

Dear School Board of JBHS,

I believe that all students at our high school, Joel Barlow, should be allowed a *free* breakfast in the cafeteria during the 30 minute break to encourage it. Because of the insufficient amount of sleep that many students receive, few students actually have time to eat, and many head off to school with an empty stomach and begin their school day hungry until lunch. Many professionals and reputable websites, such as WebMD and Health.com, agree that eating breakfast is one of the healthiest and easiest choices you can make any day that more of us need

Not eating breakfast can cause many negative side effects besides being hungry, many of which will affect a student's schoolwork. Without breakfast, students can easily become tired and distracted during classes, so that it will be more difficult to listen to lectures, participate in class, and finish assessments to their best capability - and, through the course of an entire four years of a high school career, can negatively affect their learning technique and capability for the rest of their lives. Plus, most people who eat in the morning tend to be significantly happier and healthier than those who do not.

We have a 30 minute break in the morning. Breakfast only takes ten to fifteen minutes. Taking a few minutes off from studying will do no harm. I know that there is already breakfast served at Barlow in the mornings, but a *free* breakfast will greatly increase the number of students who eat breakfast. Plus, because of the positive effects of eating breakfast, a sufficient breakfast a day may pay off in the future, if the students do better in school now and better in the future, which will only have a positive effect on the school's reputation.

Sincerely,
Jonathan Lam