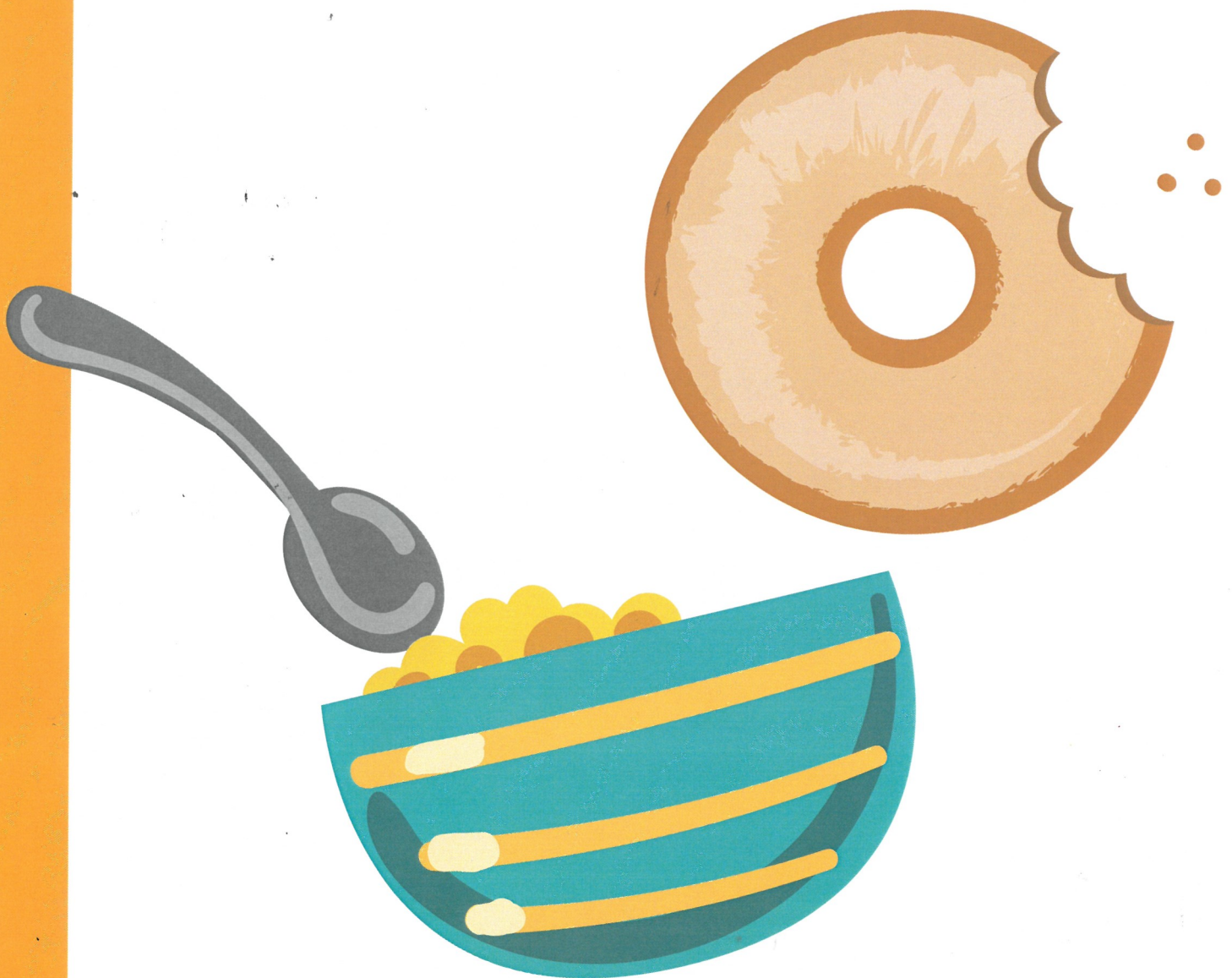


We are proud be part of the
**National School
Breakfast Programme**

The right fuel for learning, every day



Every day, schools tell us about the wealth of benefits their breakfast provision brings. However, it's possible you could be getting even more out of your investment in breakfast. Below we summarise a whole range of ideas that could add even more value to the start of your school day.

Nurture

Encourage greater independence.

Could you allow children to do more for themselves? Most schools can find ways to help children build independence skills at breakfast, whether it's serving themselves, spreading their own bagels, having a bigger role in clearing up or initiating or developing their own activities.

Expand the responsibility roles.

Giving Breakfast Monitor positions to vulnerable children in breakfast club makes it more likely they will come on time every day and builds a sense of self-confidence and value. Possible roles include: setting up, helping younger children, tidying up, games monitor, reading table monitor (and many more).

Buddy up. How about introducing a 'breakfast buddy' system where vulnerable children can sit with a supportive peer? Maybe use interesting objects or activities on tables to act as conversation starters.

Start a 'supernurture' group.

Although all children feel a nurture benefit from school breakfast, a small number of the most vulnerable children can benefit from more focused support. Targeted children can be invited to a special nurture groups/social skills groups including breakfast, before the school day. This can be either within in the main breakfast area, or in a quiet room. One school describe this

as a perfect opportunity to 'get the most vulnerable in the right mindset for learning'. It's the ideal time for the pastoral team or family support to intensively support children and allow them to get the most from their day (and minimise learning disruption for all others).

Bring siblings together. Some Looked After Children are separated from their siblings in their home environments. Breakfast club can give them a chance to meet and spend time with each other before going to school (even if a sibling then goes off to another school).

Invite the family. Opening up breakfast to all the family can be a great opportunity to build a sense of community. This can be purely social or linked to a learning activity. Different schools have linked family breakfast to learning a new hobby, reading/maths booster sessions, cookery classes, etc. Some run the activity during breakfast, others invite parents to join their child for breakfast and then stay after breakfast for a session.

Tackle social isolation before the day starts. How about teaching playground games during breakfast so that socially isolated children can use them to play with others at break time?

Invite the community in. Invite special visitors to breakfast e.g. residents of a local residential home

for the elderly, firefighters, older local school children. Again this can either be social, or with a purpose or theme linked to the curriculum. What about taking breakfast out into the community once a term?

Extend the breakfast club remit.

Could the breakfast club children have their own responsibility or project around the school that they will work together on and receive praise for? E.g. a garden area, an art project, or a healthy eating initiative (breakfast children could develop a healthy eating assembly for example).

Have a virtual breakfast! Join up with another school somewhere in the world, for online chat in the morning. It's a great way to raise awareness of life around the globe.

Set up your own breakfast radio show. A pair of children could 'DJ' for the others; choosing music, introducing songs, maybe even interviewing guests. This could be linked to a dance based breakfast exercise option.

Let children develop their own breakfast activities. One school has a spontaneously created a dance group. Or how about moving an after school club such as choir or debating into a before school slot. Could you teach hobbies that are not being developed at home, such as knitting?

Attainment

Take the easy wins. Even if your provision has a 'mainly nurture' focus, it makes sense to have educational games and activities available, whether it's phonics or number games or puzzles, a reading table, chess or board games that involve counting.

Boost at breakfast. Many schools find booster groups work extremely well before school, with breakfast as part of the offering, as children are often more receptive when they are 'fresh' and the warm, friendly breakfast is conducive to learning. It's a brilliant time to use TA support to best effect. Targeting children and sending personal invitations home to parents is vital.

Boost across the board. Different schools offer breakfast booster sessions for everything from motor skills, phonics, reading, maths and much more.

Boost digitally. Attainment related time on iPads or laptops before school can be a huge draw for children. One school targets children for an early breakfast and then a booster iPad session, which children ask to be invited to!

Make it topical. A number of schools are using breakfast time to get their pupils thinking and talking about current affairs – school puts out newspapers, children watch Newround or news clips and lively

discussion is encouraged around recent world events.

Create family learning groups. Invite parents and children to do learning activities in relaxed, informal setting over breakfast. Facilitating family learning can overcome any tensions that have arisen at home.

Peer-peer learning. Cross-age activities require little staff supervision, and are very popular with children of all ages. Examples include a reading buddy initiative or maths/science scaffolding sheets.

Form a reading club (with Give a Book library). A specific reading table or area helps with this, as does a reading buddy system and/or a discussion group to deepen understanding of what is being read.

Make it competitive. Form a league for educational games, such as chess. Perhaps introduce the idea gradually by starting with a Connect 4 championship (great for bringing in older primary boys).

Have a plan. Encourage breakfast club leaders to write simple 'breakfast plans' with the children who come, thinking ahead to what could be done the next week.

Structured play. Learning at breakfast doesn't need to be formal. Well planned structured play can give a significant boost to language skills.

Make it visible. Value the learning done in breakfast time and promote it across the school by having a breakfast club display board, breakfast assemblies, and maybe even rewards and certificates.

Try a self-managed learning group in breakfast time. The group could meet once a week to decide what they are going to do in their own project that week, work independently on a topic they are really interested in for the rest of the week, or even half term. This can both build learning, and could possibly tie into the healthy eating theme, such as planning and creating a small herb garden.

Make your breakfast enterprising. Breakfast club can be a great forum for a business enterprise scheme e.g. growing orchids and selling them. Any funds raised can be ploughed back into making the breakfast provision sustainable.

Breakfast learning volunteers. Are there people within the parents or wider community who could help children learn about specific topics over breakfast?

Bring in the experts. Could outside agencies come in during the breakfast period to run interventions? (For example, if a speech and language therapist or educational psychologist is due to do work with a socially isolated child, breakfast is a great time for this.)

Health and fitness

Make it possible. Offer or allow some kind of physical activity every day, whether adult led or just a play area and suitable resources and encouragement. Popular options include Wake Up Shake Up, dance or sport. Find out what your children would most relish. Dodgeball is usually a cross-age perennial favourite.

Move clubs before school. Could an after school sports club shift

to before school? One school has moved their running club to a half hour slot before school, finishing in breakfast club. Another runs a beach boot camp, again back for breakfast.

Create a league. More regular attendance comes from fixtures and competitions. Could you have a badminton or netball league?

Sports coaching. Sports funding can be used for before school coaching,

or how about looking for parent or community volunteers to do football or cricket skills. If it's cross age coaching, you get additional socialisation benefits too. Could older children coach younger children in ball skills or fitness drills? Secondary age children doing the Duke of Edinburgh Scheme might be another avenue to try.