



# Overview of the National School Breakfast Programme and the Impact we have seen.



# National School Breakfast Programme



## What is the National School Breakfast Programme?

The National School Breakfast Programme (NSBP) is funded by the Department for Education and delivered by Family Action to support schools in England to provide children with a healthy breakfast at the start of the school day.



# National School Breakfast Programme



## Eligibility

- IDACI list – 40% or more children living in IDACI A-F areas.
- Breakfast provision must be provided without barrier or stigma, free of charge to pupils.
- Breakfast before/at start of school day.
- Schools must not already be using anyone else to fund your breakfast food.

# National School Breakfast Programme



## What do schools get when they join?

- 75% subsidised food (schools pay 25% of the cost of food and delivery), from September 2022 to July 2024.
- A simple Food Portal for ordering.
- A knowledgeable school support team.
- Good practice sharing opportunities.

# National School Breakfast Programme



## Food Offering

Selection of Cereals



4 types of cereal plus a gluten-free cereal option and porridge

Bagels – Frozen or Ambient



*All food meets the School Food Standards*

# National School Breakfast Programme Portal



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Welcome The Bemrose School to the NSBP Portal.

[www.bemrose.co.uk](#)

# National School Breakfast Programme



## Support

- Available from 9.00am - 5.30am Monday to Friday.
- Contact by email, phone or via the Portal.
- Very experienced and able to offer support on funding, reach, orders and methods of delivery.

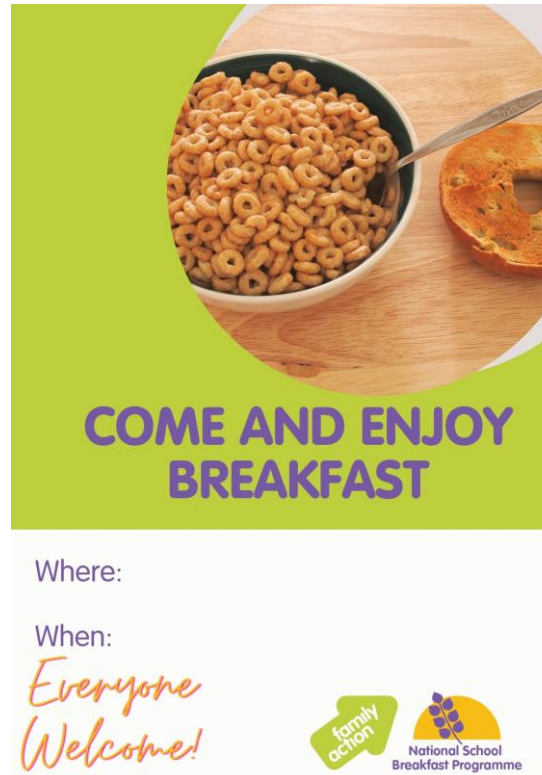




# National School Breakfast Programme Resources



Large library of resources available on the portal



**Food Ordering Support**

**How to use the portal and helpdesk**

**The Impact of breakfast**

**Supporting your breakfast provision**

**Promoting your breakfast provision**

# National School Breakfast Programme

## Best Practice Events



**We run virtual events and will be providing recorded webinars for schools covering topics such as:**

**Impact collection**, including an impact toolkit that schools can use.

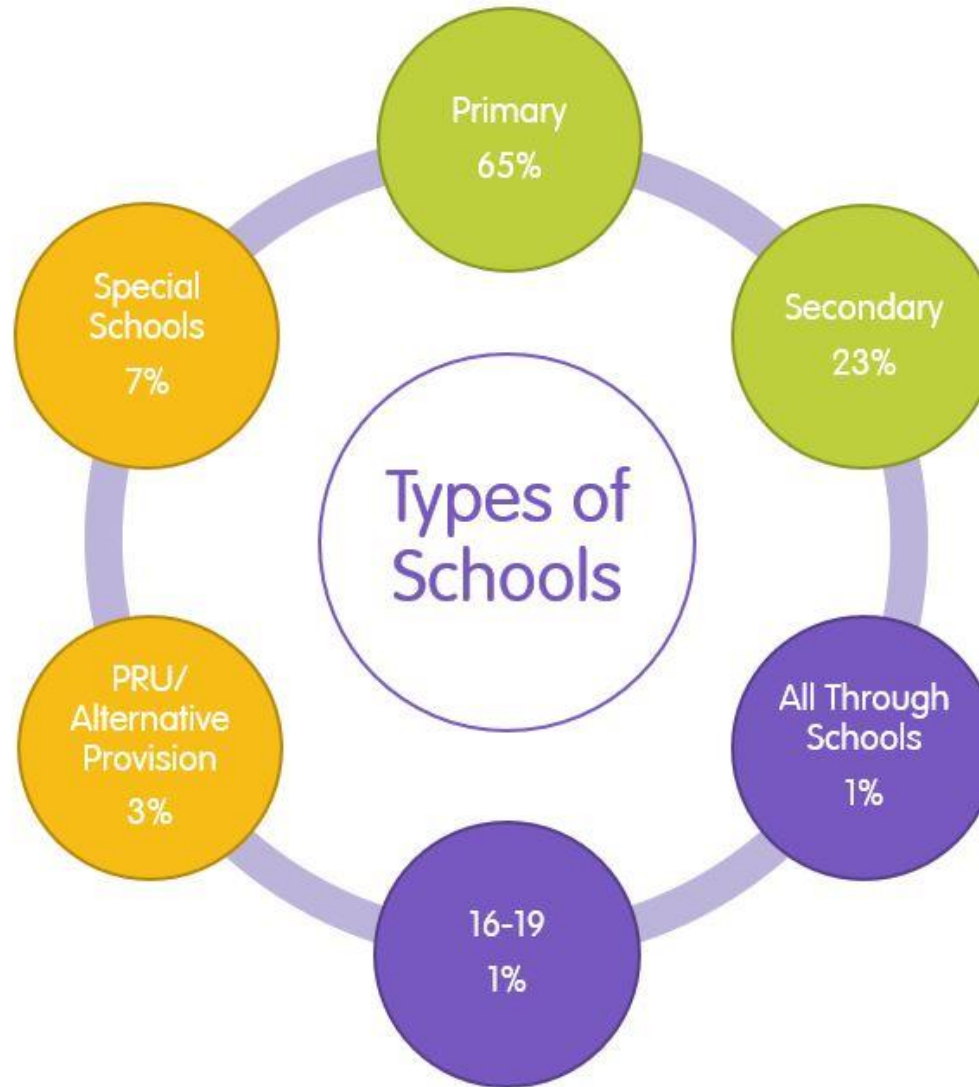
**Data trends** showing which breakfast provisions provide the highest uptake.

**Strategies to improve uptake of breakfast** – including a secondary and primary toolkit containing strategies to improve uptake.

**Funding ideas** – Ideas for how schools can fund their 25% contribution and additional breakfast items.

**Breakfast at Home** – healthy breakfast ideas and support for parents during the school holidays.

**Best practice sharing between schools**



Based on schools on the programme in June 2022

# The Impact of the National School Breakfast Programme

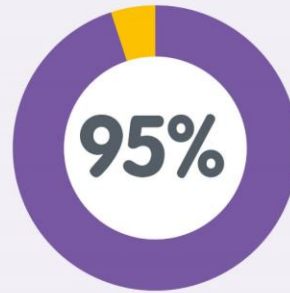




## Most Head Teachers reported the National School Breakfast Programme was important or extremely important for:



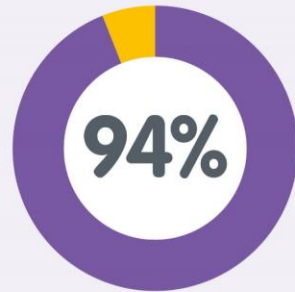
concentration  
in class



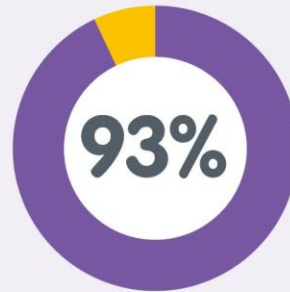
healthy eating  
habits



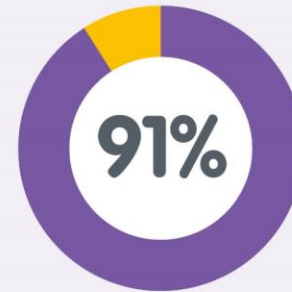
readiness to learn  
at the start of the day



behaviour



social skills



academic progress  
across the year

## Impact on Lates and Behaviour Incidents



NSBP survey found **Over one quarter reduction in late registrations** and almost  $\frac{1}{4}$  reduction in behaviour incidents

# 84%

Headteachers say they have seen a reduction in inappropriate food coming into school since starting the NSBP.



Comment drawn from 911 responses to this question in our Head Teacher Survey.

“We had a number of children who would either not have breakfast or have convenience foods such as crisps or bars that could be eaten whilst travelling to school with no prior preparation. We have seen great uptake in our NSBP breakfast provision and now do not see children eating such foods on their way into school.”



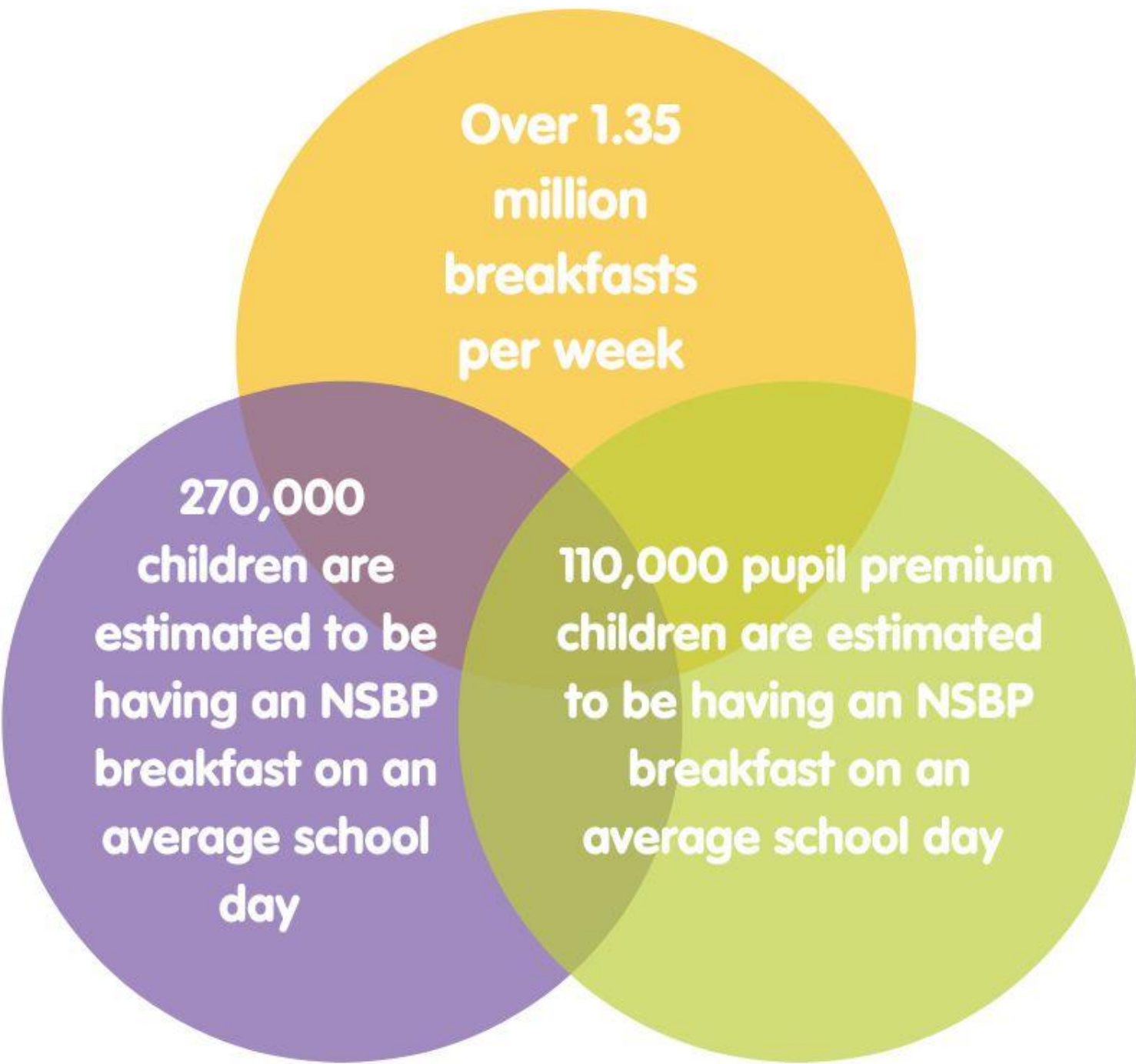




## Attainment

Research by the Education Endowment Fund (EEF) in 2016 showed Year 2 pupils in schools with a breakfast club, made the equivalent of around 2 months' additional progress in reading, writing and mathematics, compared to Year 2 pupils in the other schools in the trial.

A study by Leeds University found that students who ate a regular breakfast scored two grades higher in their GCSE's.



## Impact on attendance and lates



Some of the late children now arrive early, the children enjoy eating their bagels whilst completing their Start Of Day Activities (SODA).

Punctuality and attendance has improved significantly. Children look forward to their bagel every morning and this encourages them to come to school.

Improved attendance. Increased opportunity to support vulnerable pupils and families. Parental engagement. Increased socialisation of pupils.

Students are more focused and happier when they receive the breakfast. We have had the highest ever attendance for our breakfast club this year.

## Impact on behaviour and concentration in class



We have noticed increased focus in lessons and more regulated behaviours.

This service benefits so many and has improved our children's concentration and learning.

We continue to believe that this is an essential provision in our school. We have seen our pupils have less challenging behaviour.

All children in our school can have breakfast if they want it. This has caused a significant reduction in unsettled behaviour in the morning. By giving every child breakfast there is no stigma about this.

## Impact on well-being and mental health



We often wish we could extend the hours of the breakfast club as it's lovely to see all the students interacting with each other and forming new relationships. We have seen independence skills develop and smiling faces post covid. It has had such a positive impact overall.

Students who would have gone hungry for all or part of the day are now being fed. The impact it has made is huge on both the mental and physical well being of those students.

Having the communal breakfast makes a positive informal opportunity for staff and students to mix and a useful time for the soft pastoral, holistic wellbeing checks and relationship building to take place.

Much calmer starts to the morning. Breakfast time used as a 'check in' time for children so not only ensures that every child is fed and ready to learn but an opportunity has been created to support well being too.

# Thank you

