



**Serving Breakfast
After the Bell and Its
Impact on Chronic
Absenteeism**



MEET TODAY'S SPEAKERS



Summer Kriegshauser
Senior Manager, School Breakfast
Share Our Strength



Hedy Chang
Executive Director and President
Attendance Works



Karen Wong
Senior Manager, Research & Evaluation
Share Our Strength



Julie Pittman
North Carolina No Kid Hungry Educator
Outreach Manager and North Carolina
Western Region Teacher of the Year



Agenda

- Overview of Hunger In Our Schools and Serving Breakfast After the Bell-- Summer Kriegshauser, Share Our Strength
- Chronic Absenteeism: Why it Matters and What Works to Address It – Hedy Chang, Attendance Works
- Research on Breakfast After the Bell and Its Impact on Chronic Absenteeism – Karen Wong, Share Our Strength
- Educator Perspective: Access to Breakfast as an Education Issue – Julie Pittman, North Carolina Western Region Teacher of the Year and North Carolina No Kid Hungry Outreach Manager
- Questions and Discussion

Summer Kriegshauser

Senior Manager, School Breakfast

Share Our Strength's No Kid Hungry Campaign

- Overview of Hunger In Our Schools and Serving Breakfast After the Bell



center for BEST
PRACTICES

No Kid Hungry



FEEDING KIDS

by working with schools and communities to make food programs available for every kid in need.



TEACHING FAMILIES

how to make the most of their food budgets by purchasing and preparing nutritious food for their kids.



MOBILIZING THE PUBLIC AND OUR LEADERS

so that ending childhood hunger is a top priority in this nation.

Why is Breakfast Important?

Hunger Threatens Children's Futures



EDUCATION

3 out of 4 public school teachers say that students regularly come to school hungry.



HEALTH

Hungry children are sick more, recover more slowly & are hospitalized more frequently.



ECONOMY

Research puts hunger's cost to the U.S. economy per year at \$167.5 billion

Traditional Breakfast in the Cafeteria has challenges...

- Bus or carpool does not arrive in time for students to eat before school
- Stigma that school breakfast is for low-income students, so students skip breakfast
- High School/middle School students may not be hungry first thing in the morning
- Cafeteria location may not be convenient for students
- Not enough time for students to eat in the morning before class starts
- Students would rather socialize with their friends

Making Breakfast Part of the School Day...

- addresses the common barriers of traditional cafeteria breakfast, and
- ensures more students are able to start the day with a healthy meal.

Breakfast After the Bell:

alternative serving model(s) where breakfast is served after the official start of the school day and students are allowed to eat outside of the cafeteria

- Breakfast in the Classroom
- Grab and Go to the Classroom
- Second Chance Breakfast



Breakfast After the Bell Basics

Breakfast After the Bell Participation Rates

88%

Breakfast in the Classroom (BIC)¹: Breakfast is offered/served in the classroom and eaten in the classroom.

59%

Grab and Go¹: Breakfast is offered/served from one or more central locations and consumed in a non-specific location.

58%

Second Chance Breakfast¹: Breakfast is offered/served between 1st and 2nd period and consumed in a non-specific location. Usually offered via Grab and Go or Traditional Cafeteria breakfast.

Participation measured by average daily participation F&RP school breakfast / average daily participation F&RP school lunch.

Analysis includes 2,201 schools from 14 states: CA, FL, IL, MA, MD, MI, MT, NC, NE, NV, PA, TX, VA, and WA.

Breakfast in the Classroom

Breakfast is served in the classroom and eaten in the classroom. The process usually takes 15 minutes. Teachers or students are typically involved with the “point of sale” by checking off who is participating in breakfast.

1



2



3



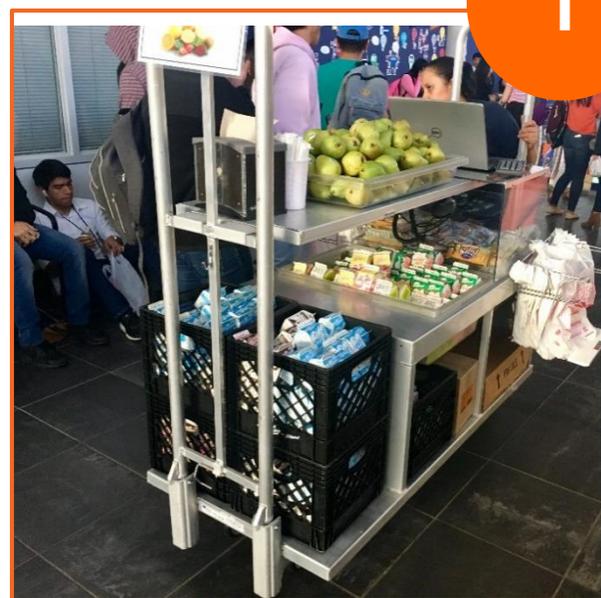
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Grab and Go

Breakfast is served from one or more central locations, either via carts and kiosks placed in high-traffic areas, or via quick cafeteria line. Students grab their breakfast, take it to the classroom or a common area and eat. This model is run by the school cafeteria staff.

1



2



3



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Second Chance Breakfast

Breakfast is served between 1st and 2nd periods or during a mid-morning break either via Grab and Go or traditional cafeteria breakfast where they have at least 15 minutes to eat in the cafeteria. School cafeteria staff are responsible for running this model.

Grab and Go



OR

Cafeteria Model



Hedy Chang

Executive Director

Attendance Works

- Chronic Absenteeism: Why It Matters and What Can Be Done





**Attendance
Works**

Chronic Absence

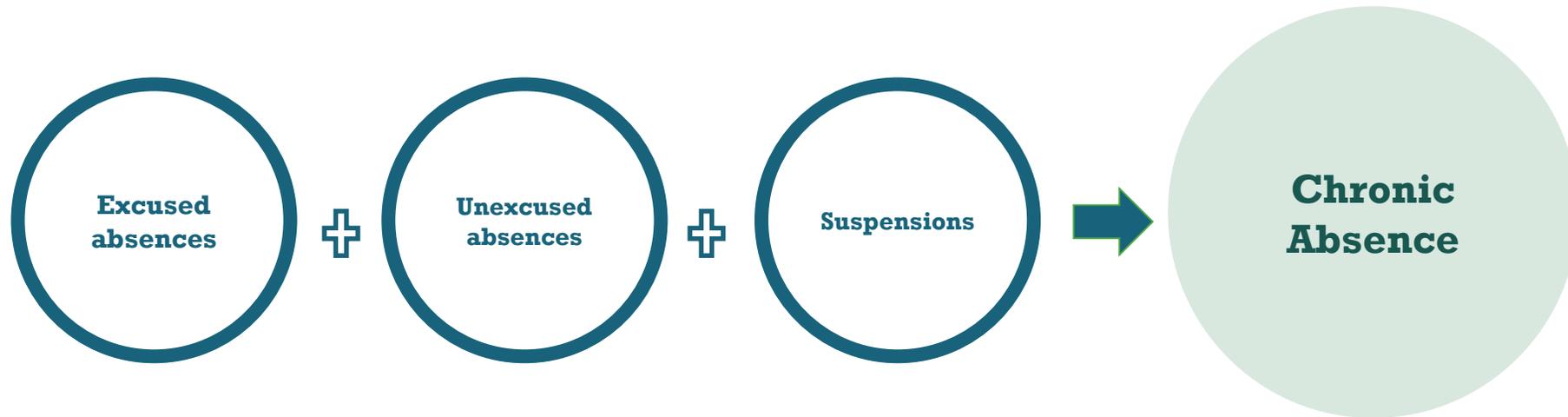
Why It Matters? What Can Be Done?





What is Chronic Absence?

Chronic absence is missing so much school for any reason that a student is academically at risk. To ensure it acts as an early warning sign, Attendance Works recommends defining it as **missing 10% or more of school for any reason.**



Chronic absence is different from **truancy** (unexcused absences only) or **average daily attendance** (how many students show up to school each day).



Research Shows Connection Between Attendance and Academic Success

Chronic Absence = Warning
Sign of Academic Risk

PK-1st Grade:

Students who attend regularly in the early grades perform better on measures of academic and social and emotional capacities.

3rd Grade:

Students who attend school regularly are more likely to be able to read proficiently by the end of 3rd grade.

Middle School Success:

Students who attend school regularly are more likely to have passing grades in middle school

High School Completion:

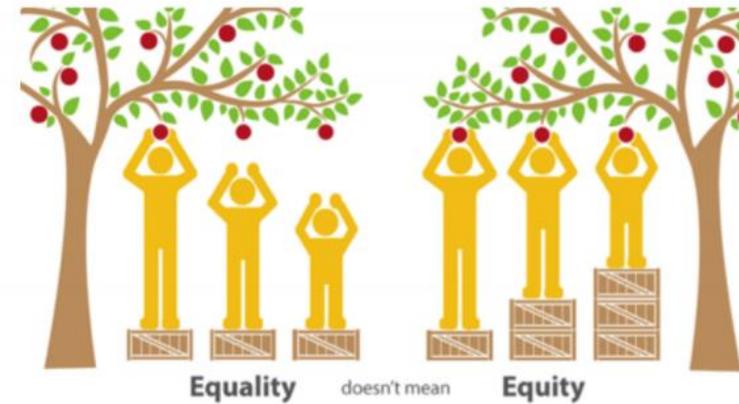
Students who attend school regularly are more likely to graduate from high school

College Completion:

Students who attend school regularly in high school are more likely to persist in college and graduate



Call Attention to How Chronic Absence Contributes to Equity Gaps



- Vulnerable children, especially those living in poverty, are 2-3 times more likely to experience chronic absence at earlier ages.
- Vulnerable children are much less likely to have the resources to make up for lost learning time in the classroom.
- Vulnerable children are more likely to experience multiple years of chronic absence



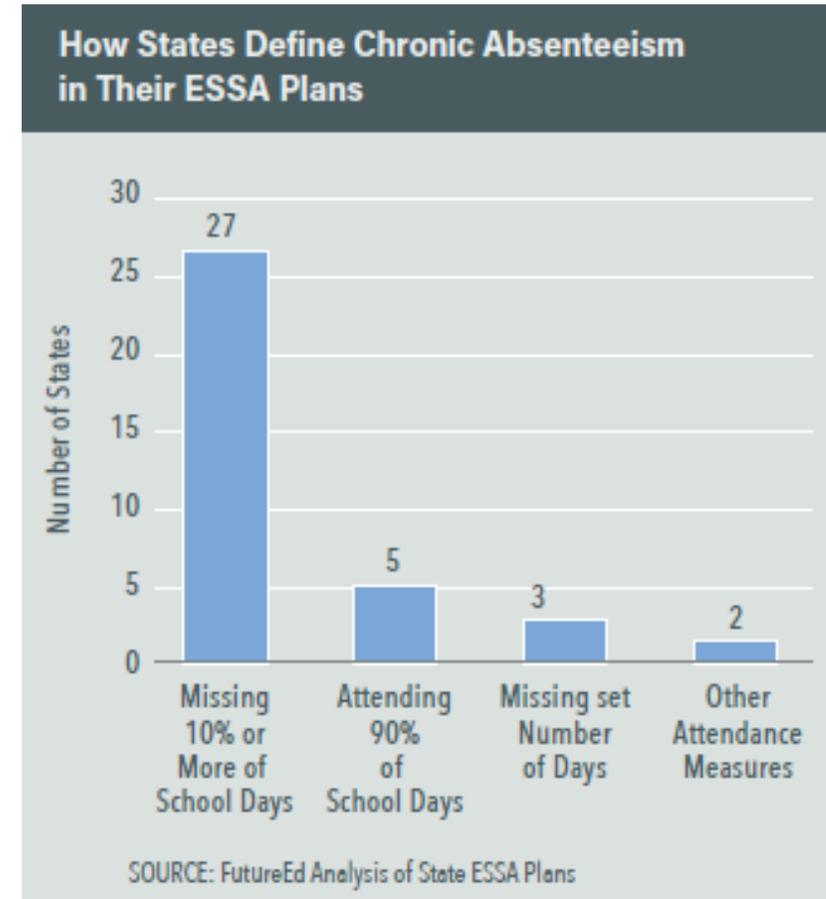
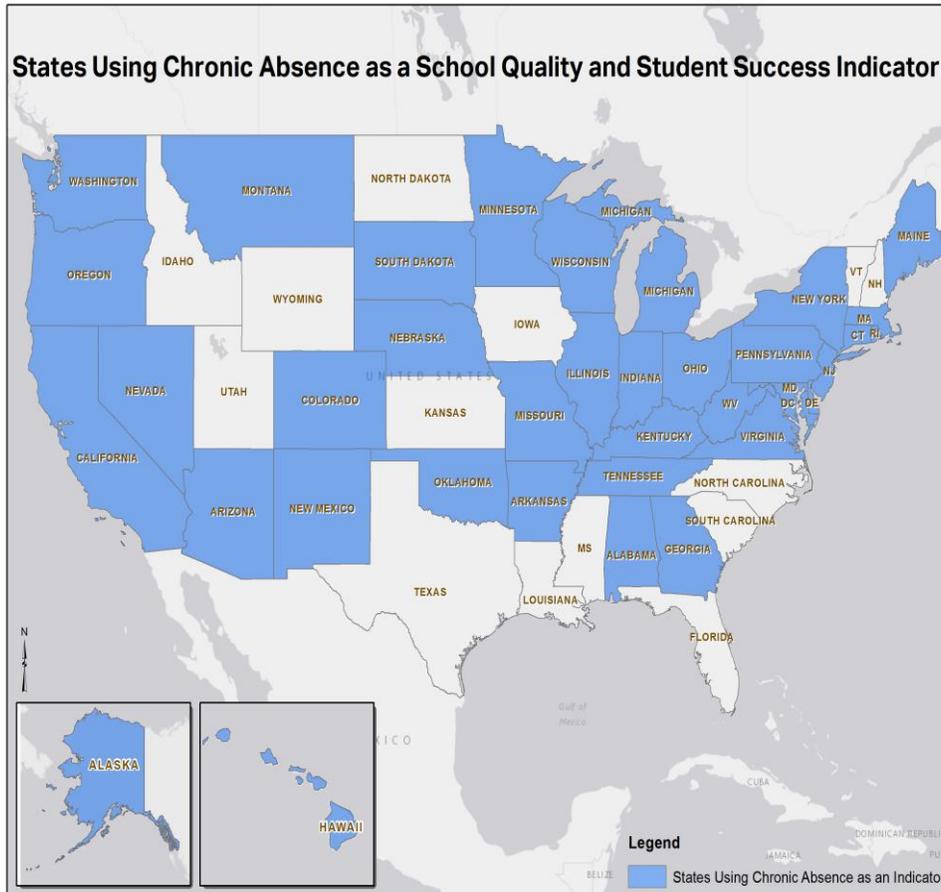
Chronic Absence is Widespread and Concentrated



<http://www.hamiltonproject.org/charts/chronic-absence-across-the-united-states>

- ❖ In SY 2015-16, **nearly 8 million students were chronically absent**, an increase of more than 800,000 students since SY 2013-14.
- ❖ More than half of the chronically absent students were found in 4% of districts.
- ❖ In 8 states and the District of Columbia, more than 20 percent of students were chronically absent.
- ❖ While urban and suburban districts typically have larger numbers, rural districts often have high percentages of chronically absent students.

Under ESSA, all states must report chronic absence. Most states included it as an accountability metric in their plans.



Who's In: Chronic Absenteeism Under the Every Student Succeeds Act
Future Ed, Georgetown University, September 2017.



Chronic Absence Data: A Tool for Targeting and Evaluating Interventions

What makes chronic absence data so valuable?

- ✓ Available nationally through the Office of Civil Rights and (soon) Ed Facts
- ✓ Now published annually by the majority of states
- ✓ Increasingly produced in real-time by school districts
- ✓ More frequently available than measures of emotional health or academic performance

What Works to Reduce Chronic Absence





**Changing outcomes
requires adopting a
NEW attendance
paradigm**

From: Truancy

- Counts unexcused absences
- Emphasizes individual compliance with school rules
- Uses legal, typically more blaming and punitive, solutions



To: Chronic Absence

- Counts all absences
- Emphasizes academic impact of missed days
- Uses preventive problem-solving, trauma-sensitive strategies
- Cultivates family & student engagement



Solutions Require Understanding What Factors Contribute to Chronic Absence

High and extreme levels of chronic absence are an alert that additional investment is needed to unpack and address common causes of missing school.

Barriers

- Illness, both chronic and acute
- Lack of health, mental health, vision, or dental care
- Family responsibilities
- Trauma
- Unsafe path to/from school
- Poor transportation
- Housing and food insecurity
- Frequent school changes
- Involvement with child welfare or juvenile justice systems
- Inequitable access to resources due to bias & discrimination

Negative School Experiences

- Struggling academically and behaviorally
- Ineffective or harmful interventions
- Bored
- Social challenges
- Bullying
- Suspensions and expulsions
- Harsh, biased disciplinary practices especially for students of color
- Negative attitudes of parents due to their own school experience
- Undiagnosed disability
- Lack of appropriate accommodations for disability

Lack of Engagement

- Lack of or inequitable access to challenging, culturally responsive, engaging instruction & enrichment
- Lack of academic, emotional and behavioral support
- No meaningful or negative relationships to adults in the school
- Stronger ties with peers out of school than in school
- Unwelcoming school climate
- Failure to earn credits/ no future plans
- Many teacher absences or long-term substitutes

Misconceptions

- Absences are only a problem if they are unexcused
- Missing 2 days per month doesn't affect learning
- Sporadic absences aren't a problem
- Attendance only matters in the older grades
- Suspensions are not relevant

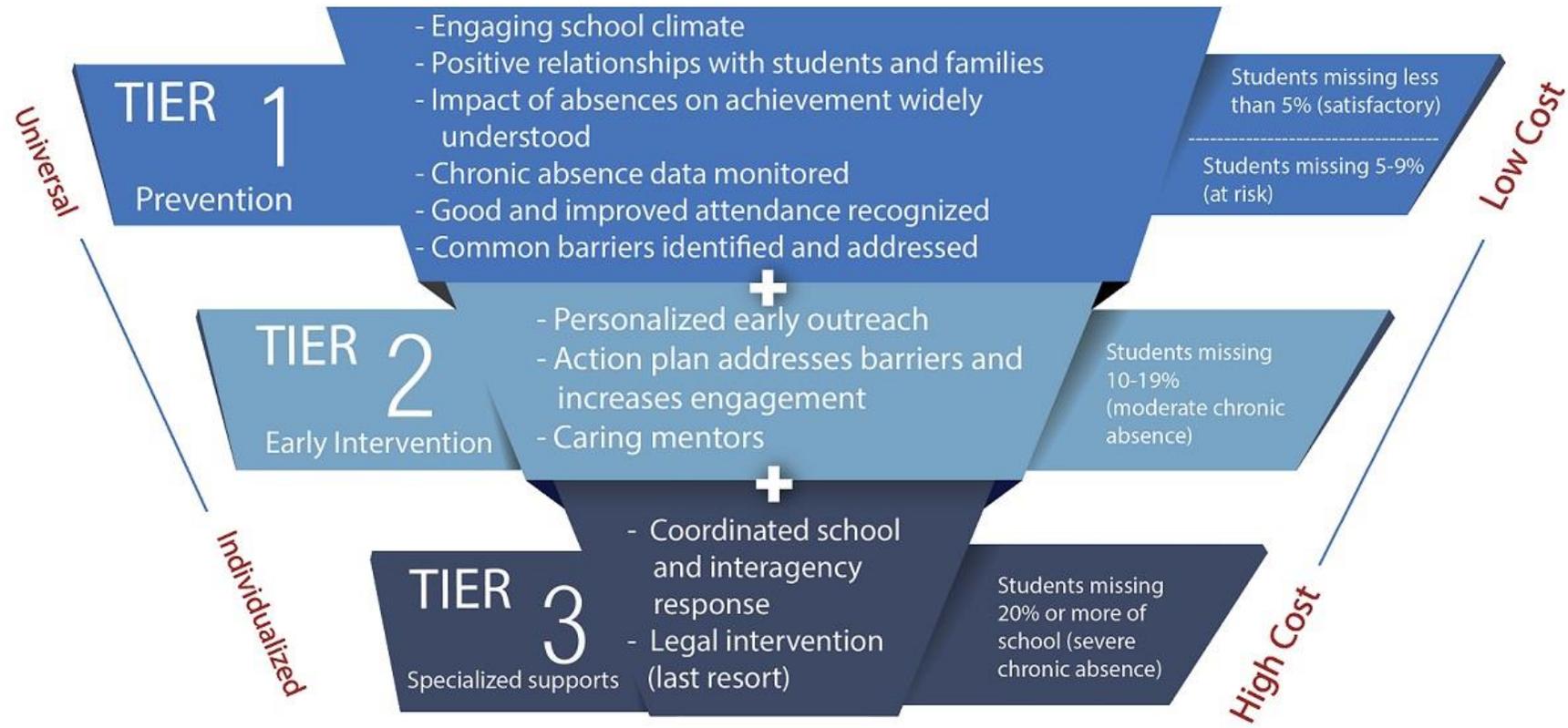
Chronic Absence is a Sign That Positive Conditions for Learning Aren't in Place





Invest in Prevention and Early Intervention

High and extreme levels of chronic absence are an alert that additional support is needed to address chronic absence.





Leading Health Related Causes/Barriers

Asthma

Bullying

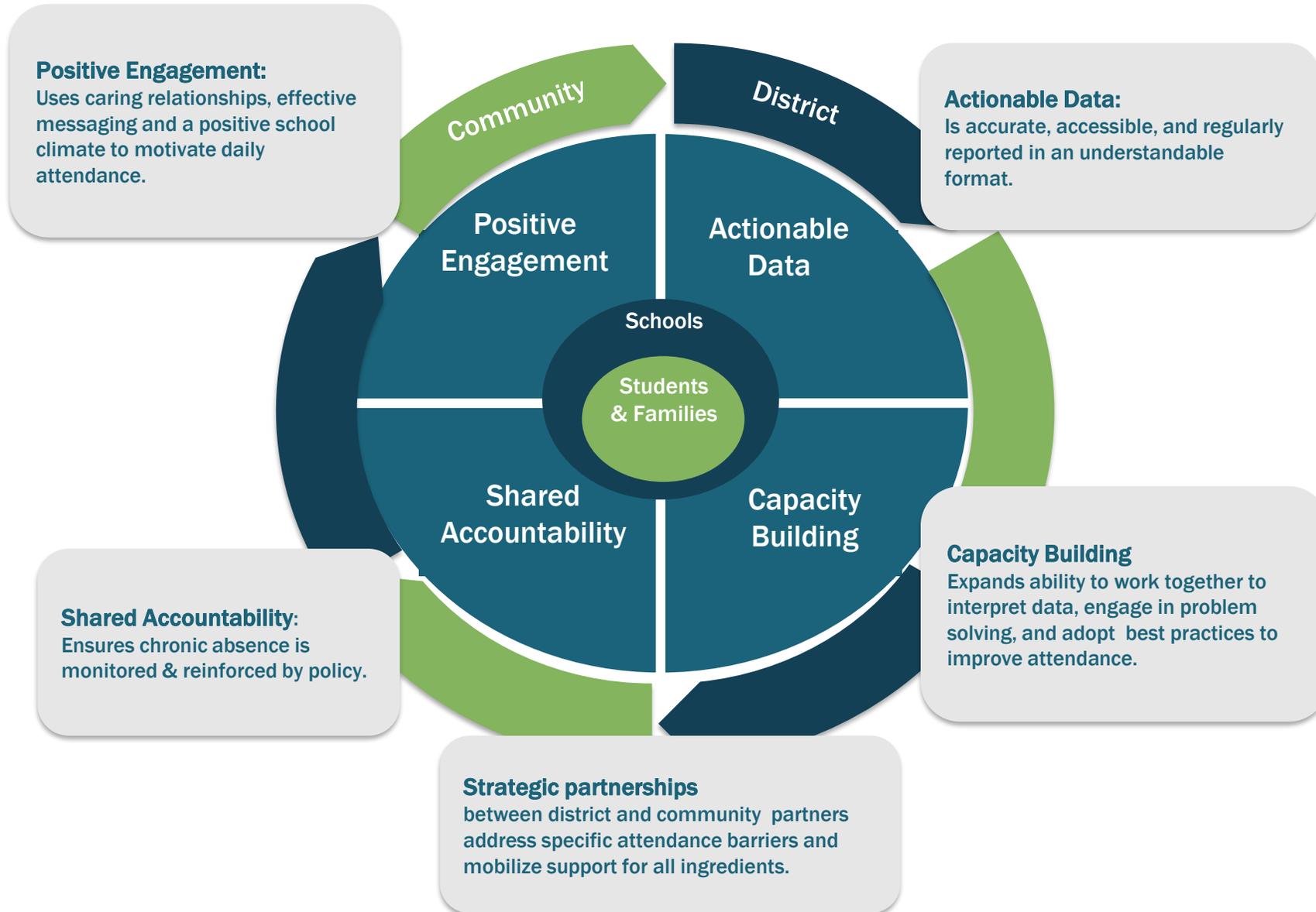
Oral Health

Mental Health

Nutrition

Vision

Take a Data Driven Systemic Approach



Karen Wong

Senior Manager, Research and Evaluation

Share Our Strength's No Kid Hungry Campaign

- Research: Can Breakfast After the Bell Help Reduce Chronic Absenteeism?



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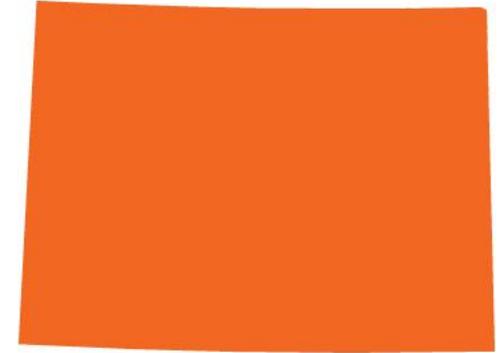


The Study: Is there a link between Breakfast After the Bell and chronic absenteeism?

- No Kid Hungry commissioned [a study](#) to answer the question, “Can serving breakfast as a part of the school day, commonly known as Breakfast After the Bell, reduce chronic absenteeism rates?”
- The study was conducted in 2019 by leading education researchers at the University of California Santa Barbara: Dr. Michael Gottfried and Jacob Kirksey. The study consists two analyses:
 - A state analysis in Colorado and Nevada, which had passed legislation requiring higher-poverty schools to serve Breakfast After the Bell.
 - A national analysis of young elementary school students that looked at access to breakfast served after the bell and in the classroom

The Study: State Analysis Methods

- Scope: Colorado and Nevada state policy required certain schools (schools where 70% or more of students are eligible for free or reduced-price meals) to provide Breakfast After the Bell.
- Data Sources: CO and NV school-level chronic absenteeism data (U.S. Department of Education) and school breakfast administrative data (state agency) for school year 2013-2014 and 2015-2016
- Analysis: Regression Discontinuity Design and Difference-in-Differences



The Study: National Analysis Methods

- Scope: Nationally representative data on young elementary school students, some of whom had access to Breakfast in the Classroom (a particular approach to Breakfast after the Bell).
- Data Source: Nationally representative student-level data on Kindergarteners and 1st Graders from the Early Childhood Longitudinal Survey (ECLS-K). Data originated in School Year 2010-2011 and was compared to 2011-2012
- Analysis: Difference-in-Differences



The Findings: Breakfast served after the bell can significantly reduce chronic absenteeism rates.

The State Research:

- Chronic absenteeism rates were on average 6 percentage points lower for schools that served Breakfast After the Bell
- Breakfast After the Bell was particularly helpful in reducing chronic absenteeism in elementary and rural schools.

The National Research:

- Chronic absenteeism rates were lower for schools that served Breakfast in the Classroom.
- Exploratory analysis found that Breakfast in the Classroom can improve reading test scores. Breakfast in the Classroom also has the potential to improve internalizing behaviors (anxiety, loneliness, low self-esteem, and sadness).



Serving breakfast after the bell can **reduce absenteeism by an average of**

6 percentage points

<http://bestpractices.nokidhungry.org/resource/study-chronic-absenteeism-and-breakfast-after-bell>

Julie Pittman

North Carolina Western Region Teacher of the Year &
No Kid Hungry North Carolina Educator Outreach Manager

- Educator Perspective: Access to Breakfast as an Education Issue



Access to Breakfast is an Education Issue



Food and food security are critical components of the physiological and safety needs of a child.

QUESTIONS AND DISCUSSION



APPENDIX

- Children who struggle with hunger are sick more, recover slowly, & are hospitalized more frequently. ([Journal of Nutrition](#))
- Food insecurity can be part of several forms of toxic stress that literally damage the architecture of a child's developing brain. ([RTI](#))
- 66% of low-income families report choosing between buying food and paying for medicine and health care in the past year ([Hunger in America](#))
- 3 out of 4 public school teachers say that students regularly come to school hungry. ([Hunger in Our Schools](#))
- 9 out of 10 teachers say they are concerned about the effects hunger has on children's education (([Hunger in Our Schools](#)))
- Children struggling with hunger also struggle academically, and are more likely to drop out before getting a high school degree. High-school dropouts make significantly less than their peers who graduate. ([Deloitte](#))
- Summer hunger is linked to cognitive decline and summer learning loss for children from low-income families. Studies show re-teaching costs average \$1,540 per student per year. ([Deloitte](#))
- Breakfast After the Bell can reduce chronic absenteeism, increase test scores, and improve social emotional development ([Study on Chronic Absenteeism and Breakfast After the Bell](#))