



What are the benefits of running a breakfast club and providing our free breakfast for all pupils?

We aim to reduce the number of pupils coming to class hungry. Breakfast clubs can have a real impact on reducing the numbers of children being hungry in the morning. Staff felt that that many pupils would not be eating breakfast if a breakfast club were not available.

Breakfast clubs can help pupils eat more healthily. Breakfast clubs can have an impact on pupils eating more healthily, provided that the food on offer is healthy and nutritious. Some pupils who eat breakfast outside of a breakfast club may be eating fatty and sugary foods, such as take-away food, and not getting a strong, nutritional start to the day.

Breakfast clubs can help pupils' punctuality. Breakfast clubs can be a way of encouraging pupils to get to school on time. Providing breakfast free of charge can encourage parents to let their children come in earlier. Pupils generally like the food on offer and the opportunity to mix with their friends before lessons.

Pupils can see the difference in their own punctuality. Breakfast clubs can help pupils concentrate and pay attention in class. Pupils being hungry has been linked with poor concentration in class.

For us at Hensingham, we felt this was a social priority. Our gut feeling was that we had significant numbers of children coming to school not fed well; not getting a good start to the day.

Breakfast clubs can help improve pupils' behaviour. By reducing hunger with the introduction of a breakfast club, classroom behaviour can be improved. As well as helping individual pupils, having the routine of a breakfast club means pupils generally settle better into class and are more ready to learn, which impacts both on the pupils attending breakfast club and on the whole class.

Our breakfast clubs can help pupils' social development. Eating breakfast together makes it easier for children to mix with other pupils. It encourages more reserved pupils to talk to each other and their wider peers in class and to talk to staff, fostering new relationships. All breakfast eaten by pupils is done so with their class teachers and support teachers present – building closer relationships as a result.

