

Platt High School: Charge Up with AM Energy!

LOCATIONS	TIME	BREAKFAST ITEMS
CHARGING STATION 1 (GRAB-N-GO CART) -Main Entrance	6:50 AM - 7:35 AM	Complete Meals - no hot items.
CHARGING STATION 2 -By Staircase A	6:50 AM - 7:35 AM	Complete Meals - no hot items.
VENDING MACHINE 1 -In Cafeteria	6:00 AM - 10:00 AM	Complete Meals - no hot items. A la carte items.
VENDING MACHINE 2 -Outside of Media Center	6:00 AM -10:00 AM	Complete Meals - no hot items. A la carte items.
CAFETERIA	6:50 AM - 7:30 AM	Complete Meals - Cold & Hot Options. A la Carte items.

Answers to Questions About Platt High School's Charge Up with AM Energy!:

1. How does it work?

Students stop by the cafeteria, "Charging Station" (Grab-N-Go Cart), or the vending machine and pick-up their complete breakfast. Students may eat in the cafeteria before class or bring their "AM Energy" meal to the classroom to eat. Hot and cold breakfast entree options are offered daily, along with 100% fruit juice or fresh fruit and choice of milk. Syrup and grapes will not be offered as part of the breakfast meals. When finished eating, students are responsible for putting their trash back into the breakfast bag and placing it in the identified trash bin.

2. Can any student have a breakfast?

All students can take a breakfast meal. Students on a free or **reduced price meal plan** will receive the breakfast meal at no cost to them. Students on a full pay plan will pay \$1.25.

3. Will students still be able to receive a hot breakfast?

Yes. Initially, hot breakfast items will only be available in the cafeteria.

4. Will students be able to take all breakfast items with them to class?

Yes. The hot breakfast timing is currently structured to discourage students from taking their hot breakfast items to the classroom with them. However, students will be allowed to bring vended meals and meals grabbed from the "Charging Stations" to their first period and eaten in the classroom. Students are not allowed to open their breakfast bags or items until they are in their place in their classroom.

5. How will this impact my instructional time?

Breakfast eaten in the classroom usually takes no more than 10 minutes from start to finish. Instructional activities can take place while kids are eating their breakfast (e.g.; attendance, morning announcements, homework collection, silent reading, etc.) during breakfast time. This creates a valuable opportunity for teachers to get the "pulse" of their students and set the classroom culture for the day.

6. Will teachers have to keep track of which students eat breakfast or not?

No. All breakfasts served will be tracked by the Food Services Staff where the students pick-up their meals.

7. What if students in the classroom have a food allergy?

Food allergies in the classroom will be handled exactly like they are in the cafeteria. Food Service Staff has been notified of which students have particular food allergies and will handle accordingly.

8. What about the potential trash?

As long as students are provided with a structured routine and expectations for the clean-up of breakfast, grab-n-go style breakfast has not been shown to result in dirty schools. If you need additional trash bins, wipes, or bags for this purpose, please contact one of the Team members below.

9. What about potential pests?

Careful cleaning of any spills or crumbs is the number one defense against attracting pests. The breakfast menu is planned to be easy to eat and clean-up. If there is a spill, please notify your custodial staff as soon as possible so they may properly clean and sanitize the area. Custodial staff will facilitate easy disposal of trash from breakfast service. The district’s Integrated Pest Management Team has a system in place to follow through on the prevention of pests.

10. Why are Meriden Public Schools adopting the “Charge Up with AM Energy” model district wide?

Charge Up with AM Energy will increase access to School Breakfast for all of Meriden’s students and help ensure that they come to class ready to learn. Benefits of school breakfast are endless and contribute to the district’s overall goals. Here are just a few of the benefits you’ll see with the new breakfast models:

- A. Test Scores** - eating breakfast at school improves standardized test scores, including reading, writing and math.¹
- B. Attention** - Children who eat school breakfast are more likely to have improved attentiveness.²
- C. Attendance** - increasing school breakfast participation increases attendance.³
- D. Diet Quality** - children who eat school breakfast meet the dietary standard for specific nutrients in food.⁴
- E. Discipline** - increasing school breakfast participation decreases number of suspensions from school.⁵
- F. Health** - children who eat breakfast visit the school nurse less frequently and complain less of tiredness, aches and pains.⁶

PLATT HIGH SCHOOL’S CHARGE UP WITH AM ENERGY TEAM		
ONSITE SUPPORT	<p>Susan Maffe - Team Lead Food and Nutrition Services Director susan.maffe@meridenk12.org O: 203.630.4166</p>	<p>Dawn Postolowski Food Services Data Application Specialist dawn.postolowski@meridenk12.org O: 203.630.7082 C: 203.631.6403</p>
SCHOOL TEAM	<p>Robert Montemurro, Principal Geoffrey Kenyon, Assistant Principal - Building Administrator Team Lead Heather Verdi, Assistant Principal</p>	
DISTRICT TEAM	<p>Miguel Cardona, Assistant Superintendent David Salafia, Family School Liaison Coordinator Carlos Piña, Family School Liaison Jim Crawford, School Breakfast Consultant, Food and Nutrition Services Ashley Onion, RD, Registered Dietitian Dawn Postolowski, Food Services Data Application Specialist</p>	
SUPPORT	<p>End Hunger Connecticut!, Shannon Yearwood, CT No Kid Hungry Campaign Manager</p>	

¹ Peterson, et al. Fast Break to Learning School Breakfast Program: A Report of the Fourth-Year Results, 2002-03. 2004. <https://www.cehd.umn.edu/oea/pdf/2002-03BreakfastStudy.pdf>
² Shemitt, et al. A national evaluation of school breakfast clubs: evidence from cluster randomized controlled trial and an observational analysis. Child: Care Health Dev 2004; 30(5): 413-427
³ Murphy et al. Effects of a universally free, in classroom breakfast program; Results from the First Year of the Maryland Meals for Achievement Evaluation. Baltimore: Maryland State Department of Education; 1999.
⁴ Gleason et al. Children’s diets in the mid 1990’s; Dietary intake and its relationship with school meal participation. United States Department of Agriculture, Food and Nutrition Service, Office of Analysis, Nutrition, and Evaluation 2001.
⁵ Murphy et al. Effects of a universally free, in classroom breakfast program; Final Report from the Third Year of the Maryland Meals for Achievement Evaluation. Baltimore: Maryland State Department of Education; 2001.
⁶ Murphy et al. Effects of a universally free, in classroom breakfast program; Final Report from the First Year of the Maryland Meals for Achievement Evaluation. Baltimore: Maryland State Department of Education; 1999.

