



NURSE'S NOOK

Research shows that kids who eat breakfast do better in school, have more energy and feel better in general. Breakfast is a very important meal that none of us should skip. Unfortunately, hectic morning schedules can leave us short on time and often breakfast is the victim of the a.m. time crunch.

Here are some tips that can help simplify your mornings:

- Finish homework and pack bags at night.
- Pick out clothes and locate shoes before going to bed.
- Get up 15 minutes early.
- Give up morning television and video/computer games.

Breakfast does not have to be complicated. Here are some easy suggestions that are fun AND healthy:

- Layer a half of bagel with peanut butter and raisins/serve with milk.
- Warm up leftover pizza/serve with fruit juice.
- Combine a soft pretzel, string cheese and fresh fruit.
- Pair up a container of yogurt, half a bagel, and fruit juice.
- Microwave a frozen pancake, spread with peanut butter, top with sliced bananas, and roll it up.
- Layer 1 or 2 slices of turkey and 1 slice of cheese on a tortilla/serve with fruit juice.
- Swirl applesauce and raisins into a packet of hot oatmeal/serve with a cup of milk.

Reminder: Parkway Manor students have the opportunity to have a light breakfast in the school cafeteria each morning. So remember, if some mornings do not allow enough time for breakfast at home, there is an alternative to going without.

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