

Everyone has a Role to Play: Ohio Secondary School Administrator (Grades 7-12)

Principals are key to increasing participation in school breakfast. In a recent survey of secondary school administrators, principals, in addition to school food service staff, were identified as instrumental to increasing school breakfast. Principals play a pivotal role at the building level because they can bring everyone together to work toward common goals. They often will delegate projects, initiatives or implementation to others in the building.

Principals believe that breakfast is an essential component of the academic day (Figure 1) and more than half believe breakfast should be free of charge for all students.

Ohio principals also answered the following questions about breakfast.

- Nearly 58% believe breakfast is available in most Ohio schools and serves students who need a meal.
- 23% believe school breakfast is *only* available in high-poverty schools.
- Only 13% believe students start the day hungry because they aren't eating breakfast.

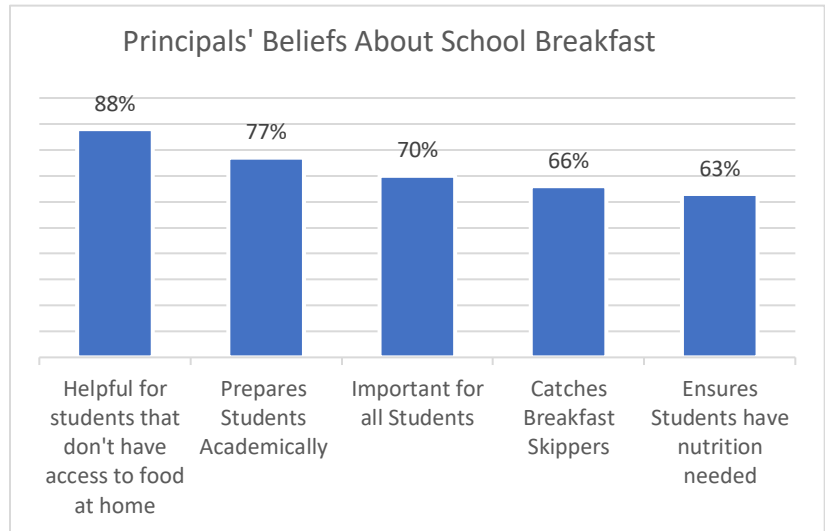


Figure 1

Secondary school administrators report that there are barriers to students participating in school breakfast.

Time constraints: Tardiness, socializing with friends, long lines, having to split time between breakfast and meeting with teachers, homework, late buses, and just not enough time allocated for breakfast are the greatest barriers to participating in school breakfast.

"Students are lucky to get to school on time for first period, let alone getting here earlier to eat breakfast."

Other barriers: Principals identified food quality, healthiness of menu items, social stigma, cost, awareness and importance of school breakfast as barriers to participation.

"I think the biggest barrier is that students do not think it is that important thus just head to first period at 7:30 am. I do not think they understand the correlation between their success and breakfast. For many, breakfast is not important at home either."

Helpful resources identified by secondary school administrators include:

- **Funding & Grants:** 66% cited the need for additional information on federal funding and grant opportunities to help establish or expand school breakfast participation.
- **Best Practices:** 59% said case studies and best practices would be helpful to learn more about school breakfast.
- **Research:** 50% asked for research about the benefits of school breakfast in relationship to student health and academic success.
- **Communications:** 46% asked for resources such as posters, brochures, social media content and videos to promote school breakfast.

For best practices, research and promotional materials, visit www.ohioschoolbreakfastchallenge.com.

168 Ohio Secondary School Administrators, grades 7-12, responses were collected by Share Our Strength.

Surveys were administered by Share Our Strength to 2,014 Ohio Secondary School Administrators, grades 7-12.