



Serving Up Student Success Summit

August 27, 2024



Welcome



Hosted by American Dairy Association North East



Dr. John W. Hodge



President and Co-founder
Urban Leadership & Learning Center (ULLC)



Serving Up Student Success: Closing the Achievement Gap

Erin Kennedy Hysom | Senior Child Nutrition Policy Analyst | EHysom@frac.org

Who We Are

FRAC is the leading national nonprofit organization working to eradicate poverty-related hunger and undernutrition in the United States.



What We Do

- Conduct research to document the extent of hunger and identify effective solutions
- Advocate for federal, state and local public policies that protect and strengthen the federal nutrition programs
- Provide coordination, training, technical assistance, and support on hunger-related issues





Food Insecurity in NY and NJ

New York

- 18.8% of children are food insecure
 - 1 in every 5 children
 - 23% exceed federal poverty line



New Jersey

- 13.2% of children are food insecure
 - 1 in every 8 children
 - 28% exceed federal poverty line



Benefits of School Breakfast



Health:

- Improves Dietary Intake
- Decreases the Risk of Food Insecurity
- Protects Against Negative Health Outcomes

Learning:

- Improves Student Behavior
- Improves Attendance
- Improves Academic Achievement

Youth Risk Behavior Survey

- 47% of students consumed fruit or 100% fruit juice <1x/day
- 75% of students had not eaten breakfast daily



Photo Credit: Livingston Parish Public Schools

GENYOUth Insights Report (2024)

- Online survey conducted in September 2023
- Weighted, nationally representative sample of 1,017 students, ages 13-18
- Public, private, and parochial schools

School Breakfast

GENYOUth research reveals:



Youth who skip breakfast are less likely to eat healthy.

Breakfast is the meal that youth are most likely to skip; over half of youth (54%) skip breakfast at least once a week.

Over half of youth from lower-income households (58%) say they skip breakfast every day, a few times a week, or at least once a week.

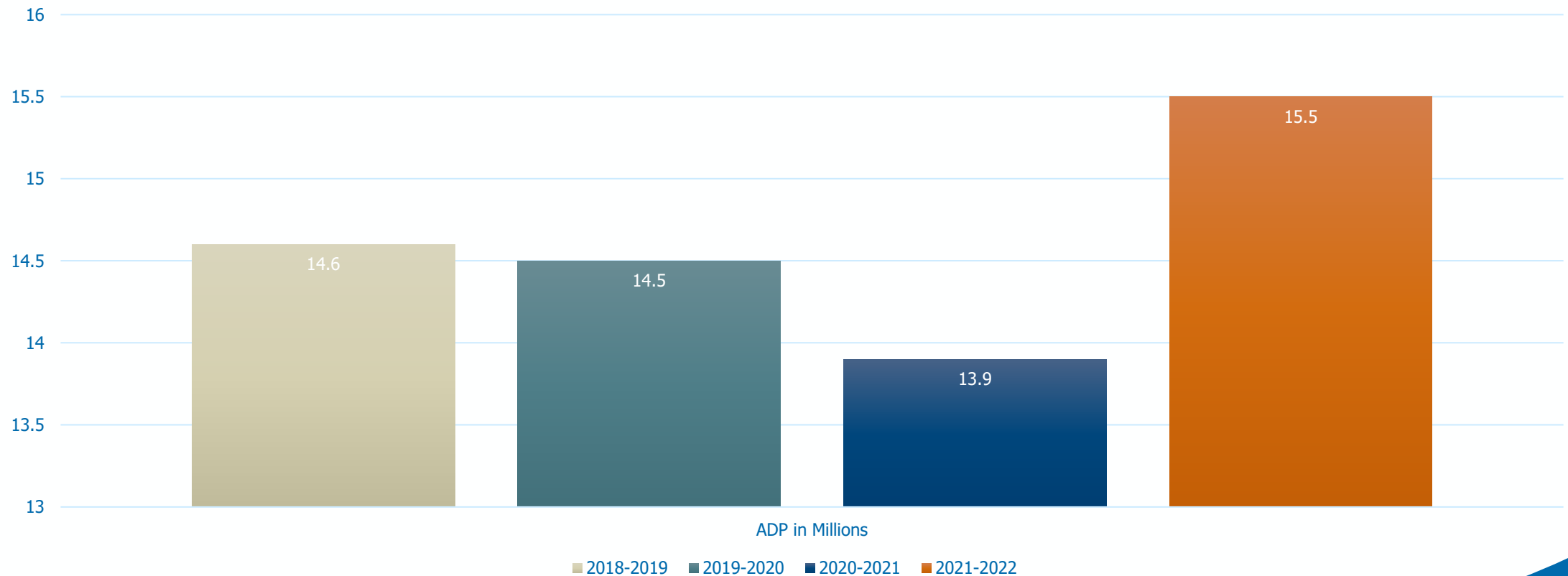
Youth who don't eat school breakfast most commonly cite taste, lack of time, or right timing as barriers.

Grab and Go school breakfast dramatically increases participation, yet only 28% of survey respondents say their school offers Grab and Go breakfast, either in addition to or instead of cafeteria breakfast.

Source: GENYOUth Insights - Youth Eating Behaviors and Nutrition Literacy survey (2023).

National Breakfast Trends

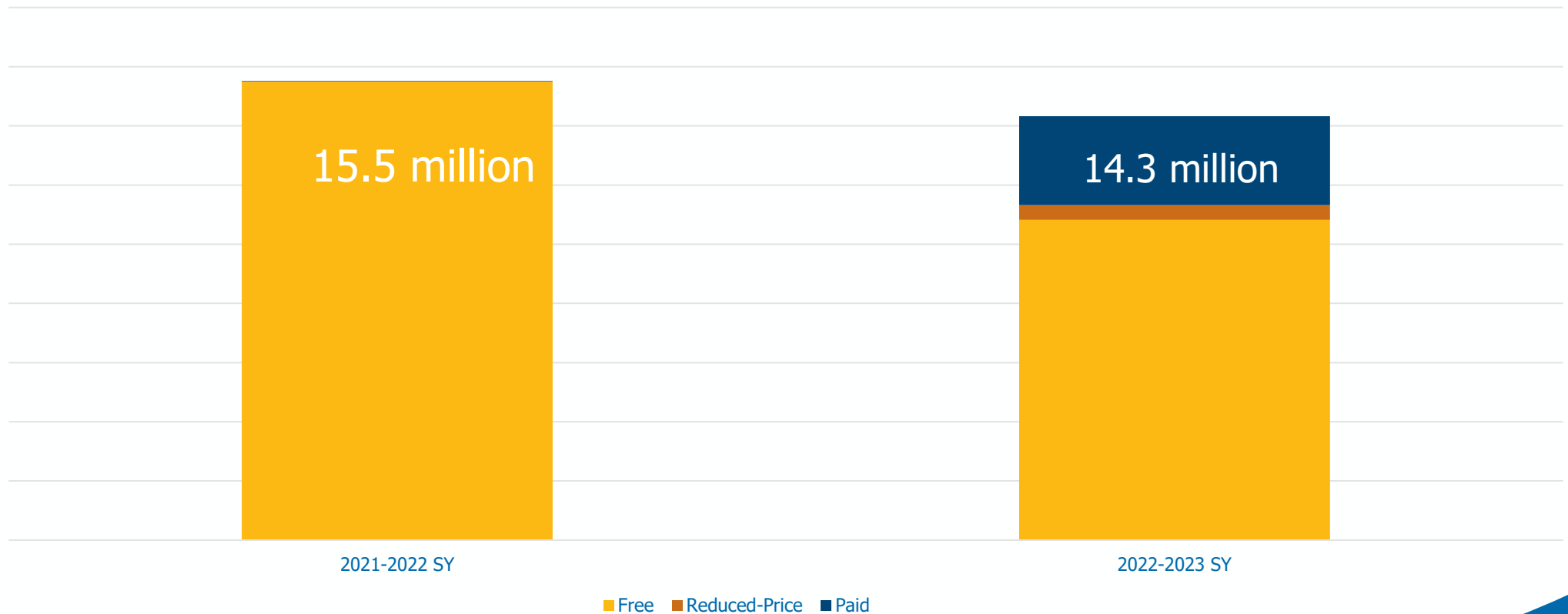
Average Daily Breakfast Participation



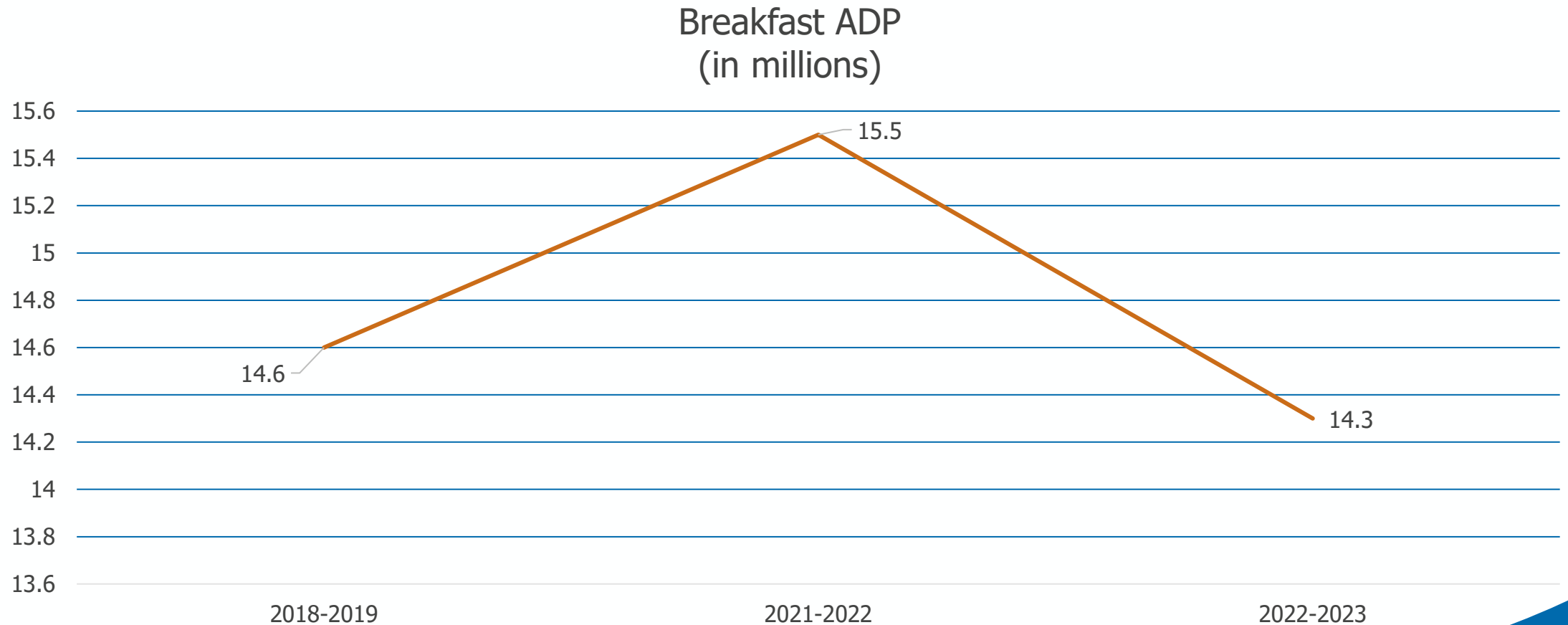
Source: Hayes, C. and FitzSimons, C. (2023) *The Reach of School Breakfast and Lunch During the 2021-2022 School Year*. Food Research and Action Center. <https://frac.org/wp-content/uploads/school-meals-2023.pdf>.

National Breakfast Trends

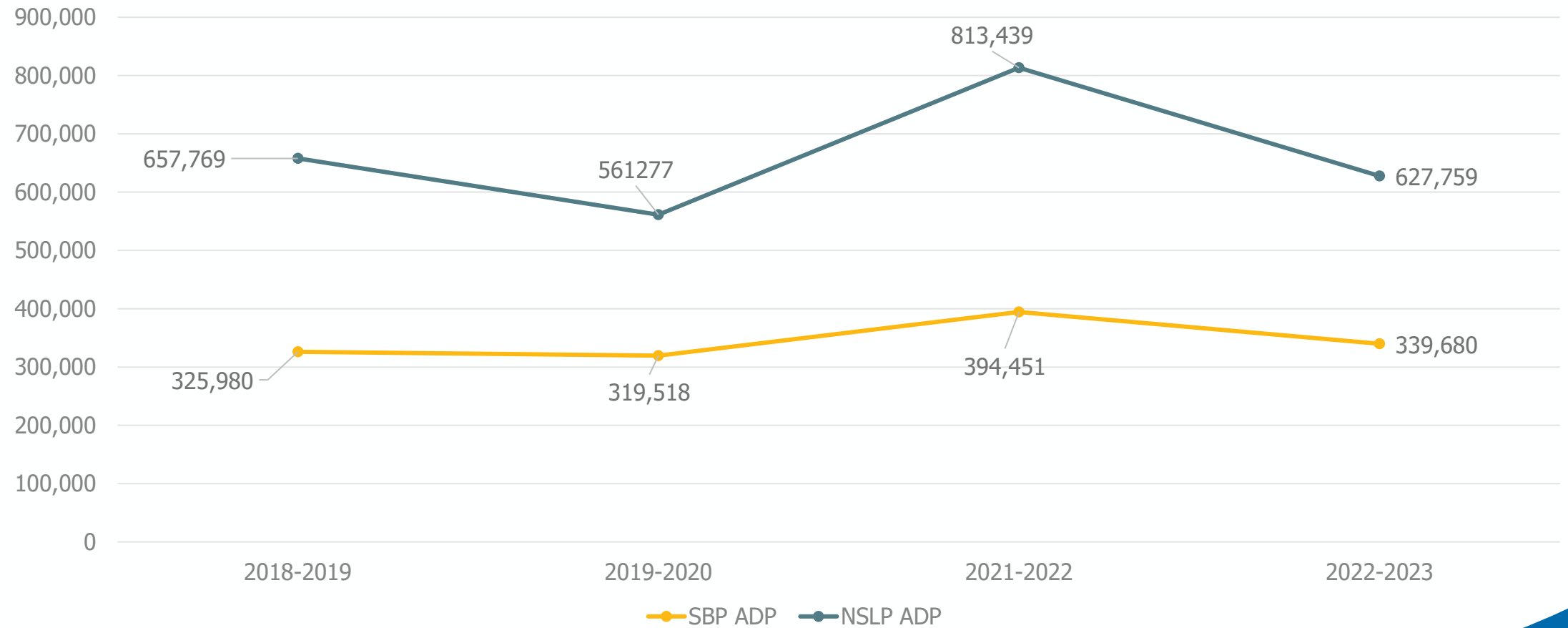
Breakfast Participation by Fee Category



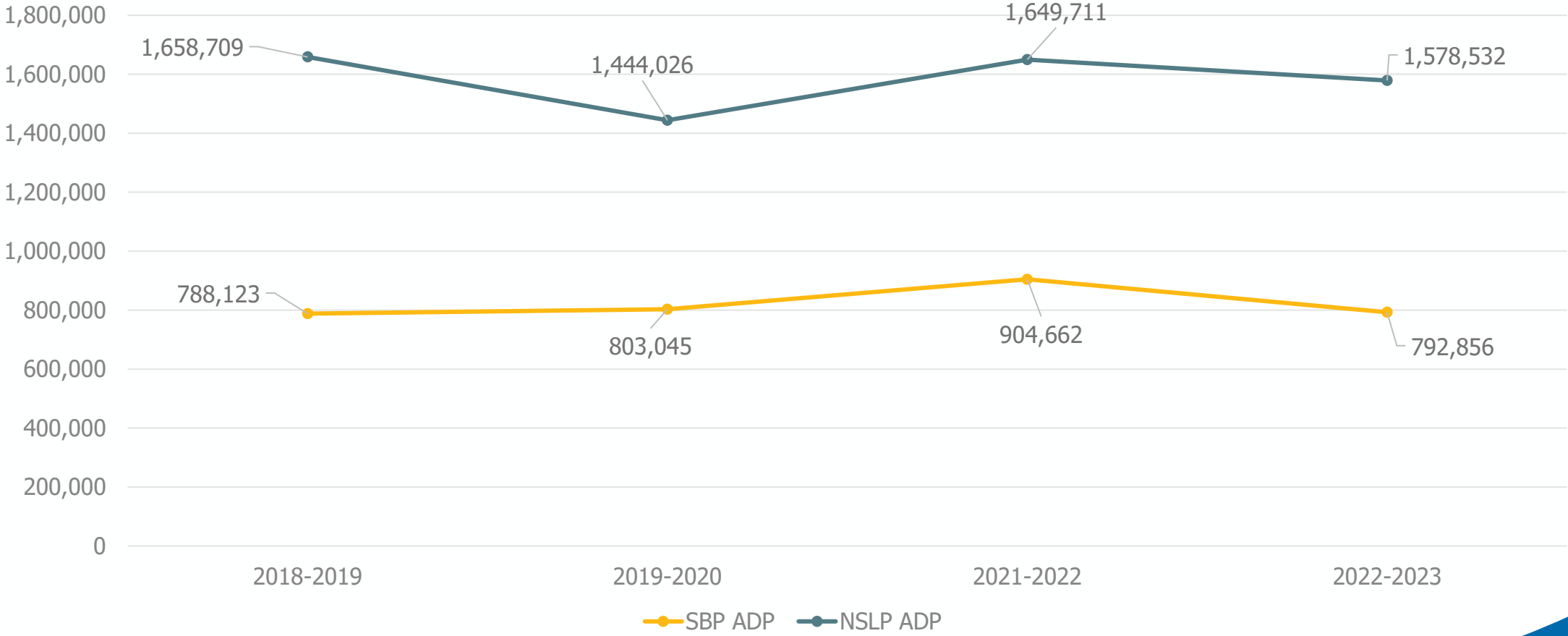
Average Daily Breakfast Participation



New Jersey



New York



Barriers to Breakfast



Student

- Stigma
- Timing
- Location
- Cost

Operation

- Staffing
- Menu Availability
- Equipment & Storage
- Support

Support

"Having the buy-in from school administration is so important. It really can vary from one school to the next. You can have one principal who thinks that breakfast is a waste of time and not worth the effort. You can have a teacher or staff member discourage it in the classroom..."

I came into this district two years ago. And when I got here, [there] was an impression that they didn't need breakfast because they're 20% free and reduced...We can't assume everyone's eating at home or that they can afford breakfast...

That was my first advocacy challenge. Since then, I have been really an advocate for these kids and making sure they are getting the access that they need."

"My main comment is that breakfast needs support."



Photo Credit: Fulton County Public Schools

Best Practices



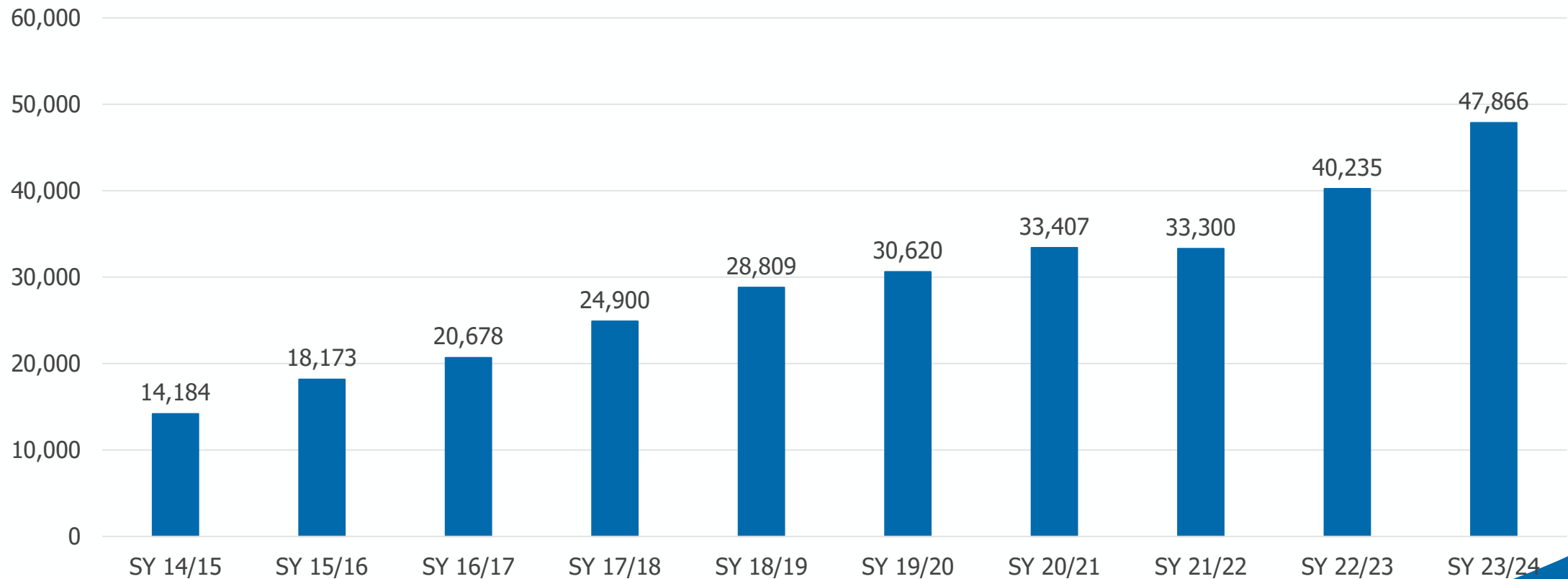
HEALTHY SCHOOL
BREAKFAST FOR ALL



BREAKFAST AFTER THE
BELL

Community Eligibility

Participating Schools



Project BreakFAST

- University of Minnesota & Partners
- 16 rural high schools
- School Breakfast Team
 - Designed & implemented "grab and go" breakfast
 - Changed school policies
 - Developed a student-led marketing campaign
- >49% increase in SBP participation
 - Participation among "breakfast skippers" increased by 81%
- Students reported fewer barriers to participation
- Students reported an increase in support to eat breakfast
- Students ate more servings of fruit
- No reported change in caloric intake or BMI
- FNS reported daily profits ranging from \$90 - \$489

Over 40% of students who have never participated in school breakfast say they would do so, if eating in the classroom was an option. (USDA, 2023)

FRAC
Food Research & Action Center

BREAKFAST IN THE CLASSROOM

INCREASED

- standardized tests scores
- concentration
- alertness
- comprehension
- memory
- learning
- cognitive function
- attention
- memory
- participation
- student nutrition
- sense of community

tardiness
behavioral issues
absenteeism
stigma

DECREASED

THE SCHOOL BREAKFAST PROGRAM IS A GREAT WAY TO START A SUCCESSFUL DAY

FRAC
Food Research & Action Center

FRAC's Breakfast Resources

- Research
- History of SBP
- Benefits of SBP
 - Health
 - Learning
- Expansion Strategies
- Eligibility & Reimbursements
- SBP in Rural Communities



Secondary School Principals' Breakfast After the Bell Toolkit

Tips and Resources for a Successful Breakfast Program

Spring 2017



Building a Better Breakfast Program: A Guide for Secondary School Principals

October 2020



Bills We Are Supporting

Spotlight on Federal Healthy School Meals for All Legislation

Legislation has been introduced on the federal level to support the expansion of Healthy School Meals for All. Advocates in every state can work with their Members of Congress to support these important bills.

- ▶ **Universal School Meals Program Act** ([S.1568/H.R.3204](#)): Creates a nationwide Healthy School Meals for All program.
- ▶ **School Meals Expansion Act** ([H.R.2567](#)): Increases federal funding for community eligibility schools and makes more schools eligible.
- ▶ **No Hungry Kids in School Act** ([H.R.3112](#)): Creates a statewide community eligibility option.
- ▶ **Expanding Access to School Meals Act** ([H.R.3113](#)): Increases eligibility for free meals to 200 percent and expands direct certification, resulting in increased federal funding for community eligibility schools and better access to school meals for struggling families.

School Hunger Elimination Act & The Nutrition Reduction Red Tape Act



- Increase the CEP Multiplier to 2.5
- Allow for Statewide Grouping
- Expand Direct Certification
- Provide Retroactive Reimbursements
- Codify the 25% ISP Eligibility

<https://p2a.co/cxqL0sx>

Universal School Meals Program Act (H.R. 3204/S. 1568)

- Creates a nationwide healthy school meals for all program
- Email your representative to cosponsor:

<https://p2a.co/zxswiij>





Thank You!

Connect With Us!

Food Research & Action Center

1200 18th Street, NW, Suite 400 | Washington, DC 20036
202.986.2200 | www.frac.org



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@fracgram



[linkedin.com/company/ food-research-and-action-center](https://linkedin.com/company/food-research-and-action-center)

You Can Get in the Way: How YOU Can be a Roadblock to Risk Factors



Dr. John W. Hodge

Twitter/X:

@Drjhodge1906

SCAN ME!



We Began as School System Employees



An Achievable Dream Academy Social-Academic-Moral Education 1999

- 99% Poverty
- 97% Minority
- K-8 **Public School**

Making a Difference



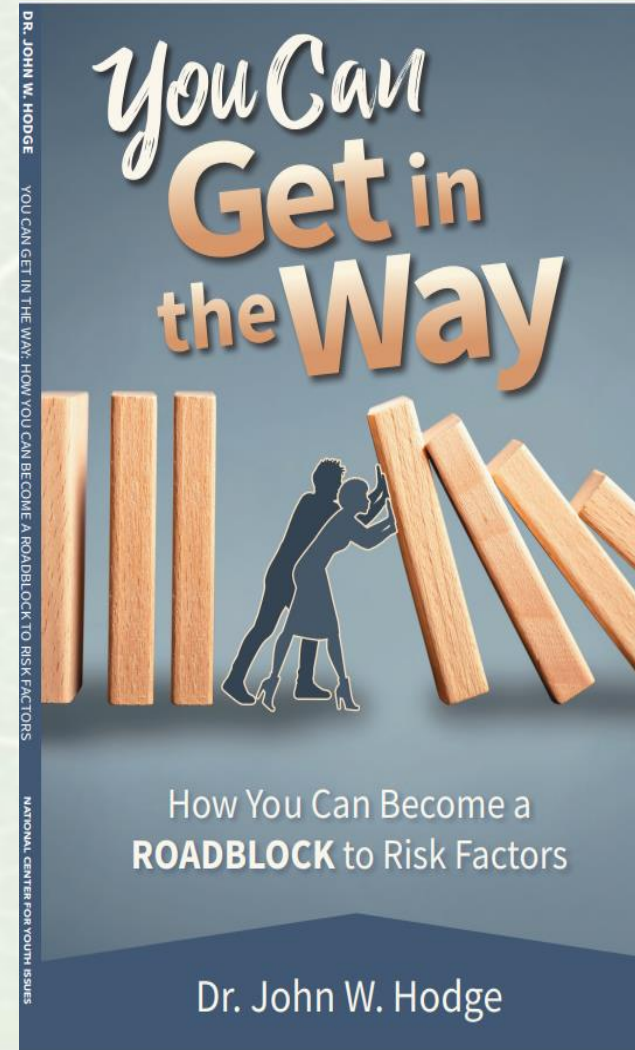
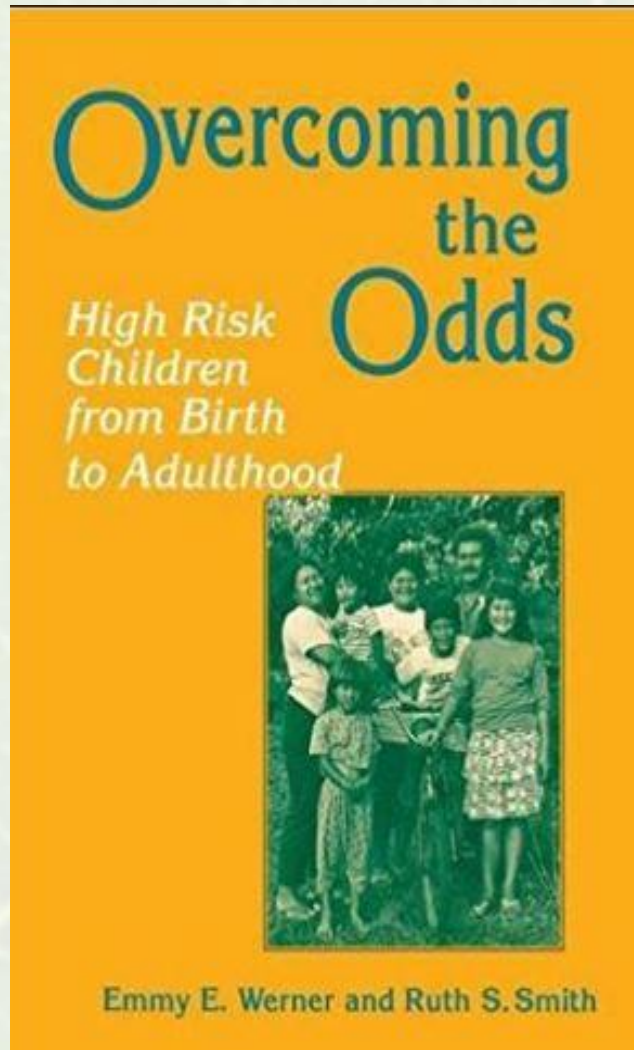
Nancy Sweat

@sweat_nancy

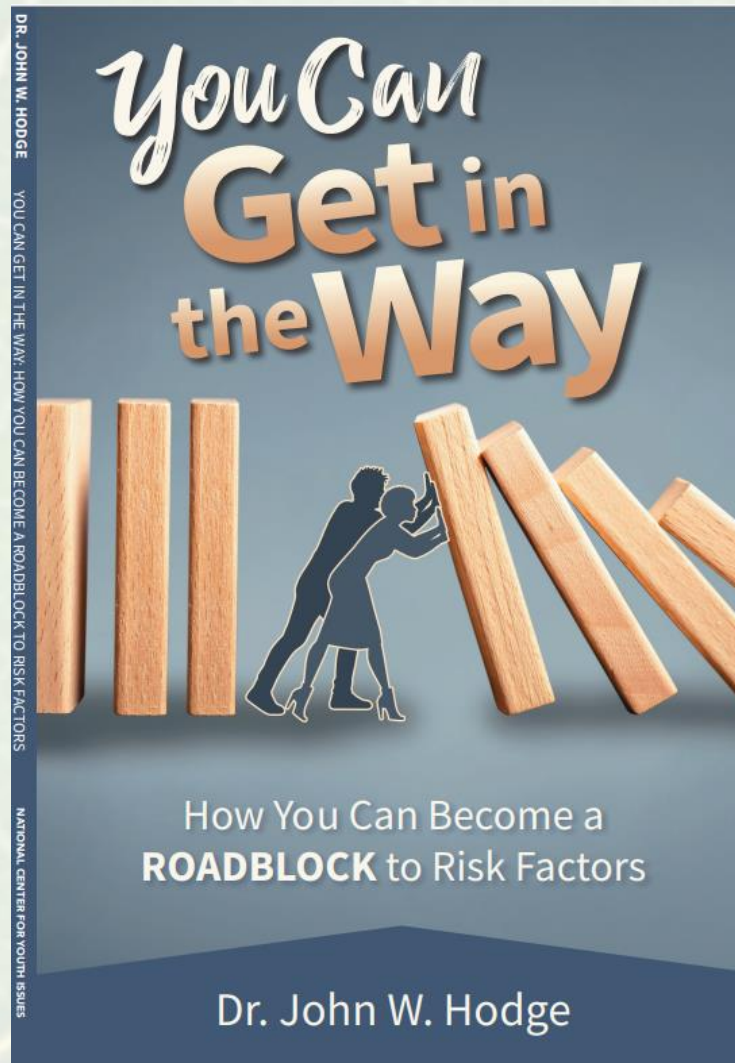
Hosting 4 sessions at the Teaching, Learning & Assessment PD at Bellwood School District 88 on Empowering Students in Tier 1 & Virtual Articulation. Surrounded by some of the best! [#One88](#)
[#AADULLC](#)



Philosophical Foundation= Resilience



Resilience Research



Chapter 2:

“Resilience refers to the ability to **avoid**, **bypass**, **navigate**, **bounce back from**, **get through**, **go over**, **go around**, or **survive** adversities of all kinds”(p. 21).

Why Should it Interest Us?

When healthy relationships with caring adults are established, ***students begin to exhibit behaviors that are consistent with resilience:***

- 1. They show up for school on time.**
- 2. They come to school prepared.**
- 3. They put forth more effort toward the completion of tasks.**
- 4. They behave in ways that produce social and academic success.**
- 5. They surround themselves with positive peers...**

Our Why?

We KNOW the HIGH COST OF SOCIAL AND ACADEMIC FAILURE

Our Why...

- It's BIGGER than test scores.
- This is NOT business.
- It's PERSONAL.



What Drives our Company?



Today's Learning Targets

1. Participants will know and understand their potential **LONG-TERM** impact on the lives of students.

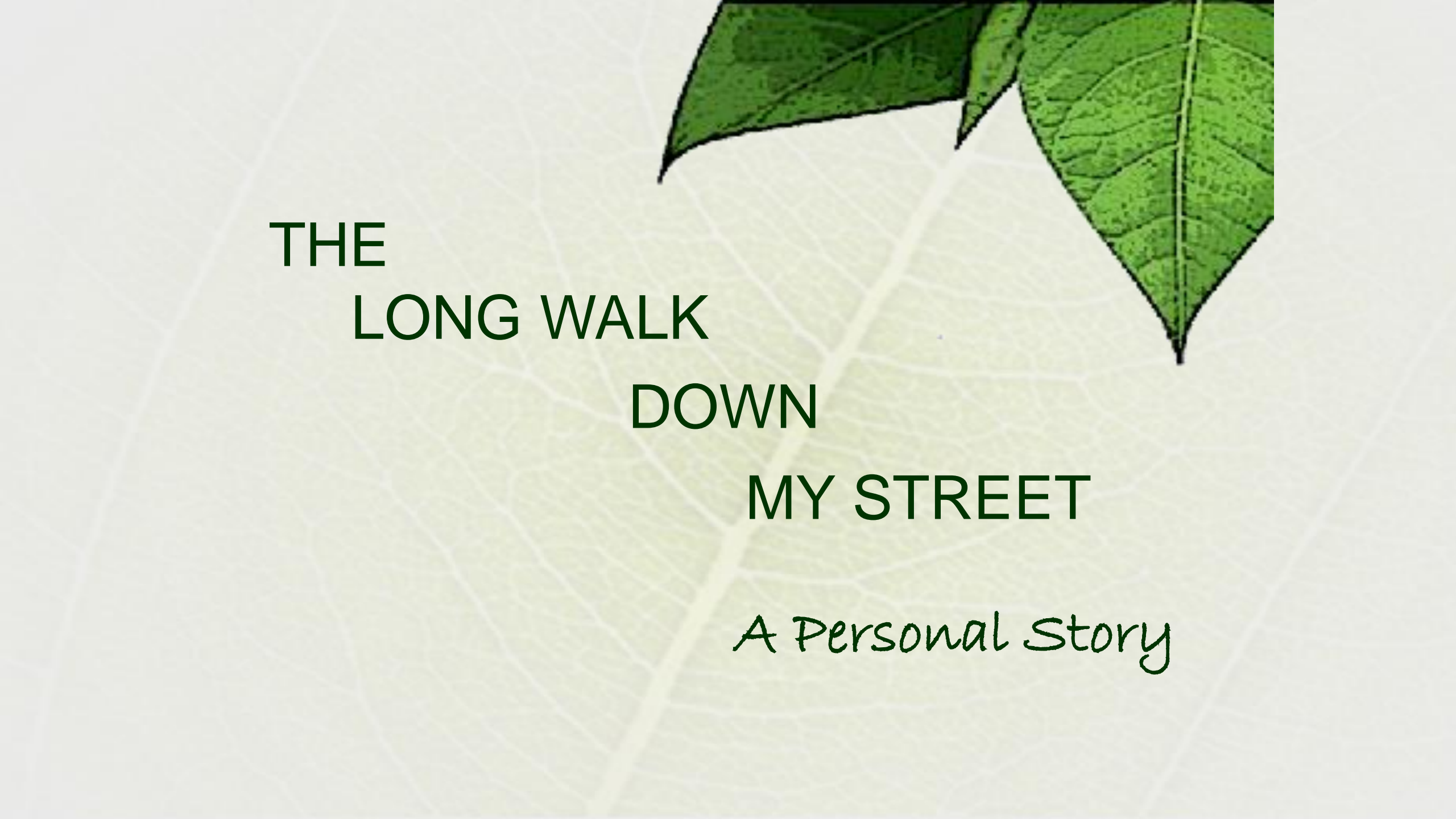


[↑ VTechWorks Home](#) / [ETDs: Virginia Tech Electronic Theses and Dissertations](#) / [Doctoral Dissertations](#)

Let Our Youth Speak: A Phenomenological Analysis of Resilience in Students with Multiple Risk Factors

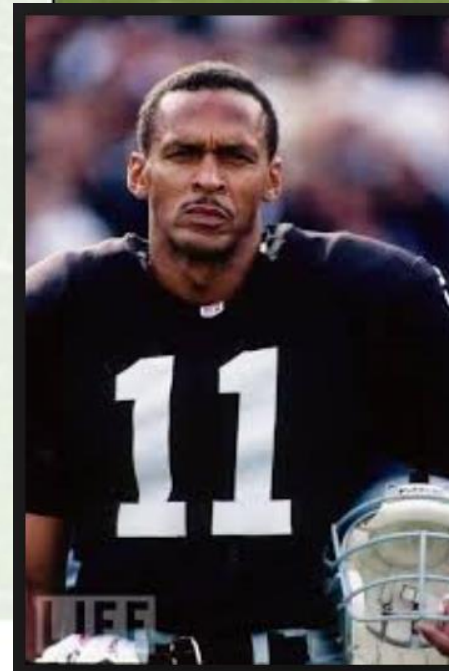
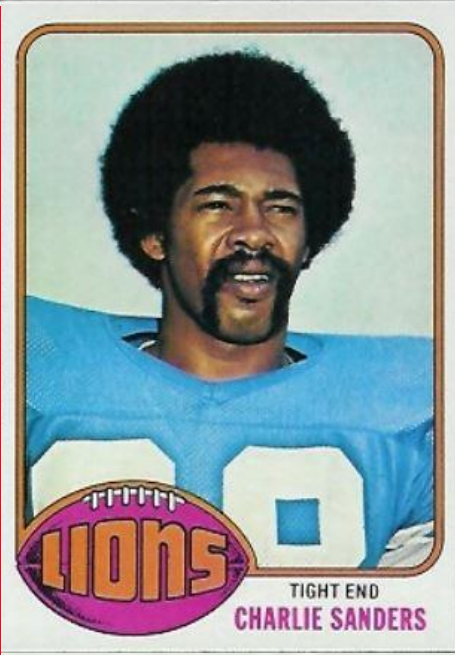
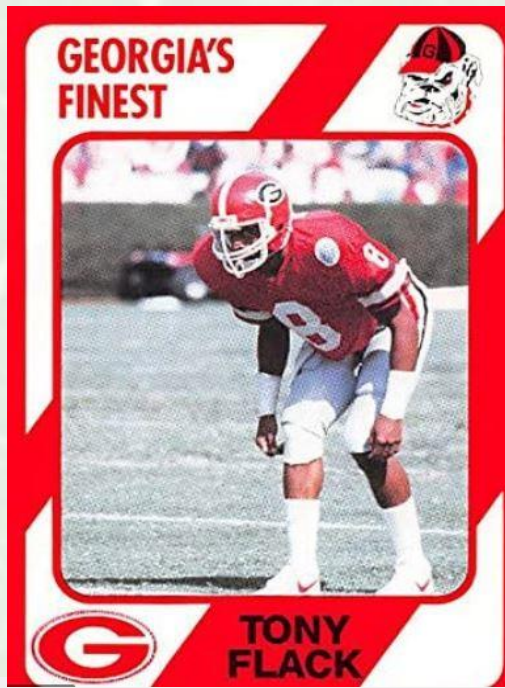
“No significant learning takes place without a significant relationship.”

Comer



THE
LONG WALK
DOWN
MY STREET

A Personal Story



My Old Neighborhood 60s-70s

You could walk into a
house to get a drink
without knocking.



Do You Remember
Kool-Aid?

BROUGHT TO YOU BY
*Click Americana*SM
CLICKAMERICANA.COM

TANG BRAND
Natural Orange Flavor
INSTANT BREAKFAST DRINK
full days supply of
VITAMIN C

**“Tang has the taste we love.
And the Vitamin C we need.”**
—Florence Henderson

“My family loves Tang. That’s because of its delicious natural orange taste. I never have to talk my children into drinking Tang.
“And that’s what’s great for mothers like us. Because every glass of Tang has a full day’s supply of Vitamin C. And that’s important.”

Because almost half the children in this country don’t get enough Vitamin C.
“Tang Instant Breakfast Drink.
“It’s a delicious way to do something good for your family.”

GENERAL FOODS

Tang is a trademark of General Foods Corporation.
© General Foods Corporation 1978. Also available in canisters.



Everybody had
a job!



Tobacco in North Carolina



Businesses Shut Down!

Felt Like COVID-19 by 1973

December 31, 1970

TV ads disappeared from TV in 1971 after Congress, in **April 1970**, passed the Public Health Cigarette Smoking Act, which banned cigarette ads on TV and radio. The last cigarette commercial on the national networks was a Virginia Slim ad that aired at 11:59 p.m. on **December 31, 1970**, on The Tonight Show. Jun 6, 2013

My Best Friends Fit a Profile of Struggling Students in Districts

Ernest:	Business
Paul:	Doctor
John:	Educator
Ryan:	Business

B-boy:	Dead
Eric:	25 to Life
Shaun:	Life
J.E.:	Paroled

“Our charge as educators is to GUARANTEE our students a successful future and NOT leave it in the hands of fate!”

Dr. Harvey Perkins

Second Grade Show and Tell

Crazy Ernie

The Dreamer

Big Mike

“I’m Moving.”

Little Paul

- Graduated from high school with a 4.2 GPA
- Received a full academic scholarship
- Graduated with honors
- Graduated from Medical School
- **Paul could not read in 2nd Grade**



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A Legacy of Service



1st Row: Alton Scales, Carlos Fuller, Sharn Fuller, James Fuller
2nd Row: Eric Hodge, Walter Bethel, George Hodge, John Hodge

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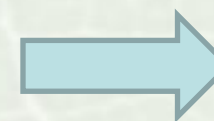
Dr. Harvey Perkins



The Blind Date



As I drove, I
felt like this..



Oh Heck No!



Way to Go Mom!!!!





Little Paul:
“People
Pay YOU to
Speak?”



The Cookout



Little Paul and John-John

A boy who **could not read** is asking a boy
who **could not speak**...

How did we get here?

Systemic Strategies

VS.

The Luck of the Draw



Mrs. Dawson

Ernest:	Business
Paul:	Doctor
John:	Educator
Ryan:	Business

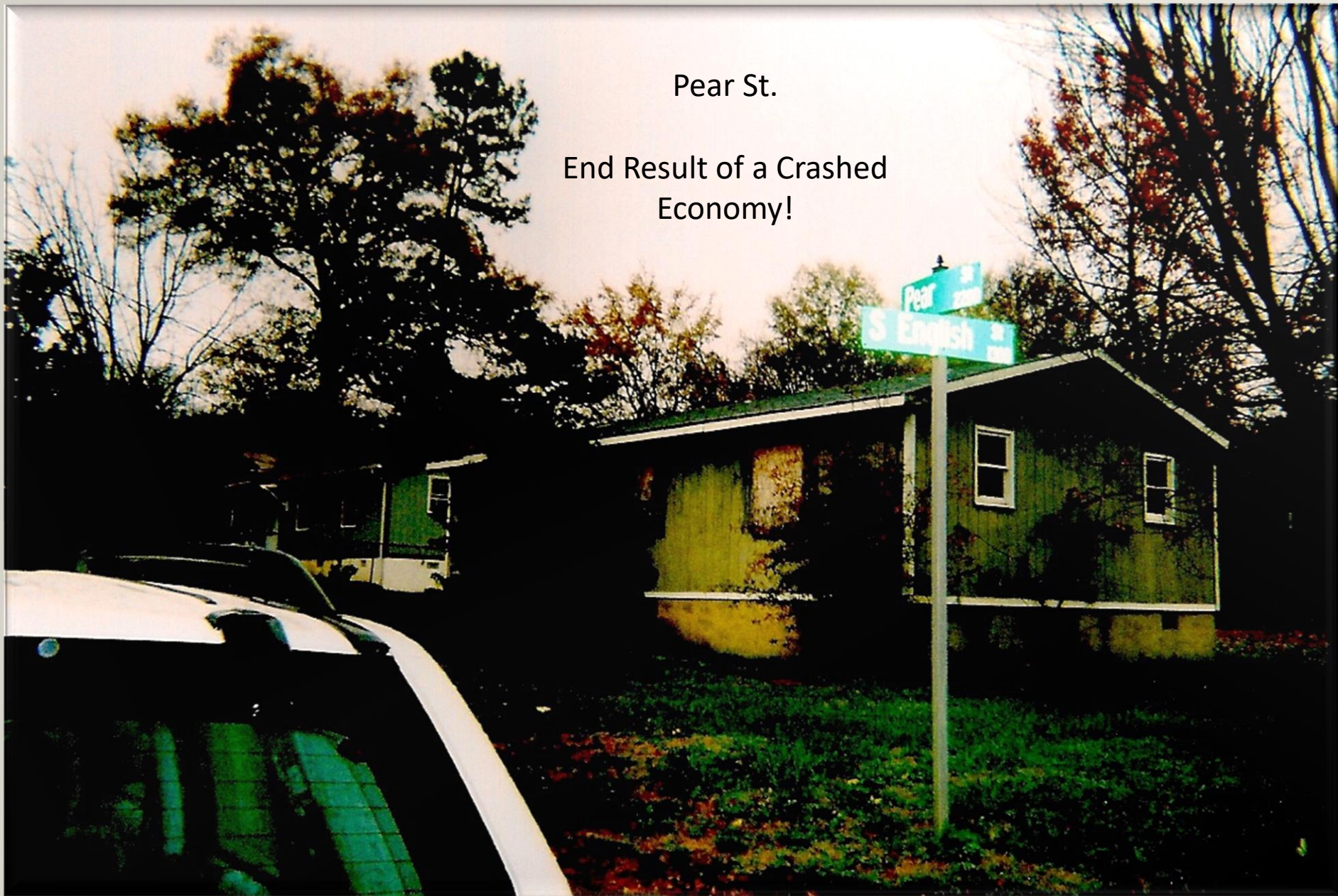
Other Teachers

B-boy:	Dead
Eric:	25 to Life
Shaun:	Life
J.E.:	Paroled

I Have Seen the Price of Academic Failure! It's a Matter of Life and Death.

Pear St.

End Result of a Crashed
Economy!



Achievable Dream
ACADEMICS



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Making Education Work

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My Neighborhood

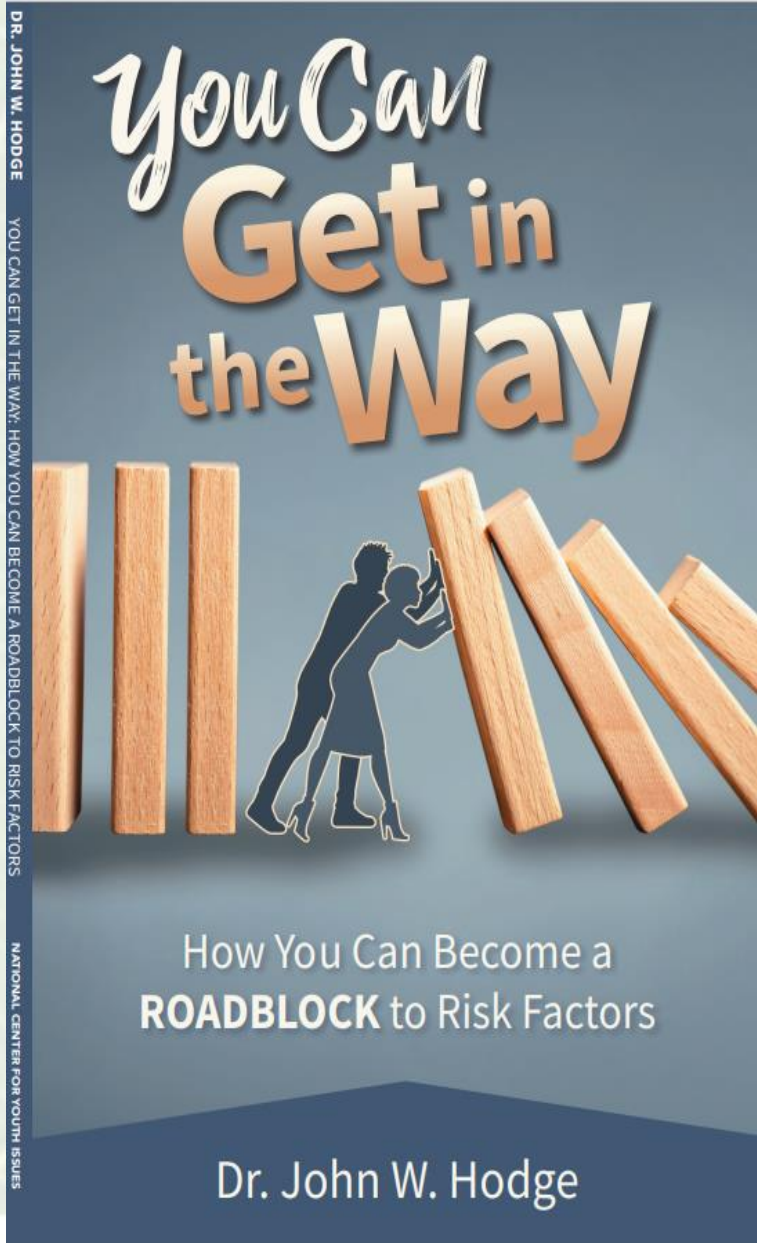
Paul's House



The Resilience Literature is Clear

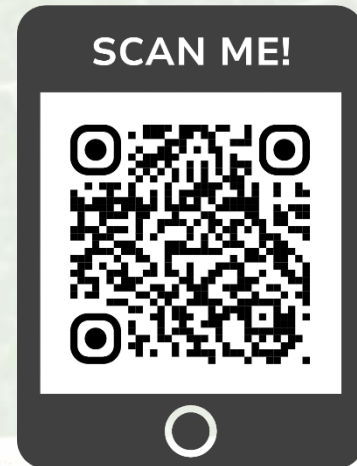
- The entire trajectory of a child's life can be changed for the better due to the actions of **ONE caring adult in a school!**
- **This fact is not dependent upon one's job title!**

Kindness + Encouragement



If you enjoyed Mrs. Dawson's story...

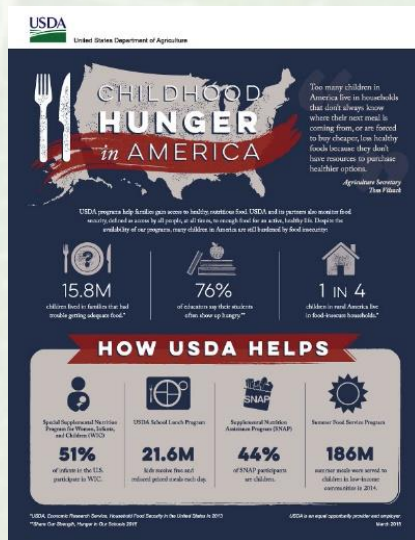
- Amazon
- Barnes & Noble
- Audible



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Major Point!!! ALERT!!!

- DESPITE THE INCREASED CRIME!
- DESPITE THE REDLINING THAT KEPT ALL OF US IN THAT NEIGHBORHOOD.



We Were NEVER Hungry!
Many of today's kids are!!!!

What is the connection between missed meals, schooling, and health later in life?

- Increased access to nutritious food is associated with better education outcomes (attendance, behavior, grades, test performance, and graduation rates).
- Good nutrition makes HS Graduation more likely.
- Education, and especially high school graduation, benefits individuals' long-term health. It has been associated with reducing the risk of later-life chronic health conditions and increasing life expectancy. Further, these long-term health benefits may be particularly strong among individuals belonging to **minoritized groups**.



CENTRAL
MICHIGAN UNIVERSITY

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Hattie's Work: Effect Size

Based on *Cohen's D (Difference)*

In Simple Terms

Impact

Effect Size Defined

- Effect size is a measure that quantifies the magnitude of a phenomenon or the strength of a relationship between variables.

- Impact!



Hattie
1200 Meta-Studies
150,000,000 Students

Family resources

Family on welfare/state aid



-0.12

Impact of Poverty on Student
Achievement

Effect Sizes

Effect size is a standardized measure of the *relative size of the gain (or loss)* of a structure.

0.00 – 0.20 = Negligible, unclear effects

0.20 – 0.40 = Small-moderate effects

0.40 – 0.60 = Very strong effects

0.60 – 2.00 = Extreme effects

Eric Jensen

These are just one way of understanding the value of educational/classroom factors. There are others.

Effect Size

Caring Adult?

**Counselor, Teacher, Coach, Social Worker,
Administrator, Staff Member**

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0.98

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**Caring Adult?
Counselor, Teacher, Coach, Social
Worker, Administrator, Staff Member**

0.98

Extreme Impact!

Conclusion

The impact of a caring adult can over-ride the impact of many social risk-factors that make high student achievement more challenging.

This is not Good Enough

Mrs. Dawson

Ernest: Business
Paul: Doctor
John: Educator
Ryan: Business

Other Teachers

B-boy: Dead
Eric: 25 to Life
Shaun: Life
J.E.: Paroled

***I Have Seen the Price of Academic
Failure! It's a Matter of Life and Death.***

Our Job?



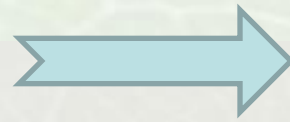
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Our Job!



Systemic Strategies

VS.



The Luck of the Draw

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What is Collective Efficacy?

Collective efficacy is a belief among staff members that they have the ability to enhance educational outcomes.

What is the Effect Size of Collective Teacher Efficacy?

• 1.57

Hypothesis= if we extend this beyond teachers... we can have an even **GREAT**ER Impact.

Effect Sizes

Effect size is a standardized measure of the *relative size of the gain (or loss)* of a structure.

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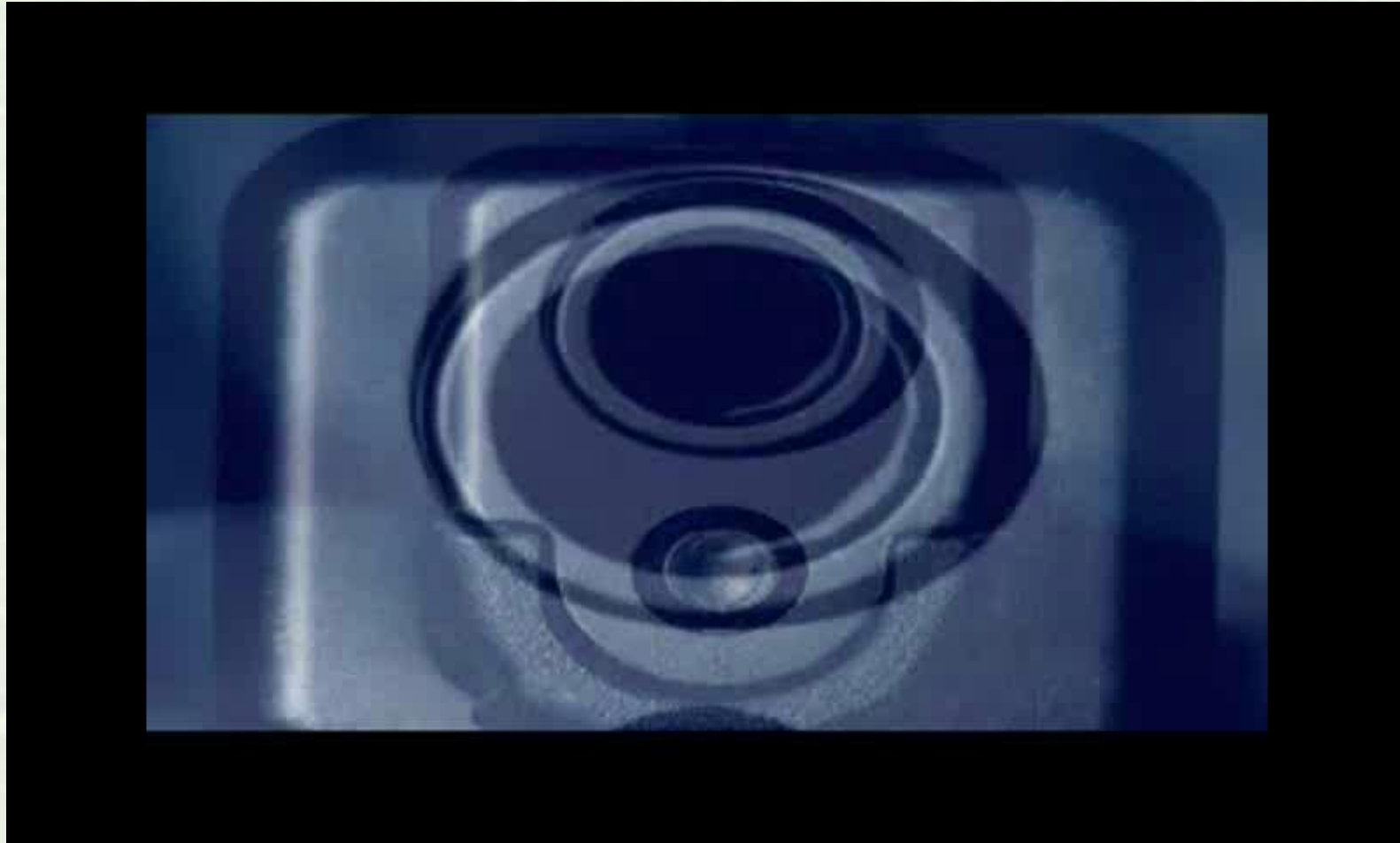
Eric Jensen

These are just one way of understanding the value of educational/classroom factors. There are others.

Resilience Research

Meet the Merrell Family: Collective Efficacy

Video



Who Helped the Merrell Kids?

Mr. Brickhouse

Security Guard

Mr. Barrett

Custodian

Ms. Hill

Counselor

Ms. Vreeland

Counselor

Ms. Hundley

Teacher Assistant

Ms. Luter

Teacher

Mr. Blackmon

Teacher

Mr. Coleman

Admin

Mr. Hodge

Admin

This Kind of Efficacy

“It allowed us to meet the needs of kids where institutions may have failed!”

Richard A. Coleman, Principal
Raised in NYC

The Impact of Nutrition

1. Consumption of a high-quality breakfast is positively associated with academic performance in mathematics (Littlecott et al., 2016).
2. Improved school meal quality is linked to better academic performance, particularly in disadvantaged areas (Belot & James, 2011).

The Impact of Nutrition

3. Students who consistently eat breakfast show improved cognitive function, particularly in areas of memory and attention (Adolphus et al., 2013).

Citations

- Adolphus, K., Lawton, C. L., & Dye, L. (2013). The effects of breakfast on behavior and academic performance in children and adolescents. *Frontiers in Human Neuroscience*, 7, 425.
- Belot, M., & James, J. (2011). Healthy school meals and educational outcomes. *Journal of Health Economics*, 30(3), 489-504.
- Littlecott, H. J., Moore, G. F., Moore, L., Lyons, R. A., & Murphy, S. (2016). Association between breakfast consumption and educational outcomes in 9–11-year-old children. *Public Health Nutrition*, 19(9), 1575-1582.

I had to work on my own beliefs!
An Achievable Dream Academy
Social-Academic-Moral Education
1999

- 99% Poverty
- 97% Minority
- K-8 **Public School**

I'm Human!

What if I still have belief
challenges?

The Art and Science of Teaching: Marzano

Acknowledge our low
expectations or our dislike and
act in contradiction to that belief
or feeling.
167-173

...regardless of your own limiting beliefs;

...regardless of the factors that might make kids feel different than others...

Treat Them **ALL** Like They Can Be Successful. They **BELONG!**



Where Did Our Journey Begin?



We began in a real school with real kids. We called them ***Dreamers***.

An Achievable Dream Academy
Social-Academic-Moral Education
1999

- 99% Poverty
- 97% Minority
- K-8 **Public School**

State Assessments

- PSSA- Pennsylvania
- IAR- Illinois
- LEAP- Louisiana
- HSAP- South Carolina
- STAAR- Texas
- NYSTP- New York
- FCAT- Florida
- M-STEP Michigan
- OAA- Ohio
- MAP Missouri



I'm NOT Joking!

SOL

Year 5 Scores

Geometry	100%
Algebra	100%
Science	89%
Math	81%
ELA	100%
Social Studies	90%

Year 5 Scores Cont.

Geometry

100% (HS)

Algebra

100% (HS)



Powerful Strategy

Franklin

Encourage
Students
To Set Goals &
Dream!

BUILDING A DREAM...



Achievable Dream
ACADEMICS



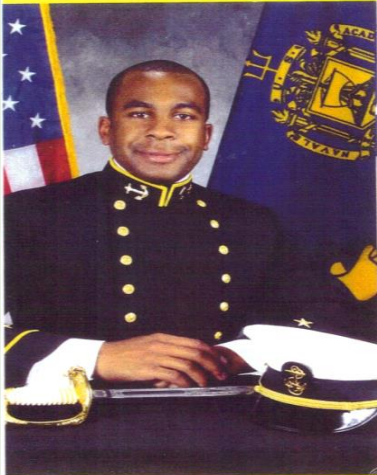
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You Are Cordially Invited



*Graduation & Commissioning of
Franklin Delano Roberson, III
From the United States Naval Academy*

Date: Fri May 27th 2011

Time: 10:00 AM

Place: Navy Marine Corps Stadium



550 Taylor Ave



Annapolis, MD 21401

Please feel free to call 757-597-1783 for further info/questions

U.S. Naval Academy Graduation



An Achievable Dream Urban Learning Leadership Center



ullc@achievabledream.org



757-224-8072



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Share your contact info with us!**



You Can Get in the Way: How YOU Can be a Roadblock to Risk Factors




Dr. John W. Hodge

**Twitter/X:
@Drjhodge1906**

SCAN ME!



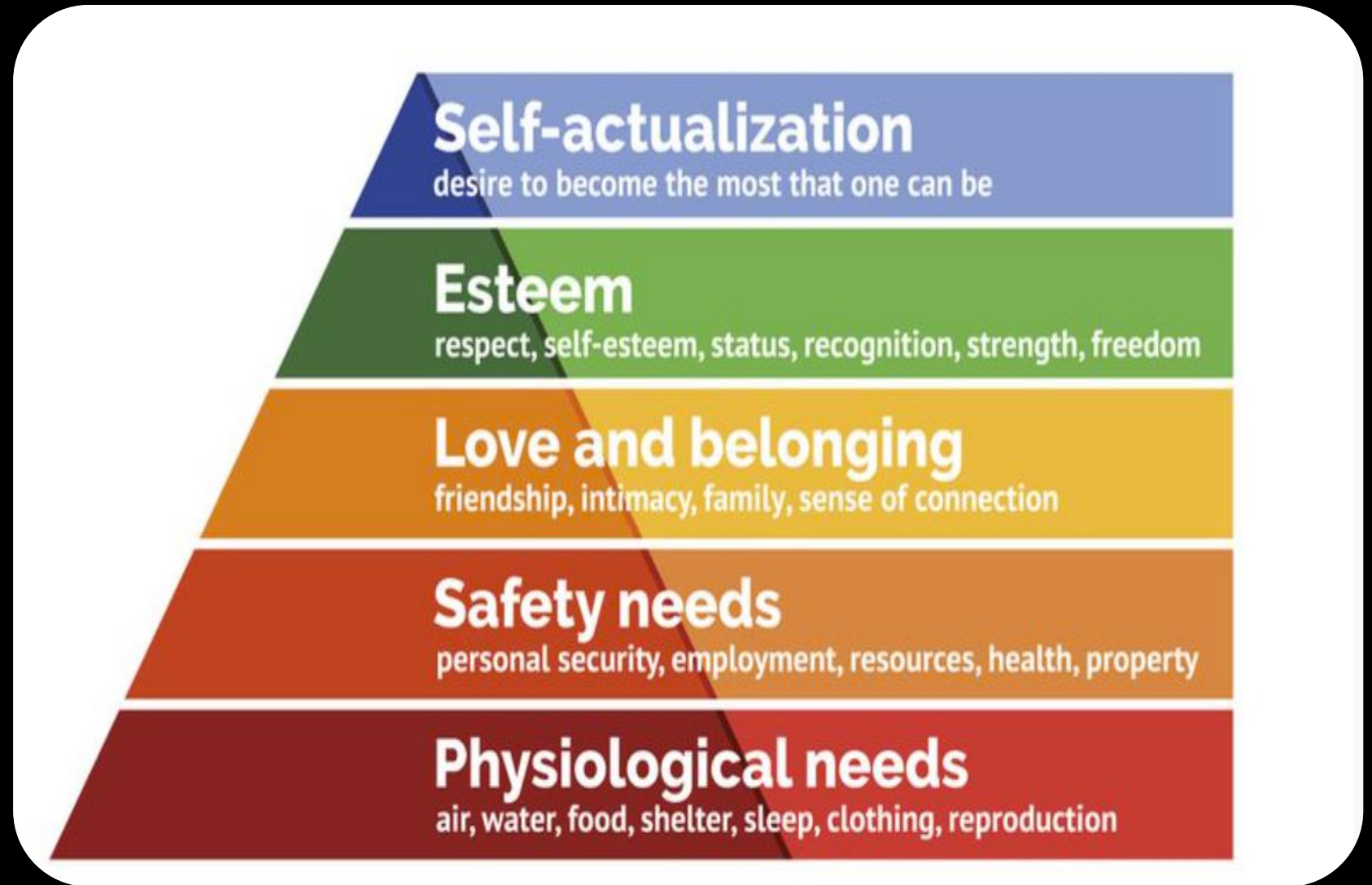


Closing the Achievement Gap

School Breakfast = Student Success

Nancy Padrone RDN, CDN, SNS

Time to
rebuild/refocus



air, water, food, shelter, sleep, clothing, reproduction
Physiological needs

**WHAT
AM I
DOING?**

**WHERE
DO I
START?**

WHY?

HOW?

**WHAT
DOES
THIS
MEAN?**



Breakfast After the Bell (BAB)

Grab & Go

**Classroom
Service**



How to make it happen:

- ◇ Inspired by
- ◇ Who, What, When?
- ◇ Challenges, Triumphs and Results
- ◇ How and where?



Introduction

As we all know, breakfast is the most important meal of the day.

Inspired by Breakfast in Classroom Summit Yonkers NY 2011



Brentwood

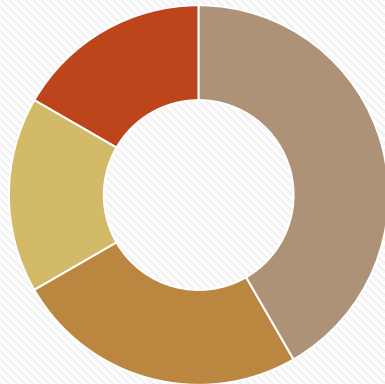
Who, What, When



Who and What

Breakfast Leadership Team

District wide and Building Teams



Planning and Outreach

- ◇ Check for grants- BUFSD awarded \$440,000 from AASA in 2011 to expand breakfast.
- ◇ Know your district statistics
- ◇ What model of Breakfast after the Bell service do you want- BIC, Grab and Go,?
- ◇ Do a needs assessment
- ◇ Include as many members of your school community as possible
- ◇ Do a launch meeting- explain program and listen to response

Districtwide and Building Teams



Child Nutrition Staff
Elementary & Secondary



Administrators
District and Building level



Community
Parents, BOE,
Associations



Students
All grade levels

Administrators, teachers, custodial, B&G, CNP, students and community- parents BOE etc.

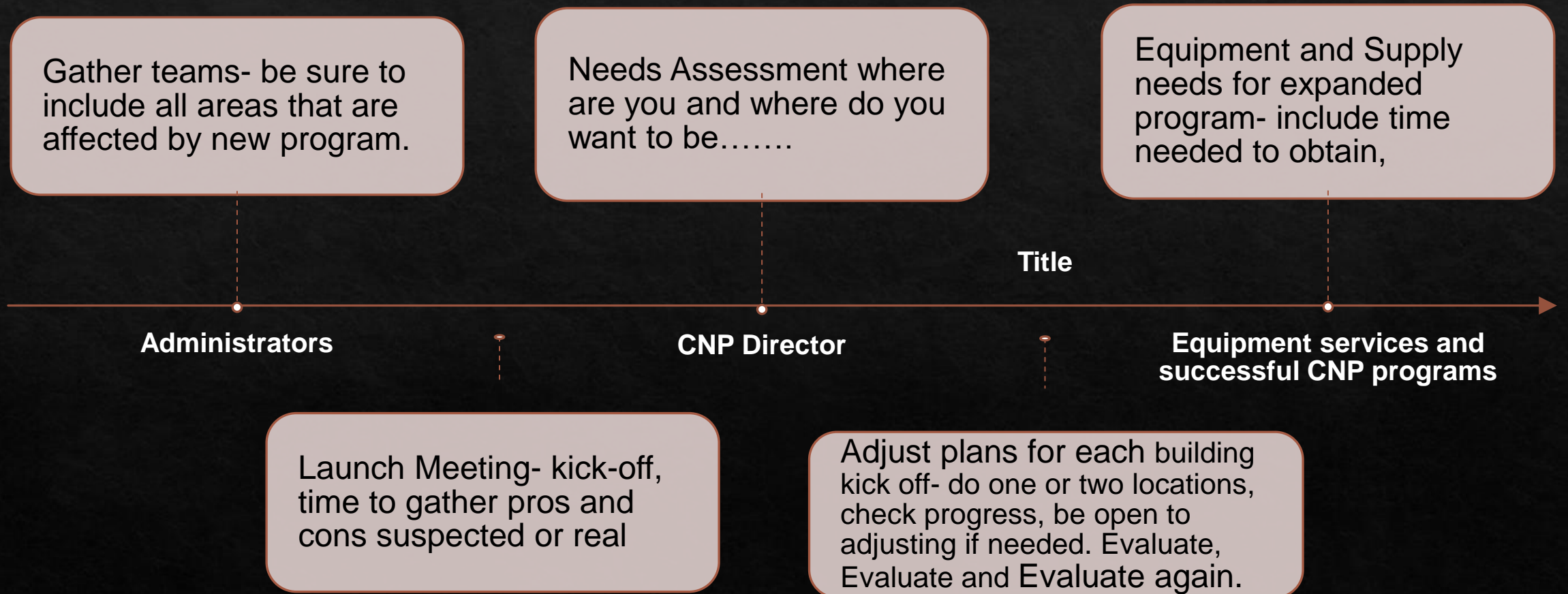
The way to get started is to quit talking and begin doing.

Walt Disney

Look into possible grants- apply to as many as possible.....every little bit helps- sometimes you may hit a jackpot



When-plan carefully timeline is important



How and Where?

When:

- ◇ Timeline
- ◇ Pros and Cons
- ◇ Communication

How:

- ◇ Launch Meeting
- ◇ Trial run in one of two locations
- ◇ Tweak your details

Results:

- ◇ Evaluate- student acceptance, labor, methods
- ◇ Make necessary adjustments for improvements
- ◇ Ongoing as changes evolve
- ◇ BIC- delivery to Grab and Go

Challenges and Triumphs

Challenges

- ◇ What about the mess?
- ◇ How do students know what to take
- ◇ What's the best method- review successful programs
- ◇ Safety, Allergies
- ◇ How to meet all regulations
- ◇ What else can you think of?

Triumphs

- ◇ Reduction in student visits to nurse
- ◇ Decreased lateness and morning slumps due to hunger
- ◇ Improved ADP in all schools
- ◇ Teachers like program- take attendance, settle down time, eating together is fun

Results

Results 2011 to 2013 - current
breakfast ADP is 9,735

SCHOOL	ADP SEPT '11	ADP APR '12	ADP MAY '12	ADP MARCH 13
East Kindergarten	175	542	541	484
Hemlock Park Elementary	149	156	293	379
Laurel Park Elementary	95	434	416	405
Loretta Park Elementary	109	630	603	547
North Elementary	149	162	480	460
Oak Park Elementary	114	611	572	520
Pine Park Elementary	57	298	534	501
Southeast Elementary	86	112	200	500
Twin Pines Elementary	101	115	127	629
East Middle School	103	350	335	418
TOTAL DISTRICT	2,371			8,314

SEPT. 2016 & MAY 2024 BREAKFAST PARTICIPATION

ADP BREAKFAST SEPT 2016		ADP BREAKFAST MAY 2024	
PINE PARK	399	407	
OAK PARK	740	454	
LORETTA	517	332	
EAST KIND	547	501	
NORTH	615	509	
SOUTEAST	525	322	
SOUTHWEST	926	653	
NORTHEAST	914	497	
TWIN PINES	827	613	
LAUREL	600	620	
HEMLOCK	454	466	
NMS	155	442	
SMS	126	660	
WMS	175	535	
EMS	181	778	
HS	736	1673	
FRESHMAN	168	423	
TOTAL	8606	9885	



A picture is Worth a Million Words

School Breakfast is
Pivotal to Academic Success




AMERICAN DAIRY
ASSOCIATION NORTH
EAST

americandairy.com



Ready to start every day!

School breakfast gets students ready to learn and improves many areas of achievement



Thank you
Questions?

Nancy Padrone RDN, CDN, SNS

Questions, Takeaways & Share out



Thank You



For more information, tools & resources visit

www.nutritionconncetion.org

Or contact: schools@milk4u.org

