



WS/FCS District: Breakfast in Class in CEP Schools



WS/FCS District: Breakfast in Class in CEP Schools

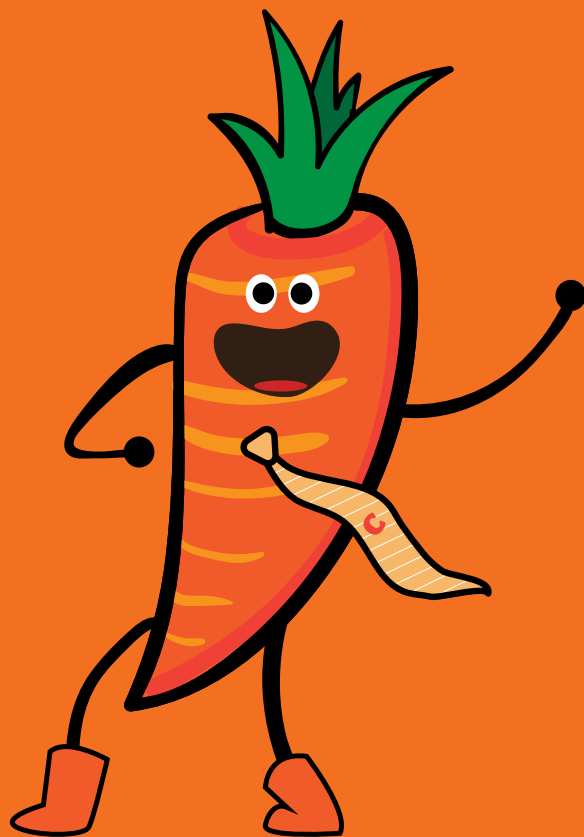
**City of Winston Salem in conjunction
with Winston-Salem's Urban Food Policy Council**

**Prepared by Scott Andree Bowen, Chair of Urban Policy Food Council
& Tiffany Turner, Senior Community Educator of Think Orange**

APRIL 2019

TABLE OF CONTENTS

| | |
|---|----|
| EXECUTIVE SUMMARY | 7 |
| INTRODUCTION | 9 |
| Relevant Context | 9 |
| The Gap in WS/FCS | 9 |
| BREAKFAST AFTER THE BELL PROGRAMS: | 11 |
| Breakfast in the Classroom (BIC) | 11 |
| Second Chance Breakfast | 11 |
| “Grab and Go” | 11 |
| WS/FCS CEP SCHOOLS PARTICIPATION | 13 |
| WS/FCS BIC DATA | 15 |
| Annual Report Cards | 15 |
| Principal’s Data | 15 |
| CASE STUDIES | 17 |
| West Craven High School | 17 |
| Guilford County Schools | 17 |
| Buffalo Public Schools, New York | 17 |
| CONCLUSION | 19 |
| RECOMMENDATIONS | 21 |
| REFERENCES | 22 |



EXECUTIVE SUMMARY

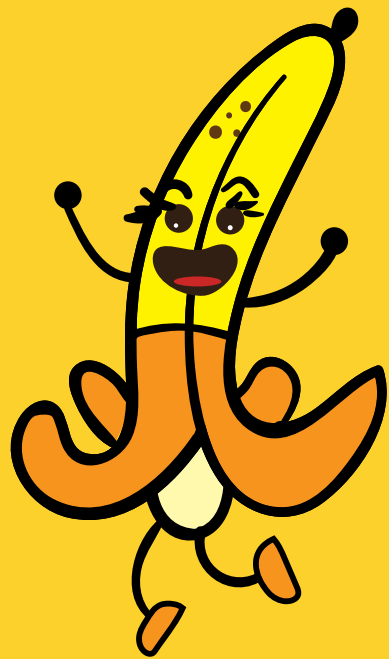
The Winston-Salem Metropolitan Statistical Area (MSA) ranks seventh in highest rate of food hardship on a national list of metropolitan statistical areas according to the Food Research and Action Center (FRAC). This is based on FRAC's "How Hungry is America?" report, which contains data for every state, the District of Columbia and 108 metropolitan statistical areas for 2016-2017. The City of Winston-Salem senses the importance of growing breakfast programs in the WS/FCS District to improve individual, school, and city-wide outcomes.

According to the North Carolina Department of Public Instruction, 64% of WS/FCS students are eligible for free or reduced-price lunch and breakfast. Of all those students who are eligible to receive free or reduced lunch or breakfast, 11,009 of them do not utilize breakfast.^{5,8} These students are what is a part of the "Breakfast Gap." The Breakfast Gap represents the number of free or reduced-priced meals-eligible students eating school lunch, but not school breakfast. The Breakfast Gap also represents the opportunity for more funds in our nutrition department, and more students receiving the benefits of a healthy school breakfast.

Breakfast in the Classroom (BIC) in WS/FCS District's Community Eligibility Provision (CEP) schools offers the momentum needed to address three of the seven areas that the WS/FCS School Board has agreed to focus on: **1.** the achievement gap, **2.** reducing the number of low-performing schools, and **3.** addressing social-emotional needs.¹

1. Breakfast in the Classroom will serve as a catalyst in closing the student achievement gap, as "a healthy meal (or even a meal at all) is a necessary step in leveling the playing field for student success," according to the Kernersville Elementary Principal.
2. Breakfast in the Classroom will enhance schools' ability to meet and exceed growth, which is reflected in the WS/FCS' school report cards.
3. Lastly, it will show, with a united front, that the WS/FCS District and all of its dignitaries care *not* only about students' academic success, but also on the "whole school, whole community, and whole child" (WSCC) as we have piloted and committed to addressing in the 2018-19 school year.

Our research and interviews with key stakeholders led us to conclude that a Breakfast in the Classroom approach to the School Breakfast Program is the best approach to increasing school breakfast participation, overcoming barriers like time constraints and stigmatization, and impacting positive change in health and educational outcomes for our students. We present these recommendations in the hopes that they will foster community, conversation, and action about using Breakfast in the Classroom as an instructional opportunity across WS/FCS District's CEP schools, while remembering that the barriers schools face are varied and at times school-specific.



INTRODUCTION

Within Forsyth county, 21.7% of the children are food insecure. Food insecurity is defined as the inability to have access or afford adequate and healthy food. These children are the student population of our schools. Many of these children do not have access to breakfast in the morning, which is a critical part of a child's brain and body development. When a child comes to school without eating anything since the lunch provided by the school the day before, sitting in class will become a difficult task. Food insecurity directly impacts a student's grades, behavior, and truancy.

CEP schools receive funding to provide meals for all of their students. Breakfast is free, but it is not being utilized by 59% of the population who receive free or reduced lunch or breakfast. We would like to see this percentage change. We would like to see breakfast out of the cafeteria, and consumed in the classroom. Fifteen out of 25 of the elementary schools with a CEP label use a program called Breakfast in the Classroom (BIC). **We would like to see all 25 of these elementary schools use Breakfast in the Classroom.**

Relevant Context

The following terms and acronyms have been identified as relevant and common in regarding school feeding programs and will be incorporated throughout this document:

Community eligibility provision (CEP): A non-pricing meal service option for schools and school districts in low-income areas, which allows higher poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without having to collect applications. Rather, schools that adopt CEP are reimbursed for free meals based on a formula indicating the percentage of students that are categorically eligible for free meals.³

Free or reduced-price (FRP) meals: Children can be certified for free or reduced-price breakfast or lunch based on household income via a school meal application or can be certified without an application based on participation in other means-test government programs.¹⁰

Whole School Whole Community Whole Child (WSCC): An effort to transition from a focus on narrowly defined academic achievement to one that promotes the long-term development and success of all children.⁷

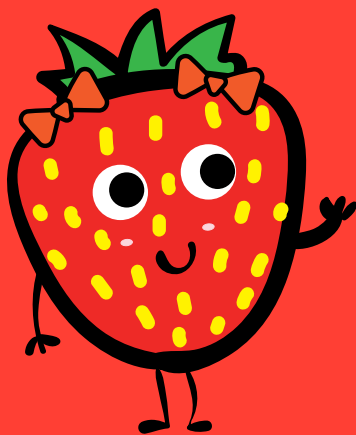
The Gap in WS/FCS

The school breakfast program in Winston-Salem/Forsyth County Schools still has a large opportunity to grow.

64% of the 55,500 WS/FCS students are eligible for free or reduced-price (FRP) meals. This is 35,560 students that are most likely to depend on school for all or some of their daily nutrition.⁵

11,009 students are in the "Breakfast Gap." This is the number of FRP-eligible students eating school lunch, but not school breakfast. This number represents potential – for more funds in our nutrition department, and more students getting the academic benefits of a healthy school breakfast – that can be achieved with Breakfast After the Bell.^{5,8}

\$960,480 in additional annual funding. This is the amount of federal funding that could be brought in from the CEP program, by reducing the Breakfast Gap by just 3,379 students, bringing this district to the 70% breakfast/lunch participation goal used by organizations such as No Kid Hungry and FRAC.⁸



BREAKFAST AFTER THE BELL PROGRAMS:

Breakfast After the Bell impacts the educational environment in schools, and benefits both students and their classrooms. There are several innovative and seamless ways to make breakfast a part of the instructional day.

Breakfast in the Classroom (BIC)

Students eat breakfast in their classroom after the official start of the school day. Students or staff may deliver breakfasts to classrooms from the cafeteria via coolers or insulated rolling bags, or school nutrition staff can serve breakfast from mobile carts in the hallways.

Schools reach up to 90% breakfast participation on average with this model.²

Second Chance Breakfast

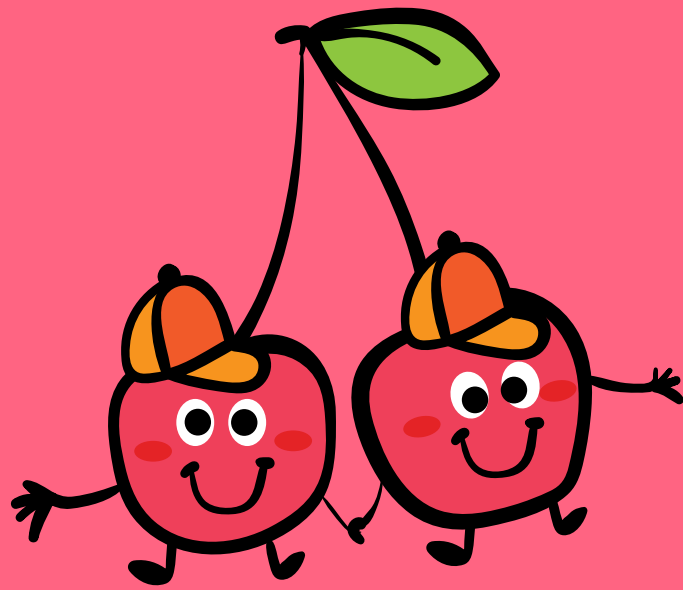
Students eat breakfast during a break in the morning, often after first period or midway between breakfast and lunch. Schools can serve breakfast in the same manner as they would with Grab and Go breakfast. This model can be particularly effective for older students who may not be hungry first thing in the morning or may opt to hang out with friends.

Schools reach 70% breakfast participation on average with this model.²

"Grab and Go"

Students pick up conveniently packaged breakfasts from mobile service carts in high traffic areas such as hallways, entryways or cafeterias. Students can eat in the classroom or elsewhere on school grounds before and after the bell has rung. Grab and go is most effective when carts are stationed in locations convenient to students (e.g. near school entrances) and when students are able to pick up the food from the carts and eat in the classroom.

Schools reach 63% breakfast participation on average with this model.²



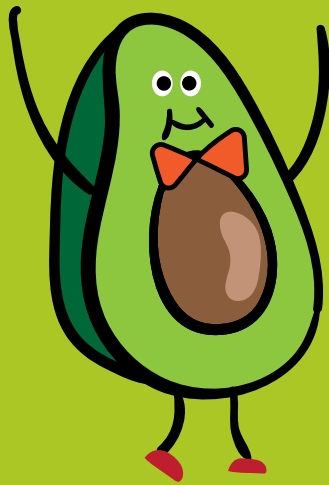
WS/FCS CEP SCHOOLS PARTICIPATION

In the WS/FCS district, there are currently 15 elementary schools classified as CEP that utilize breakfast in class. We would like to see that grow to the 25 total elementary schools classified as CEP.

| Elementary schools that use BIC | | |
|---|-----------------|--------------|
| Bolton | Kernersville | North Hills |
| Cook | Konnoak | Petree |
| Easton | Kimmel Farm | Smith Farm |
| Gibson | Mineral Springs | Speas Global |
| Hall Woodward | Moore Magnet | Walkertown |
| Elementary schools that <u>do not</u> use BIC | | |
| Ashley | Kimberly Park | |
| Brunson | Diggs-Latham | |
| Forest Park | Middle Fork | |
| Griffith | Old Town | |
| Ibrahim | South Fork | |

| Middle schools that use BIC* |
|---|
| Northwest |
| Philo Hill** |
| <p>*Both of these middle schools received a grant to pilot the program in their schools from No Kid Hungry. Philo Hill, as of late, has not begun the program.</p> <p>**Philo Hill is delivering the program through the form of Kiosks</p> |

| High schools that use BIC |
|---------------------------|
| None |



WS/FCS BIC DATA

Breakfast in the Classroom has proven success, which is reflected in the North Carolina Public School's annual reports cards. Its success is also reflected in data collected by principals at elementary schools within the district who are championing BIC.

Annual Report Cards

The North Carolina Public School annual report cards show a link between schools that use BIC and are meeting or exceeding growth. The following is a breakdown of CEP schools that met growth, or did not meet growth.

| Elementary schools that met or exceeded growth | | | |
|--|----------------------------|---|--|
| Ashley | Forest Park | Kernersville (exceeded growth) (BIC) | Mineral Springs (Exceeded Growth) (BIC) |
| Bolton (BIC) | Gibson (BIC) | Kimberly Park | South Fork (Exceeded Growth) |
| Cook (BIC) | Griffith (exceeded growth) | Kimmel Farms (BIC) | Speas Global (BIC) |
| Easton (BIC) | Ibrahim | Konnoak (BIC) | Walkertown (BIC) |
| <i>14 of the 16 Elementary Schools that implemented a BIC program met or exceeded growth in the 2017-18 school year.</i> | | | |
| Elementary schools that did not meet growth | | | |
| Brunson | Middle Fork | Old Town | |
| Diggs Lathem | Moore Magnet (BIC) | Petree (BIC) | |
| Hall Woodward (BIC) | North Hills (BIC) | Smith Farm (BIC) | |
| <i>4 out of 9 of the elementary schools that implemented a BIC program did not meet growth.</i> | | | |

Principal's Data

The following information was provided by Adam Dovico, Principal of Moore Magnet Elementary and Robert Ash, Principal of Speas Global Elementary. This is meant to show a decrease of tardiness and discipline referrals. This is a small data source, but it matches statewide statistics.

| School | Date | Tardiness |
|-------------------------|-------------------------|---|
| Moore Magnet Elementary | 09/26/2017 - 10/11/2017 | 24% Decrease |
| Moore Magnet Elementary | 02/01/2018 - 4/28/2018 | 35% Decrease |
| Speas Global Elementary | 12/2016 | 372 total tardys with 525 students |
| Speas Global Elementary | 12/2017 | 579 total tardys with 650 students |
| Speas Global Elementary | 12/2018 | 451 total tardys with 754 students. BIC introduced in February of 2018. |

| School | Date | Discipline Referrals (DR) |
|-------------------------|-----------|---|
| Moore Magnet Elementary | 2016-2017 | 11 DR's in the 8:15-8:45 time period |
| Moore Magnet Elementary | 2017-2018 | 2 DR's in the 8:15-8:45 time period. BIC introduced in 2017 |



CASE STUDIES

Three case studies were selected of a school and two school districts that have seen success with Breakfast in the Classroom.

West Craven High School

West Craven High School Principal, Tabari Wallace saw how many of his students were arriving to school without eating breakfast. With support from his teachers, they changed the culture of the school to make food a vital part of the life of each student through the use of kiosks. Principal Wallace rearranged the daily block schedule to include breakfast. Breakfast consumption has increased almost 400% at West Craven High School.

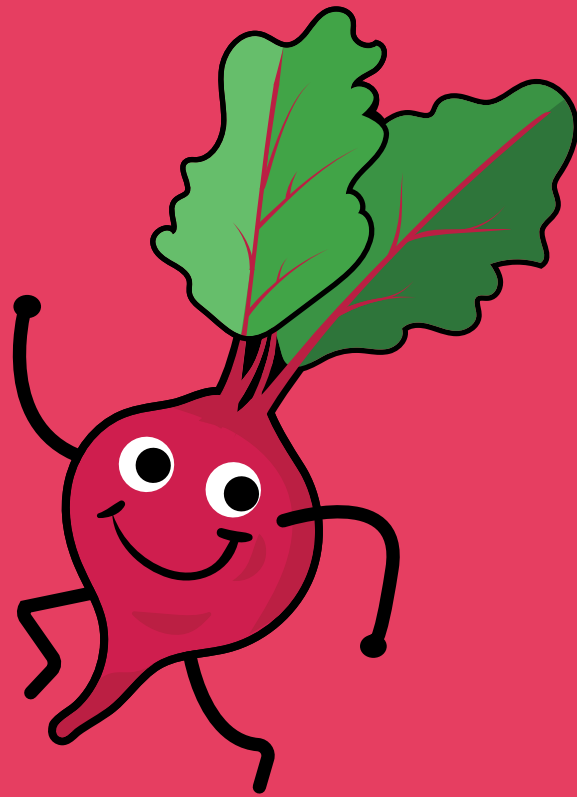
| Daily Schedule at West Craven High School | |
|---|-------------------------------|
| 1st Period | 7:30 a.m. - 8:54 a.m. |
| Breakfast Break | 8:54 a.m. - 9:06 a.m. |
| 2nd Period | 9:09 a.m. - 10:33 a.m. |
| 3rd Period | 10:36 a.m. - 12:00 p.m. |
| Power Hour <i>Time for lunch, clubs, and academic success</i> | 12:03 p.m. - 1:03 p.m. |
| 4th Period | 1:06 p.m. - 2:30 p.m. |

Guilford County Schools

In the 2012-2013 school year, Guilford County Schools (GCS) received a grant from Partners for Breakfast in the Classroom to pilot BIC in 12 schools. With BIC, participation in breakfast changed tremendously with reports of jumps in participation of 100 to 800 students. For Guilford County Schools, BIC removed barriers for students in accessing breakfast and also allowed them to enjoy their meal in fellowship. Jim Faggione, Director of Nutrition Services for GCS said, “The first day is a challenge, but day two is immeasurably better, and by day three all of the issues have been ironed out.” Once getting BIC up and rolling in their schools, they also noticed positive impacts on test scores and behavior. Now, GCS has 56 out of 126 schools utilizing the BIC program with a waitlist of principals who are eager to get the program rolling in their schools.^{4,11}

Buffalo Public Schools, New York

Buffalo, New York has a high rate of poverty and with that teachers report that 71% of students begin the school day hungry. Because of the rate of poverty in this school district, Buffalo Public Schools (BPS), all schools are classified as CEP schools; which allows all of the district’s students to participate in Breakfast in the Classroom. More than 24,000 breakfasts are served free of charge in BPS, but there is still far to go. Bridget O’Brien Wood said, “It’s helping [those students] learn better, so hopefully we are getting this generation to do better academically and have more success at schools by providing them with that nourishment that they need.”



CONCLUSION

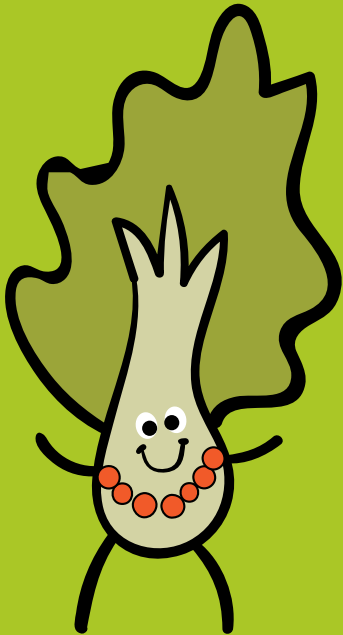
In 1943, Abraham Maslow published his “Theory of Human Motivation.” This is where we are introduced to Maslow’s hierarchy of needs. Visualize a pyramid; at the base is Physiological needs. Physiological needs include air, water, food, shelter, sleep, and clothing. Food is essential to our development and our survival. Education is important to the success of us all. We need education to serve out our callings as members of society, but education cannot happen effectively without first meeting these primary needs.

Skipping breakfast can make kids feel tired, restless, or irritable.

- In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep.
- Their mood and energy can drop by mid-morning if they don’t eat at least a small morning meal.⁶

The Academy of Nutrition and Dietetics says that children who eat a healthful, well-balanced breakfast are more likely to:

- Meet their daily nutrient requirement
- Concentrate better
- Have better problem-solving skills
- Have better hand-eye coordination
- Stay alert
- Be more creative
- Miss fewer days of school
- Be more physically active⁹



RECOMMENDATIONS

Breakfast should become a pivotal part of every child's day. We recommend that the CEP designated schools focus on breakfast as an opportunity to both feed the child's body and mind. We agree with Dr. Lynn Harvey, *Chief of School Nutrition Services, NC Dept of Public Instructions* when she said, "Meals are an instructional opportunity." Breakfast is an opportunity for children to learn better social skills, healthier eating habits, and how their bodies work and react with food. We believe that food insecurity is an issue in our schools within high poverty areas, and that it has a negative impact on childhood development.

We recommend that the Breakfast in the Classroom program be utilized in all CEP Elementary schools. We believe that of the three programs recommended by No Kid Hungry NC, the Breakfast in the Classroom is the best model for these schools. Our recommendation is to begin with CEP elementary schools, and expand to the middle and high schools in later years. For these older age groups, we recommend that the Grab and Go model is the best for middle and high school students.

We recommend that the Breakfast in the Classroom model is administered through cooler bags delivered to halls or classrooms much like Kernersville Elementary is implementing in their school.

We recommend that the administration and faculty at each school have a better understanding of what Breakfast in the Classroom looks like and the successes it can bring to their school. We recommend that the schools already using Breakfast in the Classroom model serve as a template for other schools in the district.

We recommend that the merits of Breakfast in the Classroom are explained to the teaching staff. This should not be just another task in their busy day. They need to understand how this program is meant to benefit their students and, in turn, benefit the teacher.

We recommend that we first embrace the idea that breakfast is important and must be made accessible to all students. Then, we recommend that we address concerns of food waste on a school to school basis.

We recommend that schools utilize one of three methods to cut down on waste with regards to the Breakfast in the Classroom Program:

1. Students pre-order their meal for Breakfast in the Classroom delivery via a spreadsheet or Google document;
2. Cafeteria staff monitor the items delivered to each classroom and those returned (and discarded) for a full menu cycle and then going forward adjust the amounts sent to classrooms based upon previous consumption;
3. Should the implementation of Breakfast in the Classroom be in the form of kiosks rather than the recommended cooler bags, then students choose from an assortment of items on a kiosk or mobile cafeteria line and take their meal to the classroom to eat.

"Meals are an instructional opportunity."

Dr. Lynn Harvey

Chief of School Nutrition Services, NC Dept of Public Instruction

REFERENCES

1. Braggs, Michael (2019). "School board, after rocky start, meets concerns head-on in retreat." Winston-Salem Journal. Accessed February 28, 2019. https://www.journalnow.com/news/local/school-board-after-rocky-start-meets-concerns-head-on-in/article_fd305c11-b214-5efb-9dbf-d55d988ee264.html?utm_medium=social&utm_source=facebook&utm_campaign=user-share
2. "Breakfast Service Methods" (2018). No Kid Hungry. Accessed February 5, 2019. <http://nokidhungrync.org/breakfast-service-methods/>
3. "Community Eligibility Provision." Food and Nutrition Service. United States Department of Agriculture. Last modified December 2018. Accessed April 8, 2019. <https://www.fns.usda.gov/school-meals/community-eligibility-provision>
4. Christina (2018). "Breakfast in the Classroom." Partners for Breakfast in the Classroom. Accessed February 1, 2019. <https://beyondbreakfast.org/breakfast-in-the-classroom-in-guilford-county/>
5. "Free & Reduced Meals Application Data." North Carolina Department of Public Instruction. Last modified 2017-18. Accessed March 3, 2019. <http://www.dpi.state.nc.us/fbs/resources/data/>
6. Galvin, Mary. "Breakfast Basics." Kids Health. Last modified July 2015. Accessed on February 11, 2019. <https://kidshealth.org/en/parents/breakfast.html>
7. "Healthful Living." Winston-Salem Forsyth County Schools. Accessed February 17, 2019. <https://www.wsfcs.k12.nc.us/domain/28>
8. "North Carolina School Breakfast Report: 2016-17 School Year." Food Research and Action Center. March 2018. Accessed February 18, 2019. <http://frac.org/wp-content/uploads/north-carolina-breakfast-report.pdf>
9. "Rise and dine! The importance of breakfast for kids." Allina Health. Last modified September 5, 2015. Accessed February 14, 2019. <https://www.allinahealth.org/healthsetgo/thrive/rise-and-dine-the-importance-of-breakfast-for-kids?id=36507239587>
10. "School Meal Eligibility and Reimbursements." Food Research and Action Center. Accessed March 19, 2019. <http://frac.org/school-meal-eligibility-reimbursements>
11. "The Partners for Breakfast in the Classroom Grant in Guilford County, NC." No Kid Hungry. June 22, 2017. Accessed on January 18, 2019. https://www.youtube.com/watch?v=x_d8S-vpgKM



#ThinkOrangeWS