

East Narrogin Primary School’s healthy start to the day

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Starting the day with a healthy breakfast and clean teeth is the best way to build healthy habits. It’s the message that YouthCARE school chaplain Marty Vause is busy spreading to his East Narrogin Primary School students.

Marty and his team of staff and volunteers have been running a school breakfast club for years, after identifying a need for it within the school community. The research has been backed by the the latest *Hunger in the Classroom* report released by Foodbank today. It found that on average, three students per calssroom were regularly arriving hungry in the morning, and the percentages are even higher in the regional areas.

Marty said the Breakfast Club was about providing an opportunity for every student to to start the day with a healthy breakfast.

This term they are taking the healthy start to the day concept one step further by handing out dental kits during breakfast getting students to brush their teeth afterwards.

“Every morning we provide toast, spaghetti, cereal, fruit and drinks to any student who attends and we finish with brushing our teeth before starting class,” Marty said.

“As well as providing a healthy meal to start the day, we want to help build healthy habits and provide a place for students to come and communicate in a safe place outside of the classroom.”

“The message that we are aiming to get across with by providing dental kits is how important our teeth are and how we need to eat healthy and look after them.”.

Marty said about 20 students attend the school’s breakfast club each school morning but his goal, along with the school nurse, is for all 257 East Narrogin Primary School students to receive the free dental kits to help prevent dental problems.

The dental kits containing a red bag, tooth brush, toothpaste and a brochure on strong teeth, healthy eating and hygiene are supplied by the Kimberley Dental Team.

“The breakfast club and dental kits ties in with what our students are learning in health class about healthy living,” Marty said.

Marty is one of hundreds of YouthCARE chaplains running the breakfast clubs across WA public schools. Last year YouthCARE chaplains ran 267 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 5035

The Key Details:

- The breakfast club is open to all students at the school.
- Dental kits have been handed out to dozens of breakfast club participants.
- The breakfast club runs everyday from 8am – 8.40am. Teeth are brushed at the end of breakfast.
- The goal is for every student at school to receive a dental kit.
- Kits are kept at school and include a toothbrush, toothpaste & healthy teeth brochures.
- Kits are generously provided by Kimberley Dental Team.