

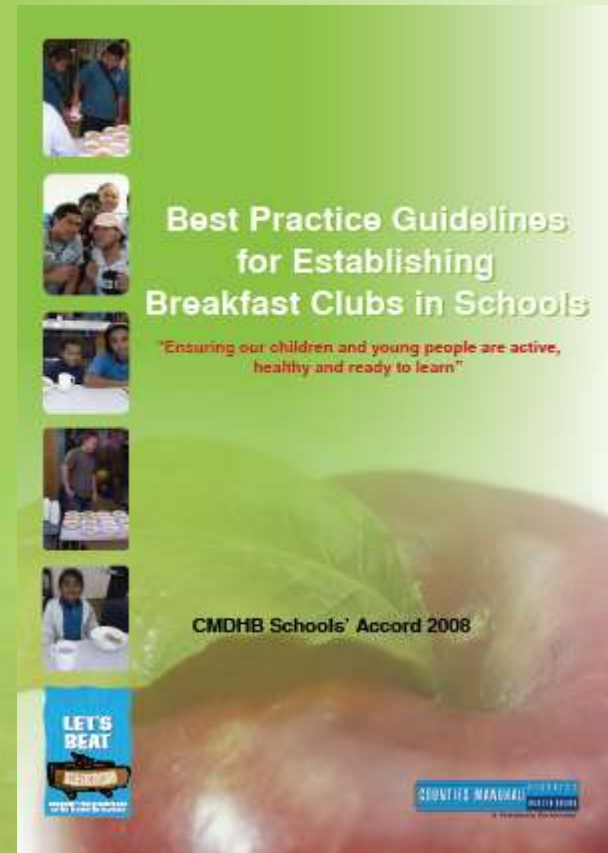
Best Practice Guidelines for Establishing Breakfast Clubs in Schools

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on behalf of Schools' Accord
Let's Beat Diabetes



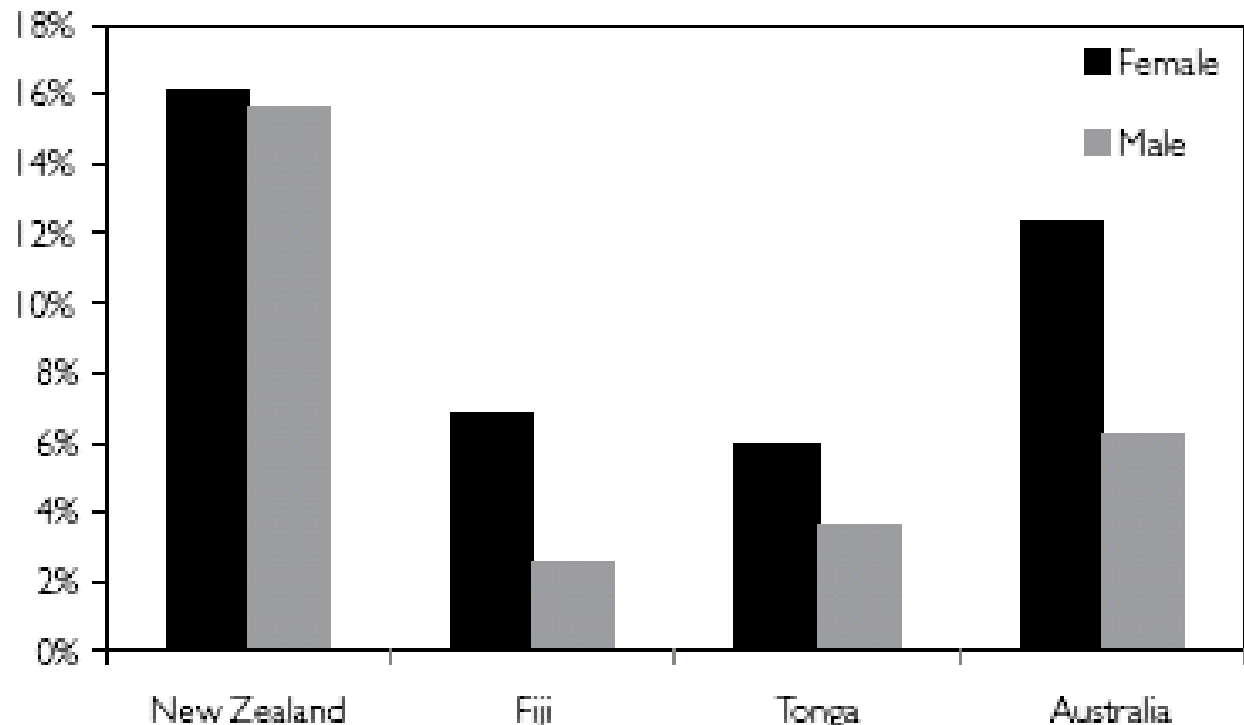
Background

- Counties Manukau
- Let's Beat Diabetes
- Schools' Accord



Frequency of Breakfast Consumption

Figure 5. Proportion of students who don't usually eat breakfast by country and gender



Background

- June 2007 working group established to consider best practice guidelines for breakfast clubs in schools
- Literature review
- Multi agency feed back
- Schools' feedback
- Community comment



What is a Breakfast Club?

- More than a food service
- Usually free /koha
- Offers at least one social activity





Aims of the Guidelines

- Promote a healthy nutritious diet
- Improve social skills and confidence
- Improve behaviour concentration attendance and punctuality



10 Steps to Establish Breakfast Clubs in a Schools

1. Identify need
2. Consult stakeholders
3. Governance
4. Safety
5. Funding



Contd

6. Staffing

7. Menu and food quality

8. Location and equipment

9. Promotion

10. Evaluation





Templates

- These have been developed to assist the development of breakfast clubs
- Can be adapted as required e.g School logo
- Available www.letsbeatdiabetes.co.nz



Mangere College Breakfast Club



Critical Success Factors

- Student lead projects and participation
- Principal support and leadership
- Student needs based initiatives
- Staff support
- Whole school approach
- Board of Trustees
- Critical thinking for students
- Community engagement
- Consistent health messages
- Collaborative partnerships with health and education.



Current Evaluation Includes

- Support from UoA
- Focus groups
- Telephone interviews
- Email questionnaire
- Face to face interviews



Evaluation



Acknowledgements

- Children and young People
- School staff and communities
- Schools' Accord members
- Let's Beat Diabetes Program staff
- The Writing group
- ***All People who support children and young people to be healthy active and ready to learn***

