

## The National School Breakfast Programme

Our school has joined the government's National School Breakfast Programme (NSBP), which is being delivered by the charities Family Action and Magic Breakfast.



As a NSBP School we are pleased to offer a healthy school breakfast, available to all, and enjoy the benefits that brings, with children settled and ready to learn at the start of the school day. All of our children start the day with a bagel portion that is a healthy and filling option. This is available in all classrooms in the morning at the start of school and on the reception desk.

### **Hunger doesn't necessarily mean the child has had nothing at all to eat**

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Children who struggle with concentration or behaviour may say they 'have had breakfast' but may in fact still be hungry, as their breakfast could have been insubstantial or inappropriate. A bag of crisps or biscuit will not fuel a child for very long, and it should always be remembered that even if a child says they have had breakfast, hunger could still be at the root of their problems

### **Children often don't say when they are hungry**

#### **The child doesn't identify their problem as hunger**

The child's body may have become accustomed to not having food in the mornings and they have lost touch with the feeling of hunger.

The child may not recognise that their tiredness, lack of energy, lack of concentration, stomach ache or headache are due to being hungry.

**The child doesn't want to draw attention to the issue** A child may be too embarrassed to ask in front of their peer group. In the school's busy learning morning, the child may feel there isn't a suitable private moment to say something.

## The child doesn't feel able to say something

The child might:

be shy, introverted or lack confidence worry that they will be seen as wasting time or being a nuisance, be new to the school – mobility is often a factor.



At least half a million children in the UK arrive at school each day too hungry to learn. Research has shown a direct link between the breakfast habits of children and their educational attainment, with children in primary schools where breakfast is provided achieving on average up to two months' additional academic progress over the course of a year.