

# FACT SHEET | Healthy Schools, Healthy Kids

*2015 Budget for a Better Minnesota*

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Healthy kids make healthy students. That is why Governor Dayton is proposing important new investments in school-based nutrition and behavioral health. These critical investments will help ensure that kids have the support they need to focus on their studies, and succeed in the classroom

## Investing in School Nutrition

- **Building on Last Year's Investments** – Last year, the Governor and Legislature invested new resources in school nutrition to ensure every student receives a healthy lunch. That new investment also provided free breakfasts for all kindergarten students in Minnesota.
- **Free Breakfasts for Pre-K through Grade 3** – Research shows that breakfast is considered the most important meal of the day. But right now, only 39 percent of all elementary age students participate in the school breakfast program. That is why the Governor's budget would invest \$28.1 million to ensure every child, from PreK to grade 3, has access to a well-rounded, nutritious meal to start their day.
- **School Nutrition Matters** – When students have a healthy meal in school, discipline referrals have gone down by 50 percent. Healthy meals lead to improved student attention, a reduction in visits to the school nurse, and better test scores.\*

## Positive Behavior in Schools

- **Teaching Positive Behavior** – Since its launch in 2005, the Positive Behavioral Intervention and Supports (PBIS) initiative has spread across Minnesota. It is currently being implemented by 478 Minnesota schools, or 24 percent of the state's nearly 2,000 schools.
- **Improving School Climates** – By working to implement behavioral interventions that curb bad behavior before it happens, PBIS schools have seen a 20 percent decrease in disciplinary incidents from 2010-11 to 2013-14. That is why the Governor's budget would invest \$4.6 million in the PBIS initiative to support this work, and help more schools implement the program.

## Intervening Early

- **Helping Every Student Succeed** – The Governor's proposal would invest \$2 million in the Help Me Grow initiative – a one-stop shop that connects parents of at-risk children to a variety of early interventions, supports, and community resources for children.

## Improving Care for Children

- **Helping at Home** – The Governor's budget proposal would invest \$2.6 million to expand access to home visiting services for high-risk mothers and infants, benefitting an additional 300 pregnant or parenting teens, at-risk pregnant women, and at risk families with children under age five. Home visiting programs have been shown to prevent child abuse and neglect, encourage positive parenting, promote child development and school readiness, and improve economic stability.
- **Investing in Quality, Affordable Child Care** – The Governor's budget proposal would invest \$17.5 million to improve access to quality child care for low-income working families. This investment would provide child care for an additional 1,375 children and enable 8,000 children to enroll in highly-rated ParentAware programs. The proposal would provide incentives for providers to improve their quality of care, while simplifying paperwork for the Child Care Assistance Program.

\*Minnesota Dept. of Children, Families & Learning report "School Breakfast Programs: Energizing the Classroom"