

# Breakfast Clubs

A Yorkshire Based Review



N=17 schools

Observations across whole school day including breakfast clubs, break and lunch

Staff, pupils, observations, focus groups and interviews.



**Provision included:**

- Range of activities – created a nice atmosphere and provided opportunities for interaction.
- Breakfast club providers were often external, including Magic Breakfast.
- SATS Breakfast Week.
- One school provided bagels in class to KS1 children in the morning (whether they attended breakfast club or not)
- One school extended provision to parents and carers.
- Free or subsidised for CYP receiving free school meals.
- In a few cases, schools subsidised costs to allow breakfast to be offered to all children irrespective of free school meal eligibility.

**Interesting ideas:**

- Children helped to pack away chairs and tables after their breakfast at one school.
- Another school encourage children to wash up their own plates.

### **Breakfast clubs:**

- Create an opportunity for children to have a nutritious breakfast before school, especially those from families struggling financially/living with food insecurity.
- Support parents who do not have the time to provide breakfast.
- Provide children with a nutritious start to the day, which can boost attainment and behaviours.
- Create an environment with social and educational benefits.
- Help encourage healthy lifestyles through the nutritional foods provided.
- Support parents with childcare.

### **Recommendations**

- Have visible access to water.
- Fruit should be offered and children should be encouraged to eat fruit.
- Low-sugar based cereal options.
- Clear guidance regarding breakfast club foods should be made available to schools.
- The breakfast club menu should be made available online.