



DISTRICT: Miami Trace Junior High, Bloomingburg, Ohio
MUSIC TEACHER/SCHOOL HEALTH TEAM CHAIR: Cindi Grover
ALTERNATE BREAKFAST SERVICE: Breakfast in the Classroom Combination

★ BACKGROUND

A long-standing member of this rural community, and a Miami Trace graduate, Cindi Grover teaches music, her passion, but a larger picture motivates her—healthy, productive, students in the classroom.

Many students board buses at 6:30 a.m., spending close to an hour getting to school, and it was thought that excessive hunger could be causing poor a la carte lunch choices even though nutritious options were available on the lunch line. So, Expanding Breakfast was started.

★ IMPLEMENTATION

The program began as a Grab 'n' Go. Students picked up breakfast and ate in the cafeteria upon arrival to school. Quick evaluation showed it wasn't working as well as expected. Students were afraid they would be late to class. A solution was found after watching the Expanding Breakfast video—Breakfast in the Classroom. Foodservice staff sets up multiple nutritious entrees, juice, and flavored and white milk After 1st Period on tables. The 7th grade students select their items and head back to the classroom.

With the exception of Band/Choir all 8th grade students have study hall 1st Period. As they arrive they pick up their food from the cafeteria and eat in their classrooms; while the Band/Choir students eat their breakfast where they practice, before class begins. "Panther Breakfast Boost" punch cards are used to track meals for both grades.

★ IMPACT

Results have been great, with about 180 of the 442 students eating breakfast daily, a 42 percent participation level. Students are making better choices at lunch and there are welcomed behavior benefits. Grover explains, "Each year we anticipate mischievous Jr. High students, but they are well behaved and we attribute this to breakfast." Recently, the milk deliveryman wanted to know "What have you been doing?" A building typically going through six crates of milk every three days is now going through 13 crates.

Breakfast has played a key role in support of the larger picture. Grover comments, "We want the kids to know how important they are and how proud we are of them doing something good for themselves."

★ WORDS OF ADVICE

"Surround yourself with people who aren't afraid to be creative and do what's best for kids," encourages Grover. "You might work with colleagues or people from agencies within your community. Brainstorm with them to create plans that enhance the whole child*."