

# WELCOME

- **Make sure your speakers are on and the volume is up.**
- **Download the slides PDF from your handout pane.**
- **1 SNA CEU & 1 CPEU for RDNs/NDTRs available after quiz.**
- **Visit the On-Demand Library for 55 recorded webinars.**



[facebook.com/SchoolNutritionAssociation](https://facebook.com/SchoolNutritionAssociation)



[@SchoolLunch](https://twitter.com/SchoolLunch)

# Today's SNA Staff

## Controls



**Anna Woods**

Associate

Professional Development  
School Nutrition Association



*School Nutrition Association is a Continuing Professional Education (CPE) Accredited Provider with the commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.0 Continuing Professional Education units (CPEUs) for completion of this activity.*

# EARNING CEUs & CPEUs



**Complete Evaluation and Quiz**



**Print or download CEU certificate at the end of the quiz from the Training Zone.**

# QUESTIONS & ANSWERS



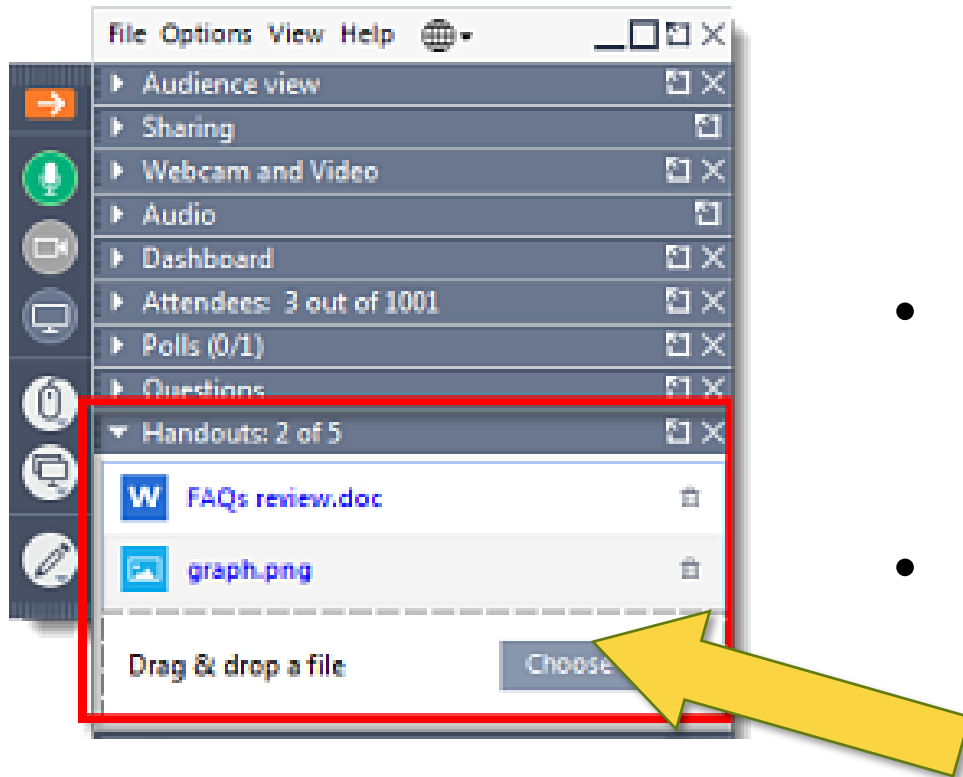
- 75-minute webinar.
- Attendees are in “listen-only” mode.
- Type your questions into the “Question” box at any time during the webinar.

# VIDEO AUDIO PLAYS THROUGH THE COMPUTER



# HANDOUTS

**This webinar has handouts to download.**



- Locate the Handout panel on your control panel.
- Click on the name of the handout to download.



# PROFESSIONAL STANDARDS

KEY  
AREA  
1000

**NUTRITION**

KEY  
TOPIC  
1200

**NUTRITION**

SUB-  
TOPIC  
1220

**IMPLEMENTING BREAKFAST  
IN THE CLASSROOM**



# LEARNING OBJECTIVES

*At the conclusion of this session, participants should be able to:*

1. Describe the elements of social-emotional learning.
2. Describe challenges and potential solutions to supporting SEL through BIC.
3. Discuss the benefits of eating breakfast as it relates to social emotional learning and the role of school meal programs in that learning.



# Today's Moderator



**Bonnie Cullison**

Consultant

Partners for Breakfast in the  
Classroom/NEA Foundation

# TODAY'S SPEAKERS



**Brandon Stratford**  
Deputy Program Area  
Director, Education  
Child Trends  
Bethesda, MD



**Billie Hunter**  
Cafeteria Manager  
Livingston Parish  
Public Schools  
Walker, LA




**Trina Barrell**  
Director of Instruction  
Logan Hocking School District  
Logan, OH

# **AFFILIATIONS & FINANCIAL DISCLOSURES**

**No Affiliations or Disclosures**

**Bonnie Cullison**  
**Brandon Stratford**  
**Billie Hunter**  
**Trina Barrell**



# SOCIAL EMOTIONAL LEARNING STARTS WITH SCHOOL BREAKFAST

MEETING THE NEEDS OF THE **WHOLE CHILD** THROUGH BREAKFAST IN THE  
CLASSROOM



**True/False?**

**Children's social skills are primarily determined by what they learn from interactions with their families.**

- a) True**
- b) False**

# What is **Social Emotional Learning?**

Child **TRENDS**   
Breakfast   
in the Classroom 





*Processes through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to:*

*understand and manage **emotions***

*set and achieve **positive goals***

*feel and show **empathy** for others*

*establish and maintain **positive relationships***

*make **responsible decisions***



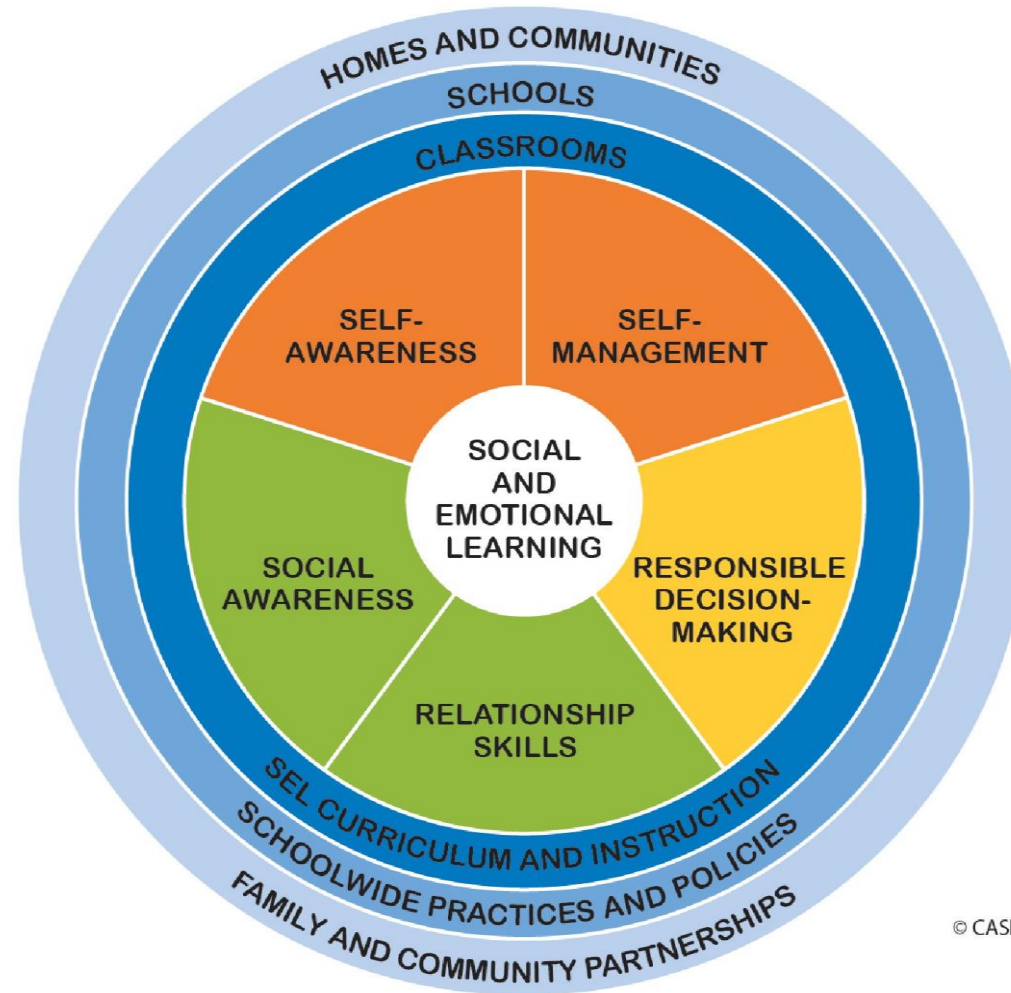
# ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN

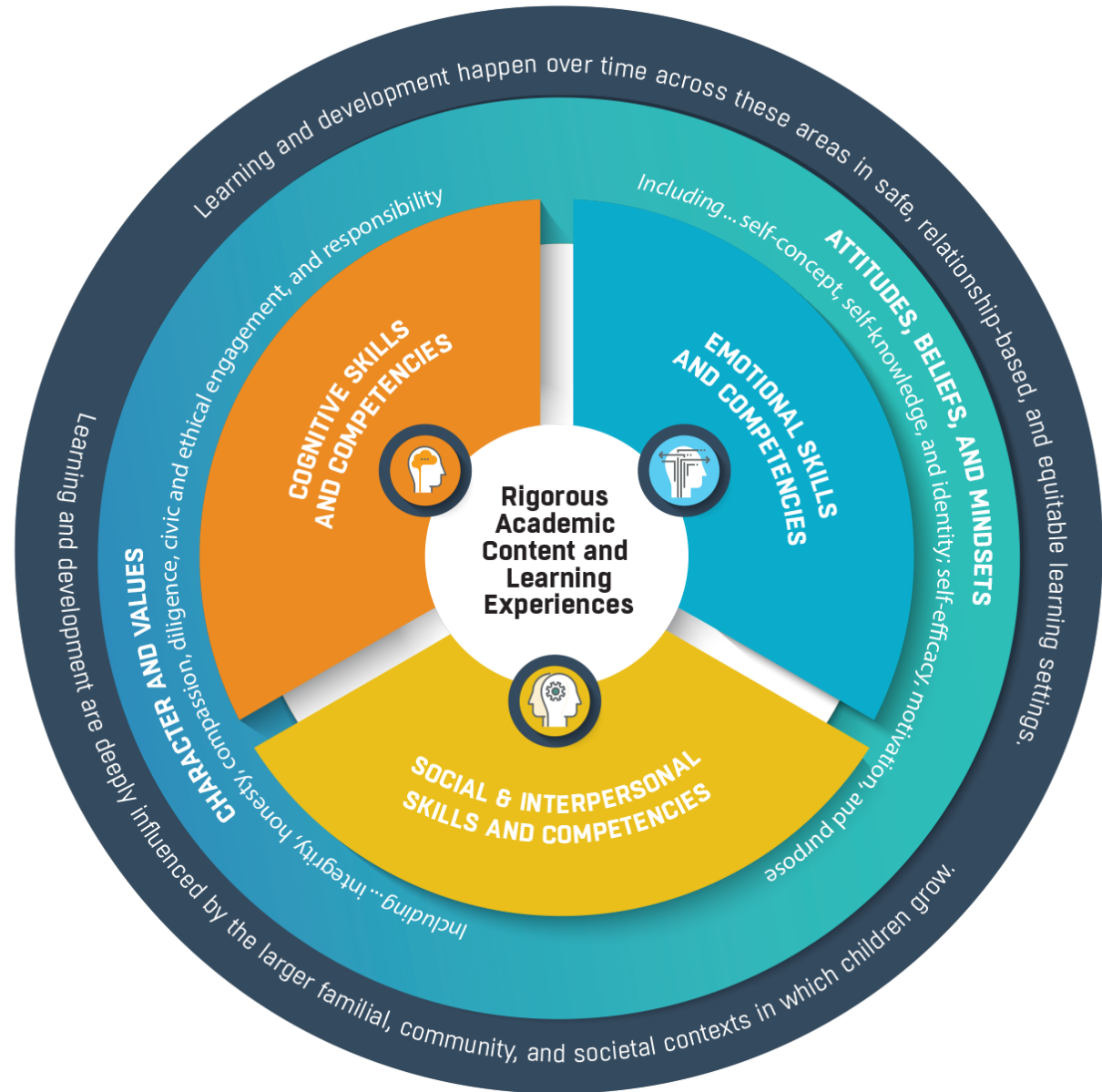
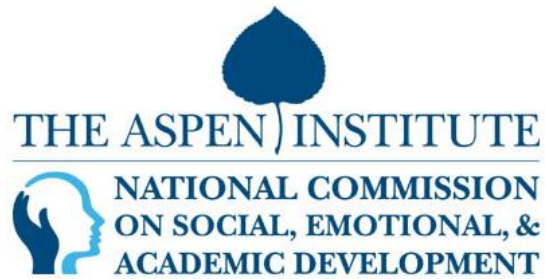
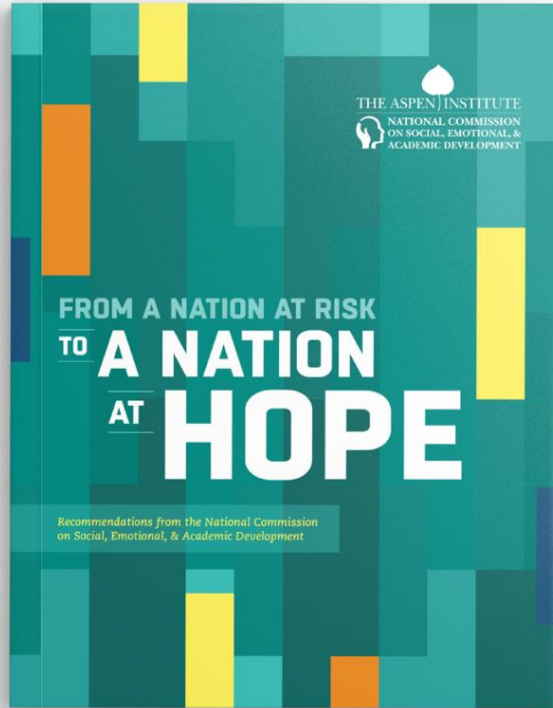
By Robert Fulgham

- 1 Share everything 
- 2 Play fair 
- 3 Don't hit people 
- 4 Put things back where you found them. 
- 5 Clean up your own mess. 
- 6 Don't take things that aren't yours 
- 7 Say ur sorry when u hurt someone 
- 8 Wash your hands before u eat 
- 9 Flush 
- 10 Warm cookiez and cold milk are good for you 
- 11 Live a balanced life:  
Learn. Think. Draw. Paint. Sing. Dance. Play. Work. 
- 12 Take a nap every afternoon. 
- 13 Be aware of wonder 
- 14 Look around 
- 15 When you go out into the world, watch for traffic, hold hands, & stick 2gether. 

@sylviaeluckworth









## COGNITIVE

*Including the ability to:*

- Focus and pay attention
- Set goals
- Plan and organize
- Persevere
- Problem solve



## SOCIAL & INTERPERSONAL

*Including the ability to:*

- Navigate social situations
- Resolve conflicts
- Demonstrate respect toward others
- Cooperate and work on a team
- Self-advocate and demonstrate agency



## EMOTIONAL

*Including the ability to:*

- Recognize and manage one's emotions
- Understand the emotions and perspectives of others
- Demonstrate empathy
- Cope with frustration and stress

# National Commission on Social Emotional and Academic Learning

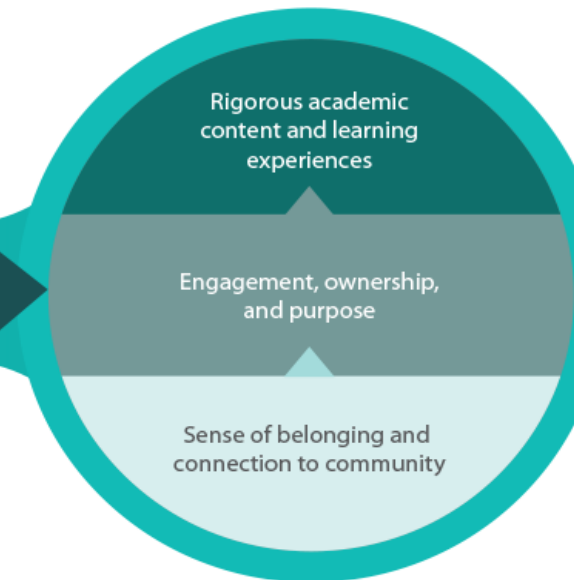
## LEARNING SETTINGS

Learning and development are influenced by the familial, community, and societal contexts in which students grow. Learning settings that support young people's comprehensive growth often focus on 3 essential elements:



## STUDENT EXPERIENCES

These settings can lead to learning experiences where young people are more likely to be engaged and grasp complex academic content:



## STUDENT OUTCOMES

The evidence shows that students who experience these learning settings are more likely to achieve success both now and in the future:





**Which of the statements below best describes SEL?**

- a) It is learning about historical challenges.**
- b) It is the basis for effective interpersonal relationships.**
- c) It is only done through direct instruction.**
- d) It is totally dependent on socio-economics.**



SEL  
+  
BIC

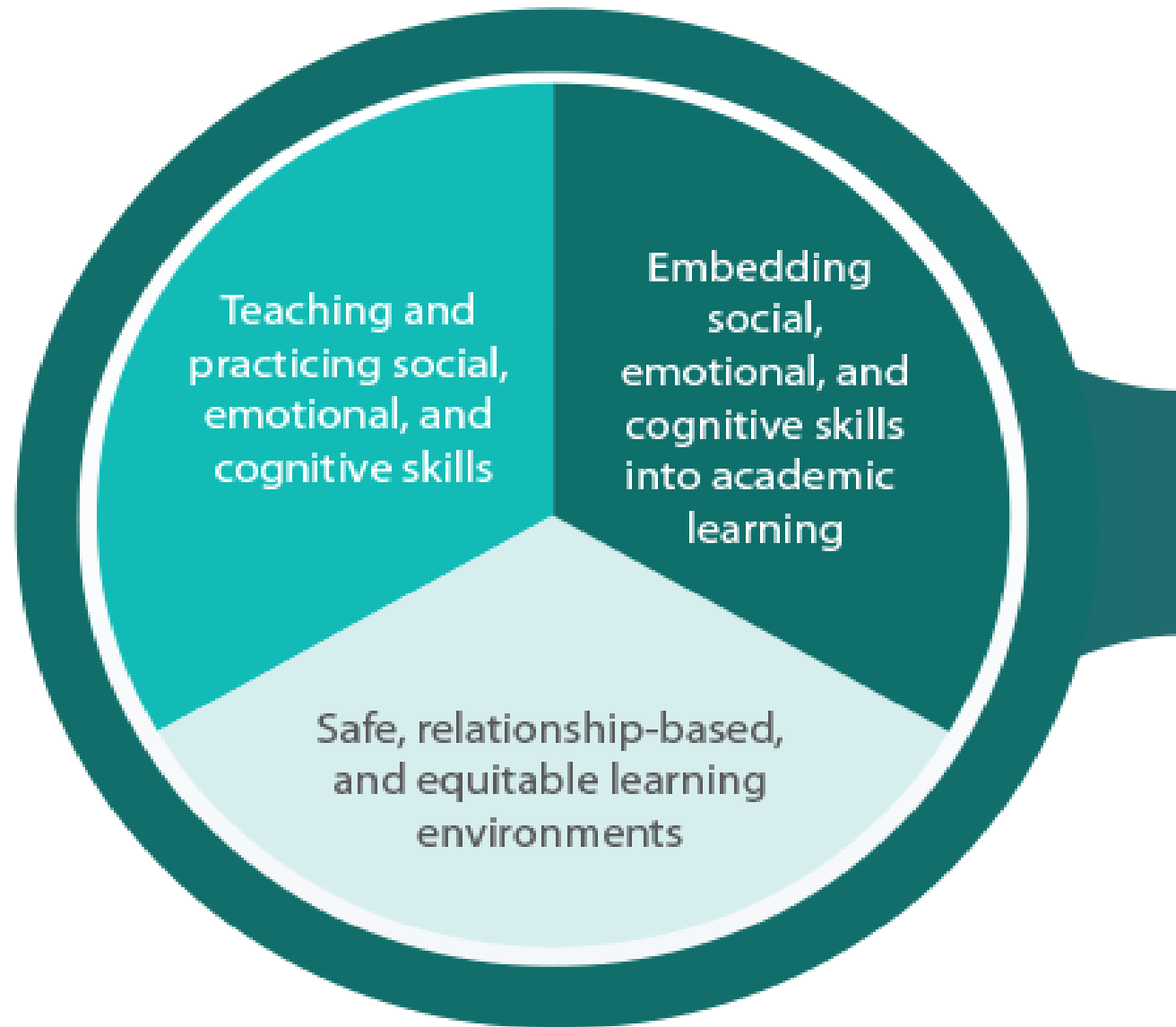


# What is the connection between BIC and SEL?



*Students are learning ALL the time, even at breakfast, and social and emotional learning is #HowLearningHappens*







# Child Trends Study

Surveys from **368 individuals** working in school districts in Louisiana, Mississippi, Missouri, Ohio, and Texas.

Site visits to **three school districts**, visiting **six schools** altogether—four elementary, one junior high, and one high school— and observing breakfast in 14 classrooms

Ultimately, we spoke to a total of **94 school staff and parents** about their experiences and.

We also spoke with individuals at five state NEA affiliates and three local NEA affiliates.



# Video

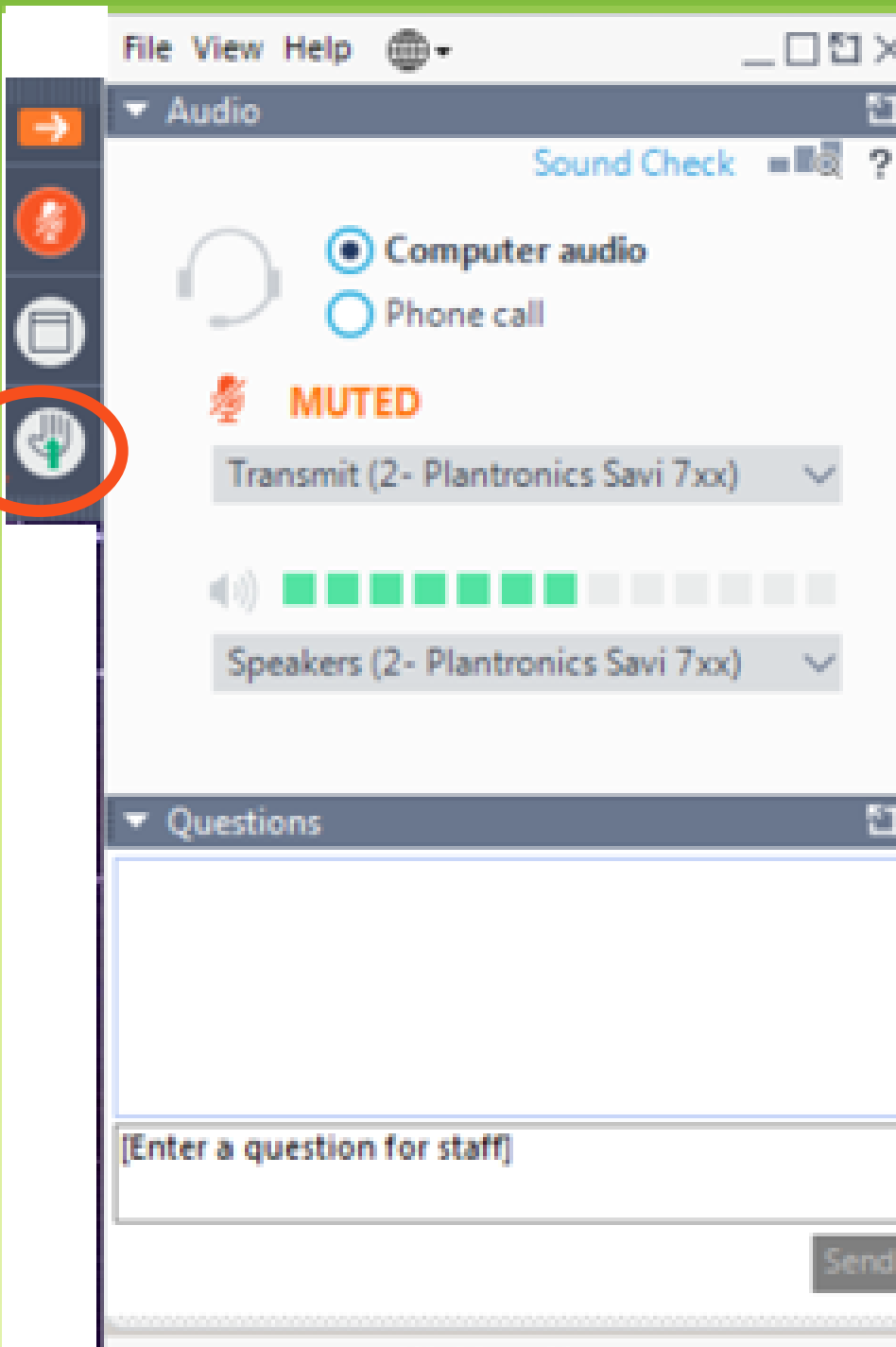




Billie Hunter, School Cafeteria Manager,  
Livingston Parish School District, Louisiana



Trina Barrell, Director of Instruction, Logan  
Hocking School District, Oh



**Raise Your  
Hand, and  
we will  
unmute  
your line  
and we can  
hear your  
story!**

# Relationships



*I will now eat my breakfast in front of the kids so that we're all eating breakfast together, and then I can be like, "How was your morning? What's going on?" So I kinda look at it as, this our kitchen table and we're eating together.*  
—teacher



# Respect



*I think the kids look at us as more of like... Not just the lunch ladies anymore. Like I have a specific child, well, a couple that tell me "good morning" every morning and talk to me. I can always tell like... How was your day? And they'll tell me if they had a bad night or whatever. We have a better relationship with them, which when they come in the cafeteria I feel like they're more respectful now than they were before.*

–foodservice manager





# Responsibility



*Well, what I've done in the classroom is teach the kiddos how to pick up... Or how to clean up spills, and talk to them about rodents and other things, and why we shouldn't drop crumbs on the floor or leave 'em on the table. So cleanup, there's been a lot of mini lessons on how to do that.*

—teacher



# Persistence



*I've really seen a lot of independence. I have one little boy who worked and worked and worked and worked on trying to open up his milk carton and finally got it all by himself and he would just scream, "Got it, I got it, I got it!"*

—teacher





# Teamwork



*Students are responsible individually for cleaning up after themselves, for knowing what parts they have to take. We've worked that through. And I know our student council, they would take the trash cans down and my student council's in my older grades. So, they're stationed in this hallway to help the custodian, they would roll trash cans down.*

—teacher



**Which of these skills might be learned/improved by having breakfast with classmates in a classroom?**

- a) One to one correspondence in counting**
- b) How to initiate conversation**
- c) Analyzing the chemical properties of an egg**
- d) Discussing the motivation of explorers**





# MARK YOUR CALENDAR

## **Best of #SNIC19: Environmental Hot Buttons— What's Ahead for School Nutrition?**

*2pm ET on Thursday, August 28, 2019*

**AUGUST**

## **Best of #NLC19: Tough Talking: Initiating and Managing Difficult Discussions**

*2pm ET on Wednesday September 4, 2019*

**SEPTEMBER**

## **Best of #LAC19: Group Purchasing Cooperatives: Should You Buy In?**

*2pm ET on Thursday, September 11, 2019*

**SEPTEMBER**



# The SNA On-Demand Library





- Over 55 webinars
- All Key Areas
- SNA CEUs/Professional Standards

**Every Webinar Wednesday is recorded and posted to the On-Demand library within 1 day.**

# TRAINING ZONE

  
SCHOOL  
NUTRITION  
ASSOCIATION

eLearning On-Demand 24/7

1. **Past Live Events**
2. ▶ **Social Emotional Learning Begins with School Break...**
3.   **Evaluation: Social Emotional Learning Begins with School Breakfast**  
Survey: 10 questions

Courses Social Emotional Learning Begins with School Breakfast

▼ Social Emotional Learning Begins with School Breakfast View Report Schedule Emails Edit

WEBINAR WEDNESDAYS. **WELCOME** SNF SCHOOL NUTRITION ASSOCIATION

- Make sure your sound is on and the volume is up.
- Download the slides PDF from your handout panel.
- 1 SNA CEU & 1 CPEU for RDNs/NDTRs available after quiz.
- Visit the On-Demand Library for over 55 recorded webinars.

facebook.com/SchoolNutritionAssociation @SchoolLunch

0:00/ 1:12:44

Overview Resources

HAVE AN ATTENDANCE CODE?  Submit

This live web event has ended. Thank you for attending.

August 14, 2019  
Wed 11:00 AM PDT  
DURATION 1H 15M  
This live web event has ended.



**GROUP ATTENDANCE CODE: 10458**



