State testing begins this week. Please refer to testing dates below. Homework will not be assigned the night before any testing day. If you have any questions concerning testing, please feel free to call the school office at 419.693.0455.

New Information and Updates:

**ALEKS March Madness Tournament Update:** congratulations to our winning team, Florida State, as well as runner-up, Michigan State, 3rd place finishers, Tulsa and Gonzaga, and consolation bracket winners, Wisconsin and New York! Thank you and congratulations to all teams who participated in the ALEKS Tournament! Special thanks to our math teachers for putting together this fun challenge for our students, and to Pearson’s Ice Cream for certificate donations. See below for pictures of the above teams!

**Band News:** students have been working hard to prepare for their Solo and Ensemble event this weekend at Sylvania Timberstone. There are 20 students from the band who are going to participate in this competition. Good luck students! Five of our eighth grade band students have been selected to participate in the BGSU Middle School Honors Band in May.

Congratulations to Emmalee Guy, William Horvath, Savanna Large, Sarah Major, and Chantah Chanthakahn. These students will join 80 other students from the region at BGSU and enjoy a day of clinics that result in a concert that they will perform that evening only learning the music that day. Please note that the spring concert is scheduled for Thursday May 10th at 7:00 PM. This is different than what was published at the beginning of the school year. Finally, Cedar Point is scheduled for Saturday May 12th.

**7th Grade News:** 7th graders (Class of 2023) have been asked, via their email and a Google Form, to submit their t-shirt size for 2018-2019 school year t-shirts. Please encourage your 7th grader to submit their t-shirt size.

**8th Grade News:** see attached for March Students of the Month.

**Connect with Fassett:**
- **Facebook:** like us at [https://www.facebook.com/FJHSEagles/](https://www.facebook.com/FJHSEagles/)
- **Twitter:** follow Principal Gibbs (@Paul_M_Gibbs) at [https://twitter.com/Paul_M_Gibbs](https://twitter.com/Paul_M_Gibbs) and FJHS (@FassettEagles) at [https://twitter.com/FJHSEagles](https://twitter.com/FJHSEagles)
- **Instagram:** be sure to follow us (@fjs_eagles) at [https://www.instagram.com/fjhs_eagles/](https://www.instagram.com/fjhs_eagles/)

**Testing Calendar:**
- April 17 – 7th and 8th Grade English Language Arts (ELA) Ohio State Test (Part I)
- April 18 – 7th and 8th Grade ELA OST (Part II)
- April 22 – Kindergarten Information Night, Clay HS Auditorium, 6:00 p.m.
- April 26 – Bi-Weekly Grade Update
- April 23 – Math OST
- April 24 – Choir Concert, 7:00 p.m.
- April 25 – Math OST
- April 26 – 8th Grade Science OST
- April 27 – Bi-Weekly Grade Update
- April 26 – 8th Grade Send-Off Dance
- April 27 - Algebra 1 OST
- April 25 - Algebra 1 OST
- April 26 - Algebra 1 OST
- April 27 - Algebra 1 OST

**Important Dates:**
- April 17 – ELA OST
- April 18 – ELA OST
- April 18 – Kindergarten Information Night, Clay HS Auditorium, 6:00 p.m.
- April 20 – Bi-Weekly Grade Update
- April 23 – Math OST
- April 24 – Choir Concert, 7:00 p.m.
- April 25 – Math OST
- April 26 – 8th Grade Science OST
- April 27 – Bi-Weekly Grade Update
- April 26 – 8th Grade Send-Off Dance
- April 27 - Algebra 1 OST
- April 7 - Washington D.C. Parent Meeting, 6:00 p.m.
- April 8 – Algebra 1 OST
- April 10 – Band Concert 7:00 pm
- April 11 – Staff Training – No School
- April 15-18 – 8th Grade Washington D.C. Trip
- April 22 – Student of the Month Cookout
- April 23 – Honor’s Day
- April 24 – Honor’s Breakfast
- April 25 – Talent Show/Fun Day
- April 26 - Last Day for Students – 2 hour early release

**Important Reminders:**

“Fassett’s Got Talent”: don’t miss being a part of this year’s talent show! The show will take place on May 25th. Auditions will take place on April 19-26th. Pick up an audition form outside Miss Corsini or Mrs. Anderson’s class, and submit to Miss Corsini or Mrs. Anderson’s class by April 17th.
The Muddy Eagle: Eisenhower Intermediate School’s 3rd annual event will take place on Saturday, May 19th. See the attached flyer for more information and a link to register.

Wheels Only 5K: see the attached flyer for information and to register for the Wheels Only 5K, which will take place on Saturday, May 19th.

PowerSchool Parent Portal: Use the following link to access the Parent Portal of PowerSchool: https://oregon.ps.nwoca.org/public/. If you need to create an account, please visit the following page, or see the included attachment, for instructions:

Academic Practice Boards Assignments: 7th Grade: https://goo.gl/xj5pkR 8th Grade: https://goo.gl/wB8i3X

Dress Code Reminders (Pants/Shorts/Lower Body Apparel): all pants/shorts are to be worn at the waist, without exposing undergarments. Pants/shorts cannot have holes of any size that expose skin. Wearing undergarments under pants/shorts with holes does make them allowable providing no skin is showing.

Cell Phone Reminder: cell phones are not permitted to be used during school hours, and should be kept in your locker. Consequences will be issued if cell phones are found on students during this time.

Attendance Information: please ensure your student(s) is arriving to school on time. A student is marked tardy if he/she arrives after 7:50 a.m. An accumulation of tardiness to school will result in disciplinary consequences. please take a moment to check your student’s attendance for any unexcused codes. Please send in any doctor’s notes if needed. If you have questions, please call the attendance office at 419.693.0455, ext. 3045

Fitness Club: Fitness Club, with co-advisors, Mrs. Olive and Mrs. Porter, takes place every Thursday, after school, until 3:45 p.m. Permission forms are available in Mrs. Olive (room 40) and Mrs. Porter’s (room 38) rooms, and should be returned to Mrs. Olive or Mrs. Kretzer. Please see the attached flyer for more details.

Reading Club: Fassett students and staff have the opportunity throughout the school year to have books from the Oregon Branch Library delivered during STRIDE. If you are interested in checking out books through the public library, please follow the link and fill out the form: Fassett Reading Club Google Form

Student Drop-Off and Pick-Up: student safety is our top priority. To ensure the safety of our students, as well as an effective and efficient process, if you drop-off and/or pick-up your student(s) from FJHS, please follow the route outlined in the attached map, and please adhere to drop-off and pick-up times outlined below. Additionally, please be extra cautious of foot traffic in the parking lot.

After-School Academic Practice Program: Fassett Junior High School is pleased to offer additional academic assistance to students through the After School Academic Practice Program. This program allows students an opportunity to complete missing work, after school and with teacher assistance, and receive full credit without a disciplinary consequence.
ALEKS March Madness Tournament Champions!

Camryn M. --- Zilin C. --- Morgan G. --- Mallory G. --- Lindzie S.

Florida State
Runner-up

Michigan State

3rd Place Teams:

Tulsa

Gonzaga
Consolation Bracket Winners

Wisconsin

New York

Congratulations to all the teams who participated in the ALEKs Tournament!

Thanks to Pearson’s Ice Cream for the certificate donations!
8th Grade News

Congratulations to the following eighth graders for being nominated March's Students of the Month!

Mrs. Anderson       Andrew Bisaillon       Carleigh Maville  
Mrs. Batson         Emily Bourdo           
Mr. Bennett         Miranda Maynhart       James Merren  
Mrs. Hess           Drew Stevens           Averieana Furry  
Mr. T. Katschke     Jessica Payeff         Brock Wood  
Mrs. Kissling       Jenna Ewersen           Cody Keller  
Mr. Kolinski        Maci Karrick           Ben Jones  
Mrs. Kretzer        Camryn Williams        Kaden Carroll  
Mrs. Miller          Juli Havener            Benny Seibers  
Mrs. Porter         Breeann Schenkel        Reece Nichols  
Mrs. Reiter         Abby Mancini           
Mrs. Schak          Hayden Matthews         Makayla Muchewicz  
Mr. Slovak          Zi Lin Chen

Left to right, standing: Mrs. Anderson, Andrew Bisaillon, Carleigh Maville.

Left to right, kneeling: Mrs. Batson, Emily Bourdo,  
Mr. Bennett, Miranda Maynhart, James Merren.

Left to right, standing: Mrs. Hess, Drew Stevens, Averieana Furry.

Left to right, kneeling: Mr. T. Katschke, Jessica Payeff, Brock Wood.

Left to right, standing: Mrs. Kissling, Jenna Ewersen, Cody Keller.

Left to right, kneeling: Mr. Kolinski, Maci Karrick, Ben Jones.

Left to right, standing: Mrs. Kretzer, Camryn Williams, Kaden Carroll.

Left to right, kneeling: Mrs. Miller, Juli Havener, Benny Seibers.

Left to right, standing: Mrs. Porter, Breeann Schenkel, Reece Nichols.

Left to right, kneeling: Mrs. Reiter, Abby Mancini.

Left to right, standing: Mrs. Schak, Hayden Matthews, Makayla Muchewicz.

Left to right, kneeling: Mr. Slovak, Zi Lin Chen.
Don’t miss being a part of this year’s “Fassett’s Got Talent” end of year talent show, May 25th!

Show
Us
YOUR
TALENT

Don’t be shy!

Auditions are April 19 - 26. Pick up an audition form and turn in by April 17th to Miss Corsini or Mrs. Anderson.
The Muddy Eagle

A fundraising event for Eisenhower Intermediate School

Saturday, May 19th
331 S. North Curtice Rd., Oregon
Registration starts at $12/person
(includes free t-shirt for prepaid participants, while supplies last)

Get ready for some serious fun at Eisenhower Intermediate School’s 3rd Annual Muddy Eagle! This 1.5 mile no-pressure untimed mud and obstacle course is a fantastic family race or a great starter race for those looking to improve running goals. Located just down the road from Maumee Bay.

For more info, visit www.eventbright.com & search “Muddy Eagle” or email epssoo4ike@gmail.com
Participant Registration Form

Students and community members are invited to participate in Oregon City Schools’ first Wheels Only 5K! All proceeds will support creating universal playgrounds at our three elementary buildings. There will be three distances available for participants to choose from:

5K (3.1 miles), 1K (.6 miles) and 1/2K (.3 miles)

Participants must be “on wheels”. Acceptable wheels are: wheelchair, walker, skateboard, roller skates, roller blades, bicycle, wagon and stroller. Map of routes available on event day! Please feel free to contact Dee Hepperly, OCS Director of Special Education at 419-698-6000 or email dhepperly@oregoncs.org if you have questions.

WHEN:
May 19, 2018
8:00 AM Registration Opens
10:00 AM Event Starts

WHERE:
Clay High School
(by the stadium)

COST:
Early Registration:
$5 for students/Kids under 5 and
$20 for Adults if registered by April 13th
(includes T-shirt)

Onsite Registration:
$5 for students/Kids under 5 and
$25 for adults registered after April 13th

Register Online:
https://wheelsonly5k.eventbrite.com

Register by Mail:
Send this completed form and
a check payable to:
Oregon City Schools

Mail to:
Wheels Only 5K
5721 Seaman Road
Oregon, OH 43616

Name: ____________________________ Age: ________ 5K ___ 1K ___ 0.5K ___
Address: __________________________ Telephone: __________________________

T-Shirt Size (Circle One): Child- S M L XL Adult- S M L XL XXL

**SIGNATURE: ________________________________

By signing this registration form, I agree I will not hold Oregon City Schools responsible for any loss/damage of property or injury to my person. (Custodial parent/guardian must sign for student/kid under the age of 18)
Ram Drama Team Presents


Locally Directed by: Mary Brucker-Hornan
Locally Produced by: Debbie Brucker
Based on the DreamWorks Animation Motion Picture

Original Music & Lyrics by George Norlinga & Joel Somalian
Lyrics by Howard Ashman and Tim Rice

When: Thursday, May 3, 2018 – 7:00 pm
Friday, May 4, 2018-7:00 pm
Saturday, May 5, 2018-7:00 pm
Sunday, May 6, 2018 -2:00 pm

Where: Eisenhower Intermediate School
331 N. Curtice Rd., Oregon, OH

Tickets: $7.00 or $12.00/person
Tickets may be purchased from showtix4u.com
beginning April 8, 2018
Don’t miss Oregon’s Youth Talent Grades 2-8!
Oregon City Schools/NPESC
Preschool

We would love for you to visit our program, take a tour, and meet our teachers!
Call 419-698-8003 to schedule a visit.

Oregon City Schools offers preschool to all Oregon residents.
Classes are on Monday, Tuesday, Wednesday, and Thursday
Hours: AM session 9:15-11:45 or PM session 1:00-3:30
One classroom for 3 year olds and two for 4 and 5 year olds

The Wynn Center
5224 Bayshore Rd
Oregon, Ohio 43616

We are enrolling preschool eligible 3, 4, and 5 year olds for the fall starting April 1st.
To enroll, call 419-698-6000
Oregon City Schools Parent Portal Account Creation –

You must have an Access ID and Password for each student before setting up account. These letters were mailed home in September. If you did not receive your letter, please contact Linda Toth at 419-693-0661 x3273 for this info.

1. Go to www.oregoncityschools.org, click on “Parent Portal Login” in the “Parents” menu.

2. Click “Create Account” button. DO NOT try to enter Access ID and Password into Login fields.

3. Fill in required information for ALL STUDENTS you want to associate with this account.

4. If everything is entered correctly and your username is available, you will be presented a screen congratulating you on creating your new account. Using the username and password you just created, log into the Parent Portal and customize your account. If you have more than one student, you will see buttons in the top left corner to switch between your students’ information.

   a. Click on eMail Notification and/or My Calendars buttons to setup customized communications.
   b. Click on Power Announcement to setup your district communication preferences.
   c. Click on Preferences button to edit account information.
Computer Club 2017 - 2018

Computer Club is for students who are interested in exploring technology and computers beyond the regular computer class curriculum. Participants are involved in STEM – Science, Technology, Engineering and Math activities that are activity, project, and problem-solving based. Students gain skills in communication, collaboration, critical-thinking, and creativity.

There is no cost for the club but students will need to bring their ChromeBook, earbuds, and a 3 ring binder. Computer Club begins on Monday, October 9th, and will meet every other Monday after school until 3:45. Please be sure to pick your child up on time.

Please cut here and turn in the bottom portion.

___________________________________________________________
Computer Club Sign-Up Sheet

You must have this form signed by a parent in order to attend.

My child has permission to join Computer Club!

Student’s Name: ____________________________________________

Grade: _________

Stride Teacher: ____________________________________________

Emergency Contact Number: __________________________________

Parent Signature: ____________________________________________

Please return to Mrs. Kretzer in Room 32 on or before October 9th.
Fassett Fitness Club 2017-2018

What is Fitness Club, you ask? Fitness Club was established to provide students with an opportunity to better develop healthy eating and exercise habits in a fun and challenging atmosphere.

Health teachers, Mrs. Porter and Mrs. Olive, will supervise students for an hour right after school every Thursday until 3:45pm. Students can choose between exercises in the weight room, running or walking in the hallways, circuit training, relays, games and other co-ed activities. On days where the weather permits, we will be going outside.

Each year we plan to go on a fitness related fieldtrip at a minimal fee to encourage lifelong healthy habits. In the past, we have gone to the YMCA, BGSU Ice Arena, SkyZone, The International Boxing Club, Wildwood Athletic Club and more. This years’ location is yet to be decided.

We also encourage our members to advocate for other organizations that promote fitness. We have joined volunteers for “Girls on the Run” at The University of Toledo, “The Glass City Marathon” in Sylvania and others. Be on the watch for these worthwhile activities.

To offset the expense of snacks and to help supplement T-shirts and fieldtrips, there is a one-time participation fee of $5.00.

So... gather up your friends and join us for some healthy fun!!!

_________________________________________
...Please cut here and return the bottom portion...

Fitness Club Permission Slip

My child has permission to join Fassett Fitness Club!

Students’ name:_____________________________ Grade: _____

Stride Teacher:______________________________

Emergency contact/Name_______________________ Phone#___________

T-Shirt Size- please circle one: Children L XL  Adult S M L XL XXL

Note: T-shirts are optional and are available for a nominal fee of $5.00

Parent signature:____________________________________________________

Our first Fitness Club session is on Thursday, October 19th. Please return this slip and your money to Mrs. Olive (rm. 40) or Mrs. Porter (rm. 38) prior to our first meeting! Thank you 😊
April 23 – June 17

Monday: Adult Pickle ball, Adult Basketball, Gymnastics, Martial Arts, Sport Practice, Photography
Tuesday: Sport Practice, Gymnastics, Art, Guitar
Wednesday: Adult Pickle ball, Adult Basketball, Sport Practice, Art, Dance Classes
Thursday: Sport Practice, Dance Classes
Friday: Family Fun Night (last Friday only)
Saturday: Adult Pickle ball, Sport Games, Gymnastics
Sunday: Adult Basketball

Youth Sport Leagues
- Saturday Games
- Team T-shirt provided
Ages PreK–8yr In–House Soccer
- PreK & 5yr–8yr leagues
- Learning league
Y-to-Y Sports
- Travel Competitive league
- Games at Various area YMCA’s
- Co-Ed
Offered Y to Y Leagues
Cross Country
Volleyball
Flag Football

Sport Fee: $35 member
$75 Program Participant

Register By April 13th

How To Register
Registration is now available ONLINE! Using your membership ID number or your email address you can create an account and register for programs ONLINE! Go to www.ymcatoledo.com
You can also visit our Member Service Desk at the Eastern Community YMCA to register or call 419-691-3523

One-On-One Coaching
Available with one of our certified coaches. For members and program participants.

Offering:
- Basketball
- Volleyball
**GYMNASTICS**

Monkeys and Teddy Bears Ages: 1–2
- **Monday 5:00 – 5:30P**
- **Tuesday 5:00–5:30P**
- **M $20 / PP $40**

Kangaroos Ages: 3
- **Monday 5:30 – 6:00P**
- **Tuesday 5:30–6:00P**
- **M $20 / PP $40**

Tigers Ages: 4–5
- **Monday 6:00 – 6:30P**
- **Tuesday 6:00–6:30P**
- **M $20 / PP $40**

**ALL NEW**

Tumbling I Ages: 4–5
- **Saturday 10:15 – 10:45A**
- **M $25 / PP $50**

Tumbling II Ages: 6–8
- **Monday 6:30 – 7:15P**
- **Saturday 10:45 – 11:30A**
- **M $30 / PP $60**

---

**Free Youth Activities**

**Ages 6 –12**

- *Must be members to participate*

  - Kid Drums: Tues 4:30
  - Kids Yoga: Wed 4:30
  - Y Kids Fit Club: Thurs 5:00
  - Pickle Ball: (8–12yr old) Wed 5:30

---

**MARTIAL ARTS**

  - Little Ninjas Ages: 5-7
  - **Monday 5:45 - 6:30p**
  - **$20.00 Uniform**
  - **M $45/ PP $90**

  - Youth Ages: 8–12
  - **Monday 6:30 - 7:30P**
  - **$25.00 Uniform Fee**
  - **M $50/ PP $100**

---

**DANCE**

  - **Ballet:**
    - Wed 5:00–5:30P Ages 3–5 **M $25 / PP $50**
    - Wed 5:30–6:15P Ages 6–12 **$30** **$60**

  - **Studio**
    - Thurs 5:00–5:30P Ages 3–4 **M $25/PP $50**

  - **Dance:**
    - Thurs 5:30–6:00P Ages 5–6 **$25** **$50**

  - **Hip Hop:**
    - Wed 6:30–7:15P Ages 11–15 **M $30/PP $60**
    - Thurs 6:00–6:45P Ages 6–10 **$30** **$60**
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No School</strong></td>
<td><strong>Popcorn Chicken</strong></td>
<td><strong>Pizza</strong></td>
<td><strong>Walking Taco</strong></td>
<td><strong>Regular or Spicy Chicken PattySandwich</strong></td>
</tr>
<tr>
<td>2</td>
<td><strong>Potato Smiles Vegetable Selection Fruit Selection Milk Selection</strong></td>
<td><strong>Hot Corn Vegetable Selection Ranch/Italian Dressing Fruit Selection Milk Selection</strong></td>
<td><strong>Lettuce/cheese/salsa Meat/Refried Beans Vegetable Selection Fruit Selection Milk Selection</strong></td>
<td><strong>Tater Tots/Pickles Vegetable Selection Fruit Selection Milk Selection</strong></td>
</tr>
<tr>
<td>9</td>
<td><strong>Chicken Nuggets BBQ Sauce Potato Smiles Vegetable Selection Fruit Selection Milk Selection</strong></td>
<td><strong>Pizza Hot Corn Vegetable Selection Ranch/Italian Dressing Fruit Selection Milk Selection</strong></td>
<td><strong>Turkey Mashed Potatos/Gravy WG Dinner Roll Vegetable Selection Fruit Selection Milk Selection</strong></td>
<td><strong>Breakfast for Lunch Waffle Turkey Sausage Hashbrown Vegetable Selection Fruit Selection Milk Selection</strong></td>
</tr>
<tr>
<td>16</td>
<td><strong>Regular or Spicy Chicken PattySandwich Tater Tots/Pickles Vegetable Selection Fruit Selection Milk Selection</strong></td>
<td><strong>Quesadilla Chicken Or Cheese Refried Beans Vegetable Selection Fruit Selection Milk Selection</strong></td>
<td><strong>Nachos Lettuce/cheese/salsa Meat/Refried Beans Vegetable Selection Fruit Selection Milk Selection</strong></td>
<td><strong>Grilled Cheese Tomato Soup Vegetable Selection Fruit Selection Milk Selection</strong></td>
</tr>
<tr>
<td>23</td>
<td><strong>Corn Dog Tator Tots Fruit Crisp Vegetable Selection Fruit Selection Milk Selection</strong></td>
<td><strong>Breakfast for Lunch Waffle Turkey Sausage Hashbrown Vegetable Selection Fruit Selection Milk Selection</strong></td>
<td><strong>Chicken Drumstick Mashed Potatos/Gravy Hot Mixed Vegetables Vegetable Selection Fruit Selection Graham Cracker Sticks Milk Selection</strong></td>
<td><strong>Fiesta Or School Pizza Vegetable Selection Fruit Selection Milk Selection</strong></td>
</tr>
<tr>
<td>30</td>
<td><strong>Popcorn Chicken Potato Smiles Vegetable Selection Fruit Selection Milk Selection</strong></td>
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**News**

Served Daily as an Alternate Lunch:

- Turkey Sandwich, WG Choice Vegetable, Fruit and Milk Selection
- Yogurt, Cheese Stick, WG Selection, Vegetable, Fruit and Milk Selection
- Salad with Turkey Ham, WG Choice, Vegetable, Fruit and Milk Selection

Prices:
- K-4 Student Lunch $2.75
- 5-12 Student Lunch $3.00
- Reduced .40 Adult $3.50

Prepaid Meals available on our school web site: Oregoncityschools.org

Healthy snacks and drinks available from $.25-$1.50

“This institution is an equal opportunity provider”
OREGON CITY SCHOOLS BREAKFAST MENU

Grades K-8
Coy, Eisenhower, Fassett, Jerusalem and Starr

MEAL PRICING:
Breakfast Full Price: $1.50
Reduced Breakfast Price: $.30
Free Students: $FREE

BREAKFAST Menu
August-May 2017-2018

<table>
<thead>
<tr>
<th>WEEK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pancake Wrap Fruit/Juice Choice of Milk</td>
<td>Cheese or Plain Omelet WG Choice Fruit/Juice Choice of Milk</td>
<td>Breakfast Sandwich Fruit/Juice Choice of Milk</td>
<td>Breakfast Pizza Fruit/Juice Choice of Milk</td>
<td>WG Pastry Fruit/Juice Choice of Milk</td>
</tr>
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<td>Breakfast Pizza Fruit/Juice Choice of Milk</td>
<td>WG Pastry Fruit/Juice Choice of Milk</td>
</tr>
</tbody>
</table>

OTHER DAILY SELECTIONS:

ENTREES

Assorted Cereals
Whole Grain Breakfast Bars
Vitamin Enriched WG Pastries
Yogurt
Milk Choice

NUTRITION BITES:

• Dairy provides 74% of the vitamin D in young children’s diets

• More than half of whole grains are eaten at breakfast

• Kids who eat breakfast tend to perform better in school and have fewer disciplinary problems. Breakfast also tends to help kids stay alert

• Starting every day the whole grain way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school

• A full cup of fruit is available every day, providing nutrients that are important for kids’ health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER