



# Westbreen Breakfast Club

**Tuesday, Wednesday and Thursday**

**8:15am to 8:45am**

Dear Parents/Carers,

We would like to inform you that we have a Breakfast Club here at Westbreen. This is run every **Tuesday, Wednesday and Thursday** from the canteen window from 8.15 to 8.45am, except for the first and last week of term.

Reports show that one in seven children is coming to school each day without breakfast. With the connection between diet, nutrition, learning and development, we here at Westbreen believe it is important to ensure that all children have access to a healthy breakfast and positive start to each school day.

Other benefits of a school breakfast Program can include:

- an improvement in child engagement in the classroom;
- an improvement in school attendance;
- an improvement in behaviour management;
- development on child's social skills;
- an improvement in academic outcomes; and
- awareness of healthy eating habits (Mills 2011)

There is a healthy selection of foods available e.g. toast with a variety of spreads, toasted cheese sandwich, crumpets, cheerios, vita- weet, corn flakes, rice bubbles, maple crunch, fruit cups, yoghurt, plain & fruit pancakes. The children are also able to choose from a variety of juice and hot chocolate.

To enable your child to be involved it is a requirement that the permission slip below is completed and returned to school as soon as possible, failure to register your child for this program will unfortunately mean that we will be unable to provide them with breakfast.

**Please note also that children not registered for the program should not be at school before 8.45am as there will be no staff outside supervising before this time.**

If you have any questions or would be interested in volunteering to help in the canteen at these times your support would be most welcome. A working with Children's Check is required. Please feel free to contact me on 93069481 if you have any questions.

Regards

Jo Paull  
School Breakfast Club Coordinator

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I hereby give permission for my child/ren to attend the School Breakfast Club.

Name/s- Class: \_\_\_\_\_

Date: \_\_\_\_\_

Allergies (please list): \_\_\_\_\_

Parent Signature: \_\_\_\_\_