



How do schools set up and sustain successful breakfast clubs? This is what schools told us is important



Get a senior member of staff involved early on.

Schools that have head teacher or other senior support early on are more likely to get a breakfast club up and running and keep it going. They are also more likely to effectively link the breakfast club to other school activities such as improving punctuality and eating healthily.

Identify the main reason you want a breakfast club in your school.

Schools want breakfast clubs primarily to reduce hunger and enable pupils to eat more healthily. They also want them to encourage pupils to come in to school on time and to help pupils concentrate and settle in early lessons. Think about what the main reasons are for your pupils.

Find out what parents and pupils want from a breakfast club.

Ask parents and pupils how they would want a club to operate. What time do they want it to open? Would they be prepared to pay? What food should be provided?

Establish who you want to attend and whether you want to charge.

Do you want to open the club to everyone or do you want to encourage particular pupils to attend? Many schools encourage pupil premium pupils, persistent late comers and pupils who might need additional support. Most schools want to offer breakfast free of charge, especially to low income families.

Identify people to run the club.

Most schools use teaching assistants to run the club; teachers most commonly help in special schools. Infant and primary schools sometimes use parent volunteers. Schools can typically staff clubs within existing contracts and don't have to pay additional staff costs.

Identify the right location.

Primary schools generally have the club in one place such as the dining area. Secondary schools often provide the club in the main dining area and also in behavioural support units. Special schools tend to take breakfast in the classroom.

Monitor how the club is working and plan early for the school year ahead.

Set a time ahead for your senior team to review how the breakfast club is working. Look at the number and characteristics of pupils attending, and whether you can see any impact in punctuality, concentration or behaviour. Also, look ahead at the budget.

This briefing is based on independent research by ICF Consulting Services Ltd, which evaluated a programme to set up sustainable breakfast clubs in schools with high levels of deprivation in England. The schools received free support and advice and free breakfast foods for a year. A full evaluation report and a briefing note for schools are available on [GOV.UK](https://www.gov.uk).

