

EAST AMWELL TOWNSHIP SCHOOL

43 Wertsville Road, P. O. Box 680
Ringoes, New Jersey 08551-0135
Telephone: (908) 782-6464
Fax: (908) 782-1298

John Capuano
Principal
jcapuano@eastamwell.org

Edward F. Stoloski
Superintendent
estoloski@eastamwell.org

Judy Holladay
Board Secretary/BA
jholladay@eastamwell.org

Date: April, 2009

Dear Parents:

RE: **The Importance of Breakfast**

More and more students are not beginning their day with a nutritious breakfast, or any breakfast at all.

Many teachers are noticing the effects of a lack of breakfast including: fatigue and lethargy, irritability, difficulty concentrating, headaches and stomachaches.

It is extremely important to provide your child with a nutritious breakfast. Studies show that children who eat breakfast are more alert and happy, do better academically, socially and have less accidents.

Some suggestions for on-the-go menu selections include yogurt with fruit or raisins, fresh fruits, breakfast bars, hard boiled eggs, instant breakfast drinks, bagels, juices and milk.

Your cooperation and attention to this matter is invaluable to your child.

As always, please call 908-782-6464 X 214 if you have any questions or concerns.

Thank you.

Sincerely,


Amy Billera, School Nurse

cc: Edward Stoloski, Superintendent
John Capuano, Principal
All Teachers