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## Press release

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### **Emerald North students boost their brain with breakfast**

**28 June 2010**

Poor concentration levels are being tackled at Emerald North State School through a new programme that encourages students to eat a healthy breakfast.

The programme, *Boost Your Brain with Breakfast*, is being delivered by the Emerald PCYC and will offer each student a healthy breakfast once a month for 12 months.

Rio Tinto Coal Australia's Kestrel Community Development Fund and its Kestrel Aboriginal Community Development Fund are together contributing more than \$13,000 to the programme.

Emerald PCYC branch manager Sergeant Renae Cannon said the aim of the programme is to show students what food is good for them and how to plan and prepare a healthy breakfast.

"It is a proven fact that eating a poor breakfast or skipping it altogether decreases energy levels and the ability of students to concentrate in class," Sergeant Cannon said.

"While this programme gets them eating a healthy breakfast at least once a month, our long term goal is to provide enough education about nutrition that they will start making their own healthy breakfasts each day and lay the foundations for a healthier lifestyle.

"We're also providing an information session to the students and parents by inviting local health experts such as dieticians, doctors, and dentists to each monthly breakfast.

"This will give students and parents the opportunity to ask questions and learn more about how to make better food choices and improve eating habits.

"Eventually we hope to expand the program to include other schools."

Emerald North State School principal Jorgen Neilson said he is very supportive of the programme.

"This programme will assist our students' ability to learn on a number of levels," Mr Neilson said.

"Firstly, we hope that the programme will be an incentive for students to attend school and be on time. Secondly, the increased levels of brain activity that comes from starting the day with a healthy breakfast will also help students participate successfully in their school activities.

"When complimented by the hard work of staff and the existing supportive programmes at our school, both of these will mean better learning outcomes for all our students."

Kestrel Mine general manager operations Tony Lennox said the programme will reach out to the school's population of around 300 students, which has a higher concentration of indigenous students than any other school in the area.

"This programme will benefit the whole school as each student begins with a full and nutritious breakfast to get their minds and bodies ready for the day ahead," Mr Lennox said.

"It will help maximise students' participation and concentration levels in class and study, but also improve involvement with other aspects of their lives such as playing sport and bonding with family and friends.

“We are pleased to be involved because this programme has the wider impact of providing better education to families about what foods are good for them, and the benefits of ongoing healthy eating.

“At the end of the day, it helps make sure Emerald maintains a strong, active, and engaged community into the future.”

#### Photo



*Photo courtesy of The Central Queensland News*

**Pictured** – Students from Emerald North State School line up for breakfast at the launch of the programme at the school last week.

L-r back row – Police chaplain Rev Russell Reynoldson, school chaplains Ross Grierson and Luther Cora, Emerald PCYC branch manager Sergeant Renae Cannon, and Central Highlands Regional Council youth officer Sherie McDonald.

L-r front row – Emerald North State School students Duta Adyatma, Matthew Wilesmith, Micaela Van Der Merwe, and Hayley Hunter.

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