School 15 held its annual Thanksgiving Feast for students, families and staff on November 18th. The feast included roast turkey and gravy, corn, sweet potatoes, and corn bread. The students laughed with such joy when Mr. Piper pulled out a live lobster, which actually was served at the first Thanksgiving feast in 1621! Many thanks to all the volunteers, Dialma, Café Manager, Nutrition staff as well as Dele, Lead Food Service Director, Mr. Piper, Principal, and Shawn Walker, Vice Principal for serving 400 children.

Another Annual Thanksgiving Feast took place at Rochester International Academy where 700 people were served. This is a cherished time when Refugees of many Nations come together for introduction to a new culture of food, friends and family. Also, during this time, they are provided with winter coats and boots for children and their families. This feast is a collaboration of many staff and volunteers from the food service staff, Manager Kim Bush, Food Service Director, Gemma Humphries, and our very own Principal, Mary Andrecolic-Diaz.

Reasons for Children to Eat Breakfast
- Eating breakfast at school improves academic performance, health and behavior.
- Children who eat breakfast perform better on standardized tests than those who skip breakfast.
- Providing breakfast to students improves their concentration, alertness, comprehension, memory, and learning.
- Students who participate in school breakfast show improved attendance, behavior, higher math grades as well as decreased tardiness.

Kids need to play outside every day, even in winter. Going outside to run, jump, and yell allows children to use their large muscles and work off extra energy. Being in the fresh air is also healthier for children than keeping them inside a closed house where germs love to spread.