

Long Stratton High School

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Achievement For All

17th October 2018

Dear Parent/Carer

Breakfast Club

As you may know, there has been a proven link between eating a nutritious breakfast and performing better in lessons and exams. With the morning rush, and busy lives, breakfast can easily be neglected. I would therefore like to remind you, and all our pupils, that Long Stratton High provides a fantastic Breakfast Club.

The Breakfast Club provides pupils with an ideal start to the school day with cereals, fruit, toast, hot and cold drinks, plus chocolate brioche and waffles being particular favourites! Between bites there are newspapers, books and puzzles to help kick-start their school day in a positive, relaxed atmosphere. There is also the opportunity to use the time and space to complete homework.

At Long Stratton High School we know that breakfast plays a key role in helping children achieve their potential. Indeed, as mentioned, research has shown that children who eat breakfast are more likely to have higher school grades as well as good concentration and focus.

The club runs every morning between 7.30am and 8.30am in C7 in the DT block and is at a cost of £2.00 per session. If your child is eligible for Pupil Premium then they are entitled to free breakfast and we encourage them to come and enjoy this service being offered to them.

Breakfast Club is prepaid and can be purchased in multiples of 5, 10 or 15 sessions. The pupil will be given a card to get stamped every time they attend, and the sessions are completely flexible as to the frequency of attendance, or which days they wish to attend.

To book a place at the Breakfast Club, just contact the office at the number above or send an email to office@lshs.org.uk.

Yours faithfully

Carolyn Daniels
Pupil Premium Coordinator