

Good nutrition helps bring academic success

By PATSY ROUNTREE

March is National Nutrition Month. As Child Nutrition Director of Kings Mountain District Schools I welcome this opportunity to share the benefits of a nutritious breakfast and encourage all elementary school students to participate in our breakfast program.



ROUNTREE

The School Breakfast Program, authorized by the Child Nutrition Act of 1966, started as a pilot program to provide funding for school breakfasts in poor areas and areas where children had to travel a great distance to school. The National School Breakfast Program became a permanent program in 1975. The intent was to provide a nutritious breakfast to children who might otherwise not receive one. Today an average of seven million children are served breakfast every school day in more than 73,000 schools and institutions.

Since the School Breakfast Program is a federally funded program the standards are set by federal guidelines as to what the breakfast must provide. School breakfast provides at least one-fourth of the nutrients needed by a growing child. Breakfast must offer four servings of food: milk, a fruit or vegetable (which can be fruit or vegetable juice), and two servings of bread or cereal, or two servings of protein-rich foods such as meat, eggs or peanut butter, or one serving of bread or cereal and one serving of protein-rich food. School breakfasts provide less than 30 percent of their calories from fat, and 10 percent or less from saturated fat, meeting the U.S. Dietary Guidelines.

Since 1966 studies and research have come to support the benefits of a nutritious breakfast to all students. A study completed by the State of Minnesota found that students who ate breakfast before starting school had a general increase in math grades and reading scores, increased student attention, reduced nurse visits and improved behavior. Researchers at Harvard

Medical/Massachusetts General Hospital found that hungry children are more likely to have behavioral and academic problems than children who get enough to eat.

In Kings Mountain District Schools breakfast is offered at each elementary school. Current plans are being made to include the breakfast program in the new Intermediate School to be opened in the fall of 2002. Many parents do not realize that if their child qualifies for free or reduced priced meals this applies to breakfast as well as lunch. If recent events have reduced a family's income, families may wish to look into the school nutritional program. Applications for free or reduced meals are sent home with every child on the first day of school, but application may be made at any time during the school year; simply contact your child's principal or school office for an application. If you are currently receiving food stamps or TANF (Temporary Assistance for Needy Families), the only information required is your child's name, the food stamp or TANF case number, and your signature. If you are not receiving any of these benefits, your application must include the names of all household members and the current amount of income received by each member. Additionally, you must sign the application and include your social security number. Once the application is returned to the school, you will be contacted within 10 days. The maximum charge for a reduced price meal is 30 cents for breakfast and 40 cents for lunch. Even if you do not qualify for free or reduced priced meals, you are still getting a bargain for breakfast at 75 cents and lunch for \$1.35 in the elementary schools and \$1.45 in middle and high school. Think about how we encourage students to get a good night's rest and eat a good breakfast on testing days. Remember, this is just as important for your child on the days the knowledge is being put in as well as on the days it's being given back!

We invite all elementary students to school breakfast.

(Patsy Rountree is Director of Child Nutrition/Health Coordinator for Kings Mountain District Schools).

KM students inducted into NVTHS

Twenty-eight Kings Mountain high school students were recently inducted into the National Vocational Technical Honor Society at an induction ceremony and reception held at Cleveland Community College.

Senior members of the organization were also recognized and presented NV-THS honor cords.

New inductees include Abbey Kates and Tara Wright, Agriculture and Natural Resources Technologies; Justin Boheler, Brandy Rowland, Elena Thompson, Wendy Barnette, Trent Hopper, Rachel Hughes, Garrett Neisler, Kim Robertson, Lashonda Stowe and Jeremy Owens, Business Technologies; Justin Bell, Josh Moore, Tyler McDaniel and Daniel Willis, Construction Technologies; Heather Kubu and Brain Scruggs, Engineering Technologies; Catherine Gordon, Ashley Hamrick, Kristie Jones, and Matt Sigmon, Health Sciences; Ratana Noinara and Drew Yarbrough, Industrial Technologies; and Dannelle Roberts, Andrew Hudachko, and Natasha Warnack, Public Service Technologies.

Senior members recognized were Amanda Berry, Agriculture and Natural Resources Technologies; Nathan Carpenter, Heather Barnette, Britt Talbert, Michelle

Lawson, Lane Echols, and Trisha Runyans, Business Technologies; Chris Wright, Construction Technologies; Alicia Bohannon and Heather Toney, Health Sciences; and Wesley Lail, Industrial Technologies.

The NV-THS is a student organization that promotes honesty, service, and leadership in the school and workplace. In addition, it promotes and rewards scholastic achievement in vocational and technical education. The KMHS vocational and technical education teachers are Craig Mayes, Liza Dellinger, Kathy Goforth, Gail McDougal, Robin Spicer, Wayne Thompson, Dan Owens, Alfred Ash, Mary Dilling, Ed Herndon, Janet Flemming and Kay Stowe. Nancye Hager and Leslie Martin serve as co-advisors.



From left, Danielle Miller (Laurey), Virginia Neisler (Aunt Eller), and Alex Bennett (Curly) rehearse Monday at Barnes Auditorium for this weekend's production of Oklahoma!

Oklahoma! opens Friday at high school

Kings Mountain High School will perform the play Oklahoma! Friday through Sunday at 7:30 p.m. and Sunday at 3 p.m. Tickets are \$7 for adults and \$5 for senior citizens/students.

The musical is a collaboration between the drama, choral and band departments.

The musical was first performed in 1991, and this year's will be the 14th senior play for KMHS teachers Betsy Wells and Eugene Bumgardner.

For the 1991 performance of the musical Christian music singer Carl Carter played Curly and West Elementary teacher Nikki Johnson played Laurey.

This year's performance will have Virginia Neisler as Aunt Eller, Alex Bennett as Curly and Danielle Miller as Laurey.

Wells, who is directing Oklahoma!, said she wanted to do something positive this year. She said she wanted to "do something the audience would find uplifting" and that the play "is a good balance between comedy and drama."

Other plays she has directed at the school include My Fair lady, The King and I, The Sound of Music, West Side Story, Grease and the Wizard of Oz.

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