

*St. Gregory School* needs parent volunteers for the

# Breakfast Program

◆WHAT IS THE BREAKFAST PROGRAM?

St. Gregory School is part of a large group of schools offering a nutritious breakfast to their students.

◆WHAT ARE THE BENEFITS OF A BREAKFAST PROGRAM?

- Improved academic performance
- Higher rates of school attendance
- Fewer classroom disruptions
- Improved student behaviour
- Encouraging a nutritious and healthy diet

◆HOW DOES THE PROGRAM WORK?

Each classroom is provided a morning bin offering breakfast to those students who wish to participate.

◆HOW CAN I HELP?

We need parent volunteers to prepare the morning breakfast bins. Your commitment would involve being at school before the morning bell to assemble the food into the individual classroom bins and deliver the bins to each classroom.

◆HOW DO I SIGN UP?

Simply call the school (519- 621-6770) and let them know you are interested and what day(s) you can volunteer.

*Please consider volunteering to help make St. Gregory School the  
BEST it can possibly be for our children.*  
**THEY DESERVE IT!**