

The importance of eating a healthy breakfast

Research has shown that children who eat breakfast have a greater attention span than those who don't or those who eat the wrong type of breakfast.

Local experience has shown that concentration levels in pupils, time-keeping, attendance and behaviour have all shown signs of improvement.



nutritious

healthy

balanced

well-being

nutritious

nourishing

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Useful Contact No's

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Facility Support Services: **01698 506279**

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Education and Families: **01236 812268**

Useful Web Addresses

Food Standards Agency: www.food.gov.uk
Healthy Living: www.healthyliving.gov.uk
British Nutrition Foundation: www.nutrition.org.uk
NHS Health Scotland: www.healthscotland.com

North Lanarkshire Council
Enterprise and Communities
Facility Support Services
Fleming House
Cumbernauld G67 1JW



Breakfast Clubs Hungry for Breakfast

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The Breakfast Club

Start the day the right way

Introduction

A number of schools across North Lanarkshire offer a breakfast service before the start of school so children can have a healthy and nutritious start to the day which fuels them to face the challenges ahead, helping them be more awake, alert, and ready to learn. At the same time the children can mix with their friends in a safe and welcoming environment.

On arrival, a breakfast supervisor will welcome them, help them to register and give them a bright, positive start to the day. Catering staff, having prepared and chilled everything in advance, are on hand to help each child make a healthy choice from the range of available options.

Children can use the opportunity to catch up with friends or to plan for the day ahead. Some have fun sitting with family members; others enjoy interacting with their peers. They can experience breakfast time as a social occasion and an opportunity to benefit from the company of others.

In addition, some services offer a range of activities for children to enjoy – a spark of fun before they go to class to engage in the formal learning process.

Activities vary with each service and include physical activities and exercise, activities designed to stimulate thinking, art activities, and table top games, as well as other more leisurely pursuits. These activities are offered at the discretion of the head teacher and the breakfast supervisor and vary from school to school.

The North Lanarkshire Breakfast Services Programme is designed with children and parents in mind. It offers children a healthy and fun way of starting the school day while granting parents peace of mind knowing that their children have a healthy breakfast and are well looked after in a safe, welcoming environment whilst easing the burden of a sometimes hectic morning schedule.



What the pupils say



- I would never miss coming. I come every single morning.
- It's great to have breakfast and chat with your pals.
- I love coming here before school. Everyone is so nice.
- I'm glad we can come in for breakfast. I think it's the best.

What the parents say

- He won't eat breakfast in the house but eats it no problem at school.
- She's up and away early every morning. What a change!
- This has been one of the best things to happen in our school. The kid's get a good breakfast to start the day.

What the teachers say



- I think this is a great thing in the morning. The children are more relaxed when they come in.
- Time-keeping has really improved since we started offering breakfast in the morning.
- The children arrive in my class more relaxed and ready to learn.

Healthy eating



It is the policy of North Lanarkshire Council to offer foods which meet national guidelines set out by the Hungry for Success initiative reducing the amount of sugar, fat and salt in the diet whilst increasing the intake of fruit, vegetables and fibre. Catering and supervisory staff will encourage your child to choose wisely, thus ensuring that they have a nutritious and well-balanced start to the day.

Special dietary requirements

We also recognise that some children have special dietary needs. Please let your school's catering manager know and they will make every effort to accommodate your child's needs. If you have any specific concerns or requests, for example, if your child needs a medically prescribed diet, e.g. coeliac disease or peanut allergy, please contact the Head Teacher or Catering Services who will assist.

Operating hours

Breakfast will be served between **8.15am** until **8.50am** each school day morning.



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health