



**A special start to the day at Sudley Infants
CLASS BREAKFAST and ASSEMBLY MORNINGS,
YEAR 2 – October 2019**



Each class will have the opportunity over 4 dates to have breakfast in the hall with parents - following breakfast we invite you to stay for a short class assembly.

Together we hope to:

- **Create an understanding of the importance of breakfast**
- **Encourage children and parents to take an active role in school**
- **Continue to incorporate learning about healthy breakfasts into the curriculum**

The Importance of Breakfast

Breakfast makes a major contribution to the nutritional quality of a well-balanced diet. It provides the nutrients that are not always made up for in later meals and snacks. Breakfast should provide about one quarter of daily energy intake. Research has shown that children who skip breakfast perform less well academically, socially and emotionally, whereas eating breakfast improves children's problem solving abilities, their memory, concentration levels, visual perception and creative thinking. Academic performance can be boosted by a high-energy breakfast. Blood sugar levels drop overnight and can be low on waking. Studies have linked low blood sugar levels to poor memory, concentration and learning. Eating breakfast raises blood sugar levels and helps the body to function more effectively. There is a link between IQ scores and iron intake. A poor iron intake can lower IQ. Breakfast foods offer a good opportunity to provide iron-containing foods. A drink is a key part of any breakfast. Starting the day dehydrated leads to difficulties concentrating, headaches and irritability. There is even research to show that people who eat breakfast are more likely to have more nutritionally balanced diets that are lower in fat and higher in carbohydrates compared to those who miss breakfast. In short, it's good for children to eat breakfast everyday - whether it is at home, on the way to school, or at school.

**Breakfast will be paid for by school for all Year 2 children. Parents/carers/ family members and pre-school children can order a breakfast and join in with the class at 8.50am.
Adults £2.40, Pre-school children £1.**

Payment should be made online through the SHOP section in your school money account. Please add to the basket for each adult and/or child (of non-school age) who wishes to join us. You will need to click for each breakfast required.

If you would like to send in your child with a prepared breakfast from home, that will be fine. Please advise the school office.

Orders must be received by Wednesday, 9 October for Herons & Finches and by Wednesday, 16 October for Owls & Linnets - a text reminder will go out beforehand.

Menu – Sausage/vegetarian sausage, scrambled egg, hash browns, beans, tomatoes, toast and fruit – water to drink. Tea and coffee available for parents.

After breakfast – children will present their class assembly.

**DATES –Herons Monday, 14 October
 Finches Tuesday, 15 October
 Owls Monday, 21 October
 Linnets Tuesday, 22 October**

We hope that you can join us.