**RI Department of Education Breakfast After the Bell Toolkit (2020)**

**COMMUNICATE TO FAMILES: Sample Letter Home for Second Chance Breakfast**

[DATE]

Dear Parents and Guardians,

[School Name] is starting a new Second Chance Breakfast program available to all students at (from time – time, following homeroom or passing time between first and second periods)! Starting on [Date], breakfast carts will be stationed at [locations in the school] for students to pick up a complete breakfast to eat [on the way to the next class or in the cafeteria or other designated eating areas]. It’s that simple!

Why School Breakfast? Because it’s the most important meal of the day!

* Students have better concentration after eating and are more likely to retain what they’re learning in class
* Students have fewer stomachaches and headaches and trips to the nurse when they’ve had breakfast
* Eating a healthy breakfast improves mood and behavior

Why Second Chance? Because more students will eat!

* Not all students arrive before the start of school to eat in the cafeteria. Buses sometimes don’t arrive on time and many students who drive/get driven choose to sleep at home as long as possible or prefer to socialize with friends
* Many students aren’t ready to eat first thing in the morning but by mid-morning are experiencing hunger
* Lunch scheduling may mean some students can’t eat lunch until mid-afternoon

We’re hopeful our new Second Chance breakfast program will encourage more students to start their school day the healthy way! Please contact [name/email] for more information or check out [website] for complete Second Chance program details as well as current menus and cost. (All Second Chance meals meet the same nutrition standards as cafeteria meals.)

Sincerely,

[Name]

[Title]