

## Breakfast Club launches at Comet Bay Primary School

April 24, 2015

Starting the day with a healthy breakfast and great conversation is the best way to start the day. It's what a group of students at Comet Bay Primary School did this morning.

Today (Friday, April 24) YouthCARE chaplain Eleanor Clayson, together with other school staff and Year 6 student leaders launched Comet Bay Primary School's inaugural Breakfast Club.

Based out of the school's Stephanie Alexander kitchen, Eleanor and her team of Year 6 student leaders prepared and served more than 25 healthy breakfasts to school students of all ages from 8am to 8.30am.

The Breakfast Club provides cereal, fruit, yoghurt, toast, spaghetti and milo as well as a place for children to connect with others.

"We started the breakfast club as an opportunity for students to spend some time together outside the classroom and offer leadership opportunities for the older students," Mrs Clayson said.

"Case studies on School Breakfast Program schools have shown that the results of the program include far-reaching impacts on the physical, academic and social health of children and the wider community."

"Above all, it is about showing these children that someone cares about them. Not only providing a 'full tummy' for students so that they have every opportunity to learn, we see it as being a chance to sit down with individual students and allow them to enjoy breakfast with others, provide a listening ear and assist in the learning of life skills (basic food preparation).

The School's breakfast initiative has received lots of support from school parents and the wider community.

"It's been wonderful to receive so much community support from local businesses and Foodbank who are supplying most of the breakfast products and equipment. Local Warnbro MLA Paul Papalia has also donated a grant to help fund the breakfast program," Mrs Clayson said.

The Breakfast Club will run every Friday with potential to grow to more days during the week.

Mrs Clayson is one of hundreds of YouthCARE chaplains running Breakfast Clubs across WA public schools. Last year YouthCARE chaplains ran 2873 breakfast programs, ranging from one to five per week), 1340 volunteers supported the running of the program and 32,898 students attended a breakfast club.

**For more information: please contact Felicity Bond on 08 9376 5000**