

The importance of Breakfast club on Pupil learning & Well-being

- ♦ Independent life skills such as choosing, pouring, using cutlery, spreading, clearing up.
- ♦ Communication skills through gesture, signing, PECs, SCERTs or verbal language
- ♦ Social skills such as interactions, friendships, helping others and sharing.
- ♦ Exposure to new foods to encounter different tastes, textures and smells.
- ♦ Behaviors' for learning such as improved transitions, sitting to eat, focused attention and engagement.
- ♦ Improved emotional well-being and attendance.

Research*

- ♦ A trial carried out with Year 2 children in school providing breakfast club experienced the equivalent of around 2 months' additional progress in reading, writing and maths, compared to Year 2 children who did not have attend a breakfast club.
- ♦ Findings suggest that it is not just eating breakfast that delivers improvements but the actual attending a breakfast club in school. This could be due to the different types of nutritional content of food being offered and/or the social or educational benefits of a breakfast club environment.
- ♦ Concentration and behaviour has been shown to improve in schools that provide breakfast clubs.

*2016 study by the Education Endowment foundation involving 8600 pupils in 106 schools.



**Delicious healthy breakfast
available to all for free!**



We Are All Special Here

Our breakfast club is
supported by the charity

magic breakfast

fuel for learning

Meadowfield School are proud to be in partnership with Magic Breakfast, providing nutritious breakfast food to ensure our pupils start their day in the best possible way.

Magic Breakfast is a charity with the sole aim of ensuring no pupil starts the school day too hungry to learn.

Breakfast gives pupils the energy needed for the busy school morning, enabling them to be settled, focused and ready to learn.

Classroom breakfast

- ♦ Offered in the safety of the child's classroom.
- ♦ Offered as early as possible on arrival into class as we know that some of our pupils have had a long journey and been waiting on the bus.
- ♦ A variety of cereals or bagels are usually available each morning together with semi skimmed milk and low fat spread. Dairy free milk is available on request.



- ♦ As a 'Healthy school' toppings such as jam or honey are not supplied by school yet can be provided by parents.
- ♦ A drink of milk or water will be offered. Fruit juice can be supplied by parents.
- ♦ Pupils can be offered a breakfast snack provided by parents however these should be as healthy as possible.
- ♦ Magic breakfast are considering the offer of low fat yogurt and fruit. We will keep you updated.
- ♦ Pupils are supported with independent living skills such as hand washing, set up the table, pour cereal and milk, spread butter, serve each other, tidy and wash up. It is recommended that classes have breakfast monitors to promote responsibility and the helping of others.