

NSBP Case Study: Uxbridge High School



Uxbridge High School is a mixed secondary school in west London with 1300 students.

Prior to joining the National School Breakfast Programme, Uxbridge High School had not had a breakfast club since the start of the pandemic, so it was met with great enthusiasm from the students.

Principal Nigel Clemens says "We have had an overwhelmingly positive response to the start of our new breakfast club. Some students are waiting at the gates from 7:30 am and the numbers attending continues to increase"



The school found the process of joining the programme very easy and straightforward.

Nigel adds "The sign-up process was simple to follow and the information provided prior to signing up was clear and informative. Placing orders on the portal is easy."

The school has been overwhelmed by the calm, positive and mature attitude of students in the breakfast club.

"Students leave the club smiling and better prepared for the day. They enjoy sitting and socialising in an exemplary way."

Whilst they are in the early days of monitoring the quantitative impact on attendance, Nigel says "Anecdotal evidence is strong regarding improved punctuality of some students who are keen to join the club before school."

He continues: "We have several students who have noticeably improved their attitude and punctuality in the mornings. There are also several students who find the school day challenging who are regularly attending so we are optimistic that over time we will see a notable improvement in their focus and behaviour in lessons."

For Uxbridge High School, the importance of healthy eating extends beyond their breakfast provision. The school curriculum continues to promote healthy eating and lifestyles. The school ensures that any food consumed during the school day has nutritional value for its students.

The school started small but the breakfast club has been an overwhelming success and has grown rapidly and organically.

"Large numbers of students now begin the day with a warm glow and smiling faces. They enjoy sitting and socialising; the club has brought a real sense of community and well-

being. The aroma of freshly toasted bagels throughout the building every morning continues to attract more and more students. Thankfully, we have retained our staggered start to the school day which allows us to serve the ever-increasing numbers” says Nigel.

The Uxbridge High School way is PROUD to make success happen and they most certainly have with their breakfast club.