

# Students set up a healthy start to the day



YSC students Rachel Trogenza, Jess Rennie and Stacey Guild recommend a healthy breakfast to start the day.



Marly Fountain, Aini Seppanen (exchange student from Finland) and Demi Parish enjoy the hearty food.

**On Tuesday, August 11 Yarrowonga Secondary College hosted a Big Breakfast for all students and staff at the beginning of the school day.**

All students enjoyed a large range of breakfast foods including pancakes, fruit platters, juice, bacon and eggs, sausages, toast and cereals.

The aim of the breakfast was to

promote the importance of eating a healthy breakfast and was part of a community learning project set up by six students who attended a leadership school in Glenormiston for 9 weeks last term, Rachel Trogenza, Jess Rennie, Stacey Guild, Santon Thaver, Ash Menhennet and Braden Bush.

The students organized the whole

breakfast, including school bands playing and guest speaker, Dan Thompson the dietitian from the Yarrowonga Community Health Centre.

Dan spoke to the student body on the value of eating breakfast and applauded the six students for a terrific morning.

Principal Scott Dellar, also spoke

to the students who certainly enjoyed the breakfast put on for them.

As a follow on from this morning, students have since enjoyed breakfast before school in the school kitchen, cooked by enthusiastic staff members.

About 50 students attended the first official breakfast and the program will continue on every Tues-

day morning before school for the remainder of the year.

As studies have shown, a healthy breakfast definitely improves concentration levels of students throughout the working day.

A big thank-you must go to all of the staff at YSC who have continued to fully support the program.