



Early Birds Breakfast Buddies Policy and Guidance

Purpose:

The Early Birds Breakfast Buddies club at Carlyle Infant and Nursery Academy provides children with a healthy and supervised breakfast, ensuring they have a positive and energetic start to their school day. This initiative follows the *Breakfast Clubs: Early Adopter Guidance for Schools and Trusts in England*, along with the *National Wraparound Childcare Programme Handbook* to provide high-quality wraparound childcare for children before the school day begins.

Operational Guidelines:

In line with government guidelines for breakfast clubs, the programme will:

- Encourage punctuality, ensuring children arrive between 08:25- 08.35 for breakfast and are ready to transition to their classrooms by 08:55.
- Provide a calm and inclusive environment, fostering positive interactions among children.

Support children's learning and development by offering a nutritious start to the day, which has been shown to improve concentration and academic performance, as outlined in the Breakfast Clubs Early Adopter Guidance

Eligibility and Charges:

- Free for Reception to Year 2 children

Breakfast Provided:

Children will receive a balanced breakfast consisting of:

- Half a bagel, crumpet, wholemeal toast or other carbohydrate
- Yoghurt
- Fruit

All food served will comply with the School Food Standards, ensuring the provision of nutritious meals that are low in saturated fats, sugars, and high in fibre. This supports good nutritional health and well-being, which in turn enhances focus and learning throughout the day.

Delivering a High-Quality Food Offer:

In line with the National Wraparound Childcare Programme Handbook, the Early Birds Breakfast Buddies programme emphasises the importance of delivering a high-quality food offer to ensure children have the energy to engage in their school activities. This includes:

- Serving food that is **nutritious** and **balanced** to support the development of healthy eating habits.
- Ensuring the food provided is **low in sugar**, **high in fibre**, and **rich in vitamins and minerals** to help improve overall health and academic performance.
- Promoting **good eating behaviours** to create positive attitudes toward food.
- Offering a **variety of foods** over the course of the week to maintain nutritional diversity and appeal to all dietary preferences.

Procurement of Food Produce:

The school ensures that food is sourced and delivered in a manner compliant with relevant public procurement legislation, following best practices from the National Wraparound Childcare Programme Handbook.

In ensuring food safety, all food suppliers will be required to have Food Business Operator registration, with regular inspections by Food Safety Officers, ensuring safe food handling practices.

Supervision and Safety:

The programme is supervised by staff trained by Carlyle Infant and Nursery Academy, who are certified in Food Hygiene and trained in child safety. Additionally, a *Paediatric First Aider* will be on-site to ensure the health and safety of children during breakfast.

- Allergen Information: The Food Information Regulations 2014 will be followed to ensure that allergen information is clearly displayed for all food items, supporting children with food allergies.
- Child Protection and Safeguarding: The programme follows the Safeguarding and Welfare Requirements set out by the Early Years Foundation Stage (EYFS) statutory framework, ensuring that all children are safe, supported, and treated with respect.

Medical Considerations:

As outlined in the Children and Families Act 2014, the school will support pupils with medical conditions, including allergies, by ensuring all foods served are clearly labelled with allergen information. Schools have a duty to support children with specific dietary requirements, including those with medical conditions or allergies, as part of their responsibilities to safeguard children and promote inclusion.

Engaging Parents and Carers:

It is vital to maintain strong communication with parents and carers to ensure the breakfast club meets the needs of all families. We will regularly engage parents and carers through:

- Newsletters and regular updates via mail-outs, website, and social media channels

- Surveys to gather feedback on the breakfast provision and suggestions for improvements
- Information sharing about successes and future goals
- Offering clear booking systems for those who need advance registration for breakfast services.

Carlyle Infant and Nursery Academy actively encourages involvement from parents and local communities in supporting breakfast provision, as suggested in the National Wraparound Childcare Programme Handbook, including volunteering or contributing ideas for new activities.

Drop-off Time:

Parents can drop children off at the hall doors at 08:25-08:35. Late arrivals will not be permitted. Children should be escorted to the designated entrance by their parents or guardians.

End of Breakfast Session:

Children will be escorted to their classrooms by **08:55**.

Funding:

The Early Birds Breakfast Buddies programme is funded through a direct allocation from the Department for Education (DfE). This funding is designed to cover:

- Food and delivery costs
- Staffing costs

General Guidelines:

- Breakfast is served promptly at 08:25, and children must be dropped off on time to ensure they are ready to start the school day.
- Children should be respectful and cooperative with staff and peers during the breakfast session, following good behaviour guidelines.
- Parents are encouraged to inform the school of any food allergies or dietary restrictions at the time of registration to ensure safe food choices.

For further information or specific inquiries, please contact the school office.

This policy ensures that the **Early Birds Breakfast Buddies programme** meets the needs of all children, aligns with government guidance, and provides a healthy, safe, and inclusive environment for children to start their school day. By following best practices and guidelines, the school ensures that children's nutritional needs are met while promoting good eating behaviours and fostering positive relationships with peers