



## Why is Breakfast So Important?

60% of learning happens before lunch, so breakfast is indeed the most important meal of the day. When children get a balanced meal in a positive, stimulating environment, there are marked improvements in:

- Behaviour and concentration; Academic performance; Social skills; Self-Confidence and the ability to interact with peers and adults; Overall interest in the subjects being taught, Incidents of bullying.

(Reference- Breakfast Clubs of Canada)

## What is Breakfast Club?

Managed through parent and community volunteers this club provides breakfast to the children at St. Nicholas School. Our Breakfast Club offers a variety of healthy choices including milk, fresh fruit, toast, pancakes and eggs.

## When Does Breakfast Club Run?

Breakfast Club runs Mondays, Wednesdays and Fridays from 8:30am to 8:50am Food is served outside of the kitchen area located across from the School Gym.

**IMPORTANT NOTICE- We rely on volunteers and donations in order to operate the Breakfast Club. With enough support we could commit to expanding Breakfast Club to five days a week. Should we not receive enough ongoing support the entire Breakfast Club Program could be at risk.**

## How Can Parents and Students Help?

**Students** - We ask for students attending breakfast club to assist daily with set up of tables and chairs and to clean up after themselves.

**Parents** -We are looking for parents to support the ongoing operations and continuation of our Breakfast Club Program by donating the following:

**Money and/or Goods** – As our primary source of funding; monetary donations enable us to offer the Breakfast Club Program. Donations are used to purchased needed food and supplies. Donations of food or gift cards to local grocery stores are also welcomed.

**Volunteers** – Breakfast Club is not possible without the donation of time. If you are interested in volunteering, please contact us today.

**Contact- Liz @ 705-770-3615/ [corraddettiella@gmail.com](mailto:corraddettiella@gmail.com) or Sara @ 705-229-6315/ [sarabudd2@gmail.com](mailto:sarabudd2@gmail.com)**

## Donations:



To keep breakfast club running we are seeking donations of the following products:

Milk

Bricks of Cheese

Bagels

Slice Bread

English Muffins

Yogurt Tubes

Margarine

Fresh Fruit

Canned Fruit – Packed in Water

Maple Syrup

Pancake Mix

Eggs



Please contact us before purchasing food.....

We will let you know what products we are in greatest need of

- Monetary donations are also welcomed and can be sent to the office marked\* Breakfast Club Donation \*