further information, or if you have any questions, please call Beth Pratt, Food Service Coordinator, at 860-742-4535.