



## INDIAN COMMUNITY SCHOOL

### Breakfast Makes a Difference

August 24, 2020

Dear ICS Parents/Guardian,

Have you ever wondered about the impact a healthy breakfast could have on your child's performance in school?

#### **Breakfast really does makes a difference!**

Research confirms how important breakfast is for children. Students who eat a healthy breakfast benefit by:

- Improved memory, verbal fluency and problem-solving capabilities.
- Higher standardized test scores.
- Exhibiting better concentration.

Of course, we know that you want your child to have a healthy start to their day, but that fitting breakfast into a morning schedule that's already jam-packed can be challenging. That's why the ICS Food Service Department is pleased to continue our **Breakfast at ICS Program both our in-person students and those who choose virtual learning**, so that all of our students can get the fuel they need to succeed.

We will offer breakfast here at the school each morning from 7:15 am - 8:00 am, Monday through Friday. We will also offer breakfast to our remote learners at home by serving meals at 2 remote sites starting on Sept. 8th. Please stay tuned for further information on meal pick up sites.

Please encourage your child(ren) to fuel up with a healthy school breakfast every day!

Sincerely,

Natalia Woehl, M.ed.RD.CD.  
*ICS Nutrition Manager*  
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