

Thursday 30th January 2025

Dear Parents and Carers,

You may already have heard of the government's pledge to offer free Breakfast Clubs and breakfasts to all primary aged children.

We are very pleased to announce that we are going to be one of 750 early adopter schools who trial the scheme during the summer term, in advance of it becoming a nationwide strategy.

In its simplest terms, this means that all children in our school are able to come in every day from 8 o'clock and have a free breakfast!

As this is still in the very early stages of development, the first thing that we need to know really, is how many of our families would be interested in taking up the offer!

We'd also really like to hear from parents and carers who don't think they'll be taking up the offer, so that we can feed that back as part of the trial.

After having a read through the questions and answers below, please let us know your thoughts by clicking on this link:

<https://forms.office.com/e/9Wd4NLfZpi>

There is also a section on the form to ask any further questions or add comments.

Is the trial free for everyone?

Yes, all pupils from Reception to Year 6 are eligible to attend. Unfortunately, 3 and 4 years olds in Nursery are not eligible to use the scheme but they would still be able to pay for access to RASCALS from 7:30am.

When would the club run?

The club would run every school day from 8:00-8:30.

Do they have to attend every morning?

No, children would need to be booked in for the club but it can be used as much or as little as needed.

Will we need to book in advance?

Yes, to ensure that we have sufficient staffing and breakfasts, parents will need to book in advance. The system for doing so is to be confirmed.

Is there a limited number of places available?

No, in theory, as long as we know in advance how many children will be attending, we can accommodate all children.

Will RASCALS still be available to book before school?

Yes, at this point, we intend for RASCALS to run as usual from 7:30-8:00. At 8:00, the children who attend RASCALS will then join the other children in the school hall for their breakfast. The 8:00-8:30 session will still be free and the 7:30-8:00 slot will be reduced in price to reflect this.

Who will run the club?

Our aim is to ensure that existing RASCALS and school staff, who already know the children, will run the club.

How will the children get to their classrooms?

As the children are already in school, they'll go straight to their classrooms from the school hall, rather than enter through the playground.

What is the breakfast that's available?

At this point, it's all very much in the discussion stages, however, here is the guidance from the DfE:

Starchy carbohydrates

These are recommended to form the basis of the breakfast offer. Try to offer a variety across the week. Examples include:

- wheat bisks
- shredded wholewheat
- unsweetened puffed wheat
- no added sugar muesli
- plain porridge
- corn flakes
- rice pops
- higher fibre bread such as wholemeal and higher fibre white breads, fruit breads, hot cross buns and crumpets

Low sugar, higher fibre cereals

Choose breakfast cereals with the lowest sugar content which are labelled as low (green on the front of pack nutrition label) in total sugar. No added sugar mueslis won't be green on the label because of the dried fruit, but these are still good to serve.

Fruit and vegetables

Fruit and vegetables should be made available as part of the breakfast offer. These can be included in a variety of ways including:

- fresh
- dried fruit or canned in juice (not syrup) served with cereal, bread or yoghurt
- cooked mushrooms, tomatoes or baked beans (reduced sugar and salt) if you opt for a hot breakfast offer
- Aim to offer a variety of fruit or vegetables across the week.

Lower fat and lower sugar dairy or alternatives

Dairy foods can be served. This could be:

- a glass of semi-skimmed milk
- milk provided for cereal
- lower fat no added sugar yoghurt

Fresh drinking water

Water should be readily available for children to drink during the breakfast club.

Foods high in fat, salt and sugar

These items are not permitted under the standards and should be avoided. This includes Items such as:

- packaged cereal bars
- processed fruit bars
- pre-packaged croissants
- chocolate and chocolate coated products and confectionery

Foods and drinks to limit

Processed meat products such as sausages and bacon can only be served once a week in primary schools, which applies across the whole school day.

Pastry and deep-fried products can be served no more than twice a week, which applies across the whole school day.

Fruit and vegetable juices should be limited to 150ml portions.

Condiments, table sauces, honey and sweet spreads should be served in portion sizes of no more than 10g or one teaspoonful.