



Hadleigh Early Birds off to a flying start!

Our Early Birds Breakfast Club™ provided by Healthy Ambitions is a really important start to our day, with 10 children attending each day. The club not only feeds the children a healthy breakfast before they start school, but also teaches them how to make the breakfast as well as learning about where their food comes from and other important social skills. With over 80% of the ingredients being locally sourced, this approach enables us not only to support local food producers but they also come into the clubs to talk to the children.

“There are 10 pupils taking part in our trial club and first impressions are very positive. They report that, because they are able to have breakfast later than usual, they are feeling less hungry by lunchtime. This means that they are best fuelled for a morning’s learning in school.

Many have tried and enjoyed foods they wouldn’t ordinarily have tried and they have especially enjoyed taking part in the preparation (and sometimes cooking) of their breakfast. All of them have given the experience a big ‘thumbs up’.

The EBBC fits totally with the school’s ethos of Healthy Eating and Healthy Lifestyles and we are delighted to be one of the pilot schools.”

Mrs Annette Watts, Deputy Head

We actively encourage the children to try new foods and have lots of activities and rewards to reinforce the learning. For those children who demonstrate an increasing knowledge about food groups or who are willing to try a food which they don’t normally eat at home we award them with certificates – the Fantastic Fruit Award or the Breakfast Club Superstar Award. Children love the opportunity to shine and they love getting certificates and stickers that they can take home with him. We have found that the clubs are an excellent way to address many issues from food poverty, behaviour, body image, social interaction and attendance. The feedback from the children, parents and teachers has been so rewarding with everyone noticing improvements whether in class or at home. The children eat breakfast sitting at a table and they have to use cutlery and crockery – often this isn’t replicated at home – and they have to help with the clearing up. Many parents especially comment on this with the children urging the all the family to change their behaviour at evening meal times.

“ It’s lovely to see such a change in what children eat and their attitude to coming to school after attending only a couple of breakfasts, today, only one of two brothers was able to attend, and he looked a little lost without big brother to help him. After putting on his apron and washing his hands (as all the children have been taught to do when they arrive), he sat with his new friends from the club. Over the first two days of club he has been quiet and not interacted much with the rest of the children. Today’s breakfast was bagels with low fat creamed cheese and fruit. With the help of one of the older boys, my new little friend got his bagel and waited for it to toast, I could see him looking at the toaster in anticipation. He retrieved his bagel, buttered it himself and then spread his cream cheese on. He then carefully sliced up half a banana and picked a few grapes from the bowl. The plate was full and I thought he will never fit all that into him.

My little friend proved me wrong, his plate was cleared and he sat there grinning away chatting to the rest of the children looking really happy. He was happy to clear his plate and help clean down the tables before taking off his apron and running off to class. What a wonderful start to the day, to see such a change in my new friend over his breakfast this morning.”

Danielle Knock – Early Bird Breakfast Club Leader

Supported by Jordan Robinson & Ben Daniels, Sports Apprentices

