

NSBP BEST PRACTICE TEMPLATE



Building
stronger
families

magic
breakfast
fuel for learning

Delivering the National School Breakfast Programme

“Lates” and breakfast: how to ensure your most vulnerable children have fuel for learning

Schools often tell us that their new breakfast provision has had a marked effect on reducing the number of children who arrive late for school.

Whether the incentive is breakfast or the activities, children are more likely to want to arrive at school on time (or to engage parents to bring them earlier than usual) if there is a compelling reason to get to school early.

“Lates” are often the children most at risk of arriving hungry - so what can a school do to make the most of the late-busting effects of breakfast?

- Target children who are persistently late by specifically inviting them to breakfast club. Approach the parent personally and outline the benefits of breakfast club in a friendly way: “Bring Jo in to breakfast and take the pressure off yourself in the morning...”
- Offer children who arrive late a role of responsibility. Could they be a breakfast monitor or help younger children with their breakfast? Make them feel important!
- Ask children who arrive late what activities they would like to do at breakfast. Give them a sense of belonging to increase the chances they will come.
- Make breakfast part of an attendance contract with parents.

Don't forget also to make sure there is food on offer for those who don't make it in on time.

Save a few bagels in the office for when children sign in late so they can grab one on the way in to class.

They may be late, but at least when they do get into class they'll be ready to learn, not thinking about their tummy ache or struggling due to low blood sugar.