

Nominate a School Meal Hero

Just like at our school, in thousands of cafeterias across the country, nutrition professionals are dedicating their time and energy to provide students with the necessary fuel they need to perform. As School Lunch Hero Day approaches on the first Friday in May, we invite you to join us in celebrating all that's happening with school meals, but especially with the people who make them possible. Established in 2013 by author Jarrett J. Krosoczka, School Lunch Hero Day shines a spotlight on the contributions of cafeteria staff. Their dedication is exemplified in Krosoczka's *Lunch Ladies* series, showcasing the everyday heroism found in school cafeterias.



If your student has told you about a School Meal Hero, we'd love to hear about it here:

<https://rethinkschoolmeals.com/nominate>

Read Across America



Read Across America is an exciting time for schools, as we recognize the importance and impact of reading. Research consistently shows that strong literacy skills correlate with academic success and cognitive development. Additionally, literacy is linked to better overall well-being, promoting healthier behaviors and more informed decision-making.

Here are 5 Fun Facts about the brain benefits of reading:

1. Reading can reduce stress levels by up to 68%
2. In one year of reading, children can learn up to 1000 new words.
3. Children who read for fun perform better in school.
4. Reading can reduce the risk of Alzheimer's Disease by up to 50%.
5. Children who are read to at least three times a week by a family member are almost twice as likely to score in the top 25% in reading.

From May 2nd-6th, there are plenty of ways you can recognize Read Across America at home as well. Start a new read aloud in the living room—audiobooks count!—or visit your local library to see what special programming they may have available for students and their families. And remember: Readers are leaders!

Source:

<https://feea.org/2023/03/read-across-america/>

A Healthy Habit

Healthy snacking isn't just about satisfying hunger—it's about fueling the brain for optimal performance. Research shows that nutritious snacks can have significant benefits for students' cognitive function and academic achievement. According to a study published in the *Journal of School Health*, students who eat balanced, healthy snacks have better attention spans, improved memory, and enhanced cognitive function. Additionally, snacks rich in protein, fiber, and healthy fats help stabilize blood sugar levels, preventing energy crashes and promoting sustained focus. Furthermore, the American Academy of Pediatrics highlights the importance of nutrient-dense snacks, such as fruits, vegetables, nuts, and whole grains, for supporting brain development and overall well-being in children. By incorporating snacks into their diet, students can stay energized, focused, and ready to tackle academic challenges. So, next time your child reaches for a snack, help them make a healthy choice that will fuel their fun!

Source:

<https://health.clevelandclinic.org/healthy-snacks-for-kids>

