

Dear Teacher,

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:

- An Informative Letter to Parents/Guardians
- Handouts for Parents
 - Break for Breakfast
 - Breakfast is Best!
- Breakfast Promotion Week Activities
- Evaluation Materials

We recommend that these resources be introduced to your students sometime at the beginning of the year and again after the Winter holidays. Ideally, the whole school or grade level will participate with larger promotions and contests as well as involve 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>

Thank you for considering this promotion. We understand the school day is already 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. So, thank you for your support.

Please contact us if you have any questions or suggestions.

Sincerely,

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