

# Nurse's Corner

## Spirit Lake Community Schools

*Spirit Lake School Nurses are committed to promoting the health and well-being of all students so that they may achieve academic success and develop lifelong healthy habits!*

### **The most important meal of the day... BREAKFAST!**

#### *But why is breakfast so important?*

Think about it like this... if your car ran out of gas, how well do you think it would run? Not well! Breakfast provides the first nutrition the body has had in 10-12 hours! Food is the body's fuel! If your child comes to school without any breakfast, they do not have the fuel to learn! Students who don't eat breakfast often come to the Nurses Office with headaches and stomach aches- causing them to miss valuable class time. Students who don't eat breakfast are often tired, cranky, difficult to motivate, and have a negative attitude. All of these are barriers to learning!

#### *What can you do to help?*

We get it- mornings can be chaotic... and having breakfast often falls by the wayside in the frenzy to get out the door. You may try setting an earlier alarm to allow ample time for breakfast at home. If your child has difficulty getting up in the morning, try having a breakfast that is ready to "grab and go" as you leave your home. If it is still too difficult to find the time to eat breakfast at home, please consider eating breakfast at school! The school cafeteria provides a nutritious breakfast that is reasonably priced, served daily 7:45 am-8:10 am with free and reduced assistance available to those that qualify.

*A few breakfast ideas:* Cold cereal with milk; Eggs; Waffles or Pancakes (look for wheat or whole-grain varieties!); Hot cereal such as oatmeal or cream of wheat (try dried fruit or nuts on top!); Whole grain toast, bagel or English muffin with peanut butter, cream cheese, or jelly; Yogurt with fruit and granola; Fruit Smoothies

***For the best start to your day... fuel the body and the brain with a good breakfast!***

If you have any questions, please contact the school nurses:

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