

Providing Breakfast Clubs - Supporting Guidance for North Yorkshire Schools

Introduction

This document has been produced by North Yorkshire Council to provide additional links to resources (locally/nationally) for you to access, to support with enhancing or starting a new breakfast club in school / in your setting.

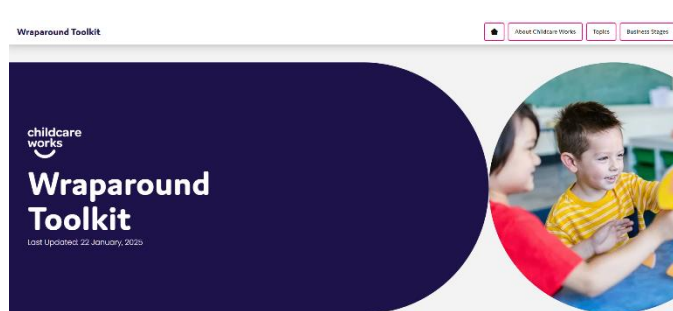
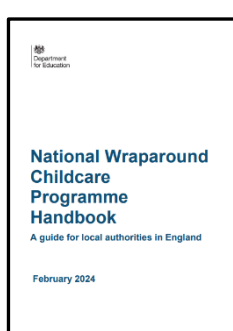
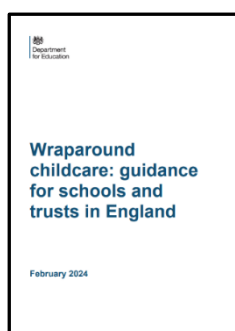
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Wraparound provision

The resources highlighted below provide the information and guidance to support in setting up or enhancing wraparound provision in your school. Click on the links for further details.

- [Wraparound childcare guidance for schools - GOV.UK](https://www.gov.uk/government/publications/wraparound-childcare-guidance-for-schools)
- [National Wraparound Childcare Programme Handbook - a guide for local authorities](https://www.childcareworks.org.uk/wraparound-toolkit)
- [childcareworks.org.uk/wraparound-toolkit | from Childcare Works](https://www.childcareworks.org.uk/wraparound-toolkit)



Breakfast club models

Deciding on how to best deliver a breakfast club will depend on the facilities and needs of your school. There are different options and models that you can use to deliver your breakfast club. Below are examples of models from School Food Matters. For further details please visit [Highlights from our Better Breakfasts webinar | School Food Matters](#)

Traditional breakfast club

The traditional breakfast club model typically involves having a dedicated area that can accommodate large groups of children and offers a wide range of food choices. There is normally some upfront investment required for food preparation facilities. There needs to be an early start, with schools advised to allow 90-120 minutes for set up, provision and clean-up, especially if providing more complex menu options like eggs.

Classroom breakfasts

Another option is to offer breakfasts in classrooms. The main benefit is that it means schools are able to reach many more children, potentially all of them, including those who might otherwise miss breakfast. Serving breakfasts in classrooms is also ideal for schools with limited space and those where children arrive at a later time on a school bus. A drawback is that it will likely require extra staff to manage food service, and it could also potentially restrict menu options. This model, however, works well in many schools where children come in and serve themselves toast, fruit, or cereals with minimal adult intervention. Washing up is then taken to the kitchen by pupil monitors after everyone has eaten. Alternatively, toast/bagels are delivered from the kitchen on a large platter and children eat in class. The approach can be adapted depending on the age of the children.

Grab and go.

Another scalable breakfast model is 'grab and go,' which involves serving pre-prepared food in one or more communal areas of the school. It requires fewer staff to support provision and doesn't require significant infrastructure. This model can also support punctuality, as there is a reward for children turning up to school a few minutes earlier. However, schools need to carefully plan how to provide nutritionally varied food options that children can easily eat while on the move. Options like yoghurt, toast, bagels, and fruit tend to work best here.

School Food Standards

The provision of breakfast needs to adhere to the national school food standards [School food standards practical guide - GOV.UK](#). The school food standards apply to all food supplied to pupils throughout the school day. To help you to ensure you are meeting the requirements, the below can support:

- [Checklist for school food other than lunch](#)
- [School food standards 1-pager](#)
- [SFS for breakfast club 1 pager](#)
- [School food standards practical guide - GOV.UK](#)

Department for Education

Checklist for school food: other than lunch

Food-based standards for school food other than lunch

Name of school or caterer:

It is expected that schools will use this checklist in combination with the nutrition criteria of the Government Funding Standards for Food and Catering Services.

Snacking Food

Please indicate if the standard has been met (Yes or No)

	Breakfast	Yuck package evening snack	After school club	Vending machine
2 days food cooked in fat or oil or no more than 2 days each week provides apples across the whole school				

Fruit and vegetables

Please indicate if the standard has been met (Yes or No)

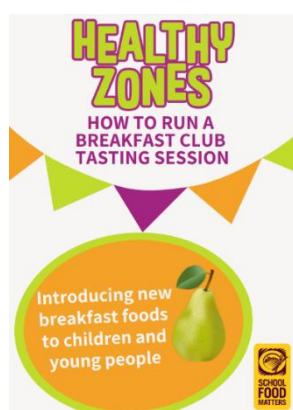
	Breakfast	Yuck package evening snack	After school club	Vending machine
Five fruit and vegetables available in all school food choices				

[illegible]

Healthy Food

We recommend the food you provide at your breakfast club is as healthy and nutritious as possible. This will help children to build healthy eating into their diet and support with their overall health, wellbeing, and learning (e.g. concentration/focus in class). The food you provide will depend on the facilities your school has available and the needs of your school. The below resources provide some ideas and recipes to help you with this:

- [Breakfast Club Guide](#)
- [How To Breakfast Club Tasting sessions](#)
- [Healthier Families - Home - NHS](#)
- [New guidance on better breakfasts for school-aged children.](#)
- [Good Breakfast Guide \(Booklet \(Small\)\)](#)



Additional local support is available from:



North Yorkshire &
York Healthy Schools
North Yorkshire Healthy Early Years

This is a free initiative in North Yorkshire that supports schools and early years settings to achieve awards for their approach to health and wellbeing, as well as training, resources, and other support. You can find out more information and register on [Healthy Schools Home > Healthy Schools North Yorkshire](#).

Healthier Choices is a free service provided by North Yorkshire Council that can provide support and advice to make changes to your food offer in schools and other settings e.g. by reducing portion sizes and making small changes to make food healthier. Contact ts.healthierchoices@northyorks.gov.uk for further information or see this **guide for secondary schools with top tips** on providing a healthy food offer, and details of a case study at Selby High school [Secondary-School-Food-case-study.pdf](#)



Food Safety

You are required to ensure that when you are providing food that you adhere to food safety standards/requirements which include policies and procedures around health and safety, hygiene, and allergies. The links below provide information on what is required:

- <https://www.gov.uk/food-safety-your-responsibilities>
- <https://www.nhs.uk/conditions/baby/weaning-and-feeding/childrens-food-safety-and-hygiene/>
- <https://outofschoolalliance.co.uk/food-at-your-club>
- [What is NARF Allergy School? - NARF Allergy School](#)
- [Children's food: safety and hygiene - NHS](#)

Training is available to help you to meet requirements and is detailed below in the training section below.

Training

Schools are required to ensure that staff delivering a breakfast club have the training needed and that this is kept up to date. Training and information can be accessed via the following links:

- Food allergy and intolerance training [Home | FSA Food Allergy Training](#)

A range of local online training is available through [NYES Training](#). This includes the following:

- Food safety awareness course that is specific for school settings [Food Safety Awareness Training | NYES Training](#)
- Food allergens in a school setting [Understanding Food Allergens Training | NYES Training](#)
- School lunch standards and healthy eating [School Lunch Standards & Healthy Eating Awareness | NYES Training](#)

Early Years Foundation Stage Statutory Framework for Group and School-Based Providers

All settings that provide care for children aged 0-5 years old must meet the safeguarding and welfare requirements as set out in Section 3 of the Early Years Foundation Stage Statutory Framework for Group and School-Based Providers.

[EYFS statutory framework for group and school-based providers](#) Sections from this document are provided below:

The following requirements must be adhered to when providing food and drink to children aged 0-5 years.

3.36 Children must usually be within sight and hearing of staff and always within sight or hearing. Whilst eating, children must be within sight and hearing of a member of staff.

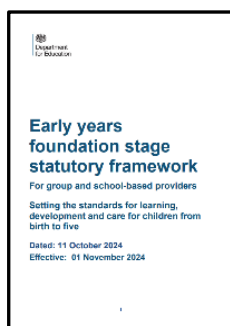
3.55 Where children are provided with meals, snacks, and drinks, these must be healthy, balanced, and nutritious. Before a child is admitted to the setting the provider must obtain information about any special dietary requirements, preferences, and food allergies that the child has, and any special health requirements. Fresh drinking water must always be available and accessible to children. Providers must record and act on information from parents and carers about a child's dietary needs.

Food and drink facilities

3.56 There must be an area adequately equipped to provide healthy meals, snacks, and drinks for children, as necessary. There must be suitable facilities for the hygienic preparation of food for children, if necessary, including suitable sterilisation equipment for babies' food. Providers must be confident that those responsible for preparing and handling food are competent to do so. All staff involved in preparing and handling food must receive training in food hygiene. Section 4 of 'Example menus for early years settings in England' includes guidance on menu planning, food safety, managing food allergies and reading food labels, which staff preparing food will find helpful in ensuring that children are kept safe.

[Example menus for early years settings in England - GOV.UK](#)

3.57 Registered providers must notify Ofsted, or the CMA with which a provider of CoDP is registered, of any food poisoning affecting two or more children cared for on the premises. This must be done as soon as is reasonably practical, but, in any event, within 14 days of the incident. A registered provider who, without reasonable excuse, does not meet this requirement commits an offence.



Activities

Alongside your breakfast provision you may want to consider activities that you can provide during the breakfast club. Below are some ideas you may want to incorporate:

- **Reading:** consider creating a quiet corner within your breakfast club where pupils can relax and read independently. You could also provide magazines and newspapers for older pupils, which staff and parents could donate.

- **Physical activities:** you could introduce games or light exercise into your breakfast club to help pupils feel more relaxed and ready for the school day. For example, you could incorporate the daily mile [The Daily Mile | UK](#) or wake up to shake up [HOME | Wake Up and Shake Up](#).

Youth Sport Trust have ideas, tips, guidance, and resources for schools to incorporate physical activities into your breakfast club. Visit <https://www.youthsporttrust.org/school-support/free-resources/active-breakfast-clubs>

North Yorkshire Sport have a range of ideas for incorporating activities in your school. Visit [Welcome to North Yorkshire Sport - North Yorkshire Sport](#)

- **Music and entertainment:** play music at your breakfast club and allow pupils to choose the playlist.
- **Homework support space:** you could have an area that is dedicated to homework support, catch up sessions and exam preparation.
- **Games, quizzes, and board games:** many schools offer a selection of games, puzzles, and quizzes for pupils to enjoy while having their breakfast.
- **Give your breakfast club a café feel:** – why not have some plants and rearrange the seating to make it feel less like school and more like a café. Pupils could design a sign and a menu board.
- **Special days or theme days:** organise special days to encourage pupils to experiment with new foods or activities. You can also plan themed days such as World Book Day, Christmas, or Diwali celebrations.

If you have any feedback on, or suggestions for, this guidance, please contact.

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