
Dear Elementary School Principal,

Breakfast is essential to our health and is related to positive academic outcomes, yet many children skip breakfast. We know this affects a child's behavior and focus as well as their health. The *Hawaii 5210 Breakfast Promotion Campaign* is asking you to help students be healthy and ready to learn by increasing healthy breakfast eating habits.

We have developed a *Hawaii 5210 Breakfast GO! Kit* that addresses healthy breakfast eating habits with ready-to-go resources, materials, and activities. The Go! Kit is aligned with the Department of Education's Wellness Guidelines and supports the DOE Food Services Breakfast Program.

The enclosed *Hawaii 5210 Breakfast GO! Kit* contains:

- Letters to Teachers and Parents
- Poster for Classroom
 - Break for Breakfast
 - Breakfast is Best!
- Handouts for Children-Parents
 - Break for Breakfast
 - Breakfast is Best!
- Breakfast Promotion Week Activities

We recommend these resources be introduced to your teachers and students sometime at the beginning of the year and again after the Winter holidays. Ideally, you could disseminate the parent/child materials and pick a few of the activities to be lead by the school administration, teachers, or involved parents and peers.

To help us tailor the Go! Kit to the needs of Hawaii's communities, please complete the short evaluation survey after the promotion is complete. The survey is available online as well:

<https://www.surveymonkey.com/s/BreakfastGoKit>

We will encourage the teachers to submit their evaluations of the promotion.

Thank you for considering this promotion. We understand that the school day is busy and supporting small changes in daily routines, such as eating breakfast, can make big differences in the health and wellness of children and their families.

Please contact us if you have any questions.

Sincerely,

May Okihiro, MD and the Hawaii 5210 GO! Kit Team