



## Breakfast Club



*“Getting the best start to the day by having a good breakfast is an important part of being healthy. But many of us are missing out, choosing breakfast options that are high in sugar or fat, or not having anything at all. Eating breakfast gives us the energy we need until lunchtime and can help to cut-down on snacking throughout the morning. But many of us are missing out, choosing breakfast options that are high in sugar or fat, or not having anything at all.”* **Change4life**

We have a breakfast club to ensure all children have the opportunity to have a healthy breakfast to start the day. We provide:

- Wholemeal toast
- Low sugar and salt cereals
- Fruit juice
- Milk
- Fresh fruit

Breakfast club also give children the opportunity to socialise, mix with their friends, play games and have a relaxed start to the school day. We find punctuality and attendance improves when children attend breakfast club.

Breakfast club is 8.30-8.50am and is 40p a day.  
Please pay by ParentPay

