

National Schools Breakfast Programme

Our School has been working with the National Schools Breakfast Programme for a number of years. They provide subsidised breakfast products for schools. This means that we can offer a hot portion of bagel to all children in the school.

The bagels are warmed in the oven and cut into portions then placed in a thermal bag. As the children enter the class they have a choice of taking a portion of bagel to eat. In addition to this, the school also provides fruit for each class meaning the children have a choice of a healthy breakfast every day.



Research

Children who skip breakfast do not appear to perform as well academically as those children who regularly have breakfast. (Kellogg's, 2013). 81% of teachers said that hungry children are unable to concentrate (Kellogg's, 2013). Providing a regular, healthy breakfast will give a child the best possible start to their day and help them to reach their full potential.

Why Our School Provides A Healthy Breakfast

There are so many reasons why you should start your day with a healthy breakfast and make it part of your morning routine

A healthy heart

Cholesterol is a fat found in the blood, too much can cause blockages leading to heart disease. Eating a daily healthy breakfast may contribute towards maintaining healthy levels of cholesterol (PESA study, 2018).

Mental health & wellbeing

Studies have shown that stress, anxiety, and depression can all be associated with skipping breakfast (Richards and Smith 2016). However, increased well-being is linked to eating a regular healthy breakfast (Smith, et al., 2010).

Weight

Missing breakfast can lead to weight gain as children who skip breakfast tend to eat more energy-dense food, such as fast food or unhealthy snacks. Adolescents who regularly consume breakfast are more likely to have a healthy body weight and is a dietary behaviour which should be encouraged. (Siong, et al., 2018, Blondin, 2016).

Energy

Studies have shown that by eating breakfast people reported that they had more energy, felt fuller, and were less tired and hungry with steadier blood glucose levels. Cooper et al., (2011), found that on the whole pupils stated that they were better able to take in and retain information, and felt more alert compared to pupils who had not eaten breakfast.

Memory, attention & behaviour

There is a positive and strong association between breakfast consumption and children's cognitive functioning, including attention, memory and executive function (Adolphus, et al., 2019). Try the Stroop test for yourself.

Nutritional Benefits

Eating a regular healthy breakfast will help to ensure you are getting the vitamins and minerals that are needed for the body to function effectively.

Long-term health

There are thought to be many long-term health benefits of eating a regular, healthy breakfast. It may help to reduce the risk of contracting type 2 diabetes, heart disease and osteoporosis.