**Rise and Shine, It’s Breakfast Time**

Monthly Campaign Announcements:

| Day 1 | Rise and Shine, it's breakfast time! This month, we will learn how to start the day off with a healthy breakfast to help us feel great all day long! We’ll even learn some ways to create our own deliciously healthy breakfasts! So stay tuned this month to discover more about the most important meal of the day; breakfast! Check out the bulletin board located at insert location of the bulletin board for ideas on how to have a healthy breakfast!  |
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| Day 2 | Rise and Shine, it's breakfast time! Did you know that breakfast is actually made up of two words? * BREAK, and
* FAST

The word FAST means “going without food for a period of time”. Since we don’t eat while we’re sleeping, every time we wake up, we have been “fasting”. Breakfast is when we BREAK, or stop, our FAST by eating. Be sure to BREAK your FAST with a healthy breakfast each and every day! The foods we eat give us energy for the day; so let’s eat some breakfast each and every morning to get fuelled up for our action-packed days!  |
| Day 3 | Rise and Shine, it's breakfast time! You’ve heard it before and you’ll hear it again; breakfast is the *most* important meal of the day! The food you eat when you first get up provides your body with the energy it needs to get started and keep you going all day long... or at least until lunch! Believe it or not, thinking and learning in school requires a lot of energy. You may be able to do better at school when your brain has the energy it needs to wake up and concentrate on what is happening in class.  |
| Day 4 | Rise and Shine, it's breakfast time! Getting yourself to school everyday requires energy, and your energy comes from food. Eating a healthy breakfast every morning provides you with the energy you need to get to school *and* play hard during Phys. Ed. and at recess with your friends. Remember to start your day off right by eating a healthy “Rise and Shine” breakfast and staying active everyday!  |

| Day 5 | Rise and Shine, it's breakfast time! Let’s get our hearts to rise and shine! –While sitting at your desk, place your hands on either side of the chairs. Now lift your body off the seat by pushing down with your arms and pulling your legs up. If you can, try to pedal an imaginary bike - hold your legs up there – let’s see if we can hold it for 10 seconds, ready??...10, 9,8,7,6,5,4,3,2,1! Great job everyone! |
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| Day 6 | Rise and Shine, it's Breakfast time! Imagine you are a car and food is what fuels you. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road. You need to provide enough new energy for your body to get started and keep you going until lunch.  One way to create a healthy “Rise and Shine Breakfast” is to make sure you have vegetables or fruits, whole grains, and protein in your morning meal. A variety of healthy breakfast foods is the perfect fuel!  |
| Day 7 | Rise and Shine, it's Breakfast time! What did you have for breakfast this morning? Yesterday we found out that a “Rise and Shine Breakfast” should always have vegetables or fruits, whole grains, and protein in it. If you are having toast and milk, try adding a piece of fruit and a glass of water. If you are having yogurt and fruit, try adding some granola. Check out the “Rise and Shine Breakfast” bulletin board for some more healthy breakfast suggestions. |
| Day 8 | Rise and Shine, it's Breakfast time! Today I’ve got a joke for you. What do ghosts add to their morning cereal? --Boo BerriesOne quick and easy meal to have in the morning is cereal. Not all cereals are created equal; some are healthier than others. But how do you know which cereals are healthiest? Use the nutrition label to compare between cereals-- pick the cereal lower in fat and sugar and higher in fibre! By adding milk and fresh berries to your morning bowl of cereal, you have just created a “Rise and Shine Breakfast”. This helps to make sure that you get the energy you need to get up and go every morning!  |
| Day 9 | Rise and Shine, it’s Breakfast time! Eggs are a great way to start your day. They are a source of protein and fall in the protein section of Canada’s Food Guide. Eggs are great scrambled, boiled or poached, and they cook really quickly too. |

| Day 10 | Do you need a grab-and-go breakfast? Have your parents hard boil some eggs and put them in the fridge. They’ll stay fresh for about a week, and they’ll be ready to eat in the morning; just peel and enjoy. Don’t forget to add a vegetable or fruit and a whole grain to make it a “Rise and Shine Breakfast”! |
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| Day 11 | Rise and Shine, it's breakfast time! What did you have for Breakfast today? Sydney Crosby says that his favourite meal is breakfast because it is the meal that will get his day started in the right direction. Playing sports teaches us many different things like teamwork, responsibility and dedication. They also give us an opportunity to participate in physical activity; which keeps us healthy.  |
| Day 12 | Rise and Shine, it's breakfast time! One healthy breakfast food that is sometimes forgotten is oatmeal, cream of wheat or other cooked cereals. Some people think that these cereals are bland and boring. However, by adding bananas or berries, some cinnamon, a few nuts and a little dried fruit, or a dab of yogurt, cooked cereal can become a wonderfully healthy and tasty “Rise and Shine Breakfast”. Plus, oatmeal is a whole grain so you get an extra boost of fibre in the morning.  |
| Day 13 | Let’s health-ify this breakfast: Store-bought muffins and strawberry flavoured milk. This breakfast may sound yummy... but did you know that most store bought muffins are often as high in fat and sugar as donuts? Strawberry flavoured milk has loads of added sugar so both of these items are “Choose Least Often” foods. Can you recommend a “Rise and Shine Breakfast” to replace store-bought muffins and strawberry milk? You could share it with a seat partner, write it in a journal entry or share your ideas with your class. Tomorrow you can see if we had the same ideas.  |
| Day 14 | Thanks for your great ideas on how to Rise and Shine in a healthier way! Instead of store-bought muffins, try asking your parents to make some delicious homemade whole-wheat muffins. Add some yogurt and berries to this and you have yourself a “Rise and Shine Breakfast”!  |
| Day 15 | Rise and shine, it's breakfast time! Whole-grain cereal, toast, fresh fruit, milk, yogurt and eggs... these are all great breakfast options to start your day. In fact, did you know that milk is one of the most important parts of a healthy breakfast? Skim, 1% and 2% are all great choices when it comes to white milk; they all have lots of calcium and vitamin D to help your bones and teeth to grow strong. So make sure that each and every morning you enjoy some mooo-valous milk as a part of your “Rise and Shine Breakfast”! |

| Day 16 | Rise and Shine, it's breakfast time! Did you know that people who have breakfast are less likely to be distracted and more likely to concentrate better? They also are more likely to get better marks in school and are less likely to snack on “Choose Least Often” foods (like chips, candies, or chocolate bars) before lunch. Make sure you have a healthy breakfast before you come to school so that you can do your best work during the day. Consider it part of your homework tonight and every night! |
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| Day 17  | Day 17 – Feature Teacher!!(Find a teacher and ask them what they eat for breakfast and feature them on the announcements) Today’s feature teacher is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Mrs./Mr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ loves to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for breakfast. Did you notice that he/she has a vegetable or fruit, whole grains, and protein. Did you have a “Rise and Shine Breakfast” today too?  |
| Day 18 | Rise and Shine, it’s breakfast time!Do you sometimes feel rushed in the morning and don’t feel like you have time for breakfast? Don’t worry! You can still eat on the run if you have to. Have your parents pick up some whole grain breakfast bars to keep in the pantry. Grab a piece of fruit and a yogurt tube and you are ready for school. See, even on the run, you can “Rise and Shine” in a healthy way!  |
| Day 19 | Let’s health-ify this breakfast: Pop Tarts and SunnyD. These common breakfast foods are filled with sugar and fat and won’t give you enough nutritious energy to make it until lunchtime. Both of these foods are “Choose Least Often” foods. Can you think of how to make this breakfast healthier? You could share it with a seat partner, write it in a journal entry or share your ideas with your class. Tomorrow you can see if we had the same ideas. |
| Day 20 | Thanks for your great ideas on how to Rise and Shine in a healthier way! Instead of Pop Tarts and SunnyD, try whole wheat pancakes with fresh strawberries, an orange and a glass of milk. Some other healthy breakfast suggestions from your classmates included: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

| Day 21 | This month, we have learned all about *why* breakfast is the most important meal of the day. Can you remember one of these reasons? Share in your classroom right now, and see if you can remember some of these reasons, you have 1 minute, are you ready? Get, set, go!Congratulations for remembering that breakfast is the most important meal of the day because it provides your body with the energy it needs to get up and go, and improves concentration and memory so you can perform to the best of your abilities while at school! |
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