Kirton Point Primary School

Breakfast Club and Nutritious Food

An eat well be active - Primary Schools project school

Kirton Point PS is a school of 265 R-7 students located in the beautiful city of Port Lincoln. Every morning from 8.15 am till 8.45 am, approximately forty children are welcomed to school at the Kirton Point Primary School Breakfast Club. Held in the school canteen, Di, the Breakfast Program Coordinator meets and greets all with a happy smile and nutritious options. Di has been employed for several hours at the beginning of the day to oversee the breakfast club’s management. This has enabled her to build strong relationships with the children and she plays a vital role in ensuring that children have a chance to make a positive start to the day.

Children are rostered to prepare toast, nutritious cereals - weetbix and vita brits, porridge, eggs, fruit, yoghurt and spaghetti for all who attend. As a special treat, pancakes with fruit toppings may feature occasionally. The value of good nutrition is always a topic of conversation. Children are rostered to wash the dishes and clean the benches after all have eaten.

The preparation of snacks for the recess menu is often a task performed by the breakfast club students. Di supervises as students prepare boiled eggs, fresh fruit tubs, salad tubs, small homemade pizzas, vegetable sausage rolls, muffins, vegetable slice, cheese and crackers and stewed fruit.
The Breakfast Club has operated since 2003. A whole school survey revealed that the majority of our students were not accessing a nutritious breakfast before coming to school. The strong link between good nutrition and quality learning caused us to provide an opportunity for children to access a nutritious breakfast whilst learning the benefits of a healthy diet to quality of life.

The outstanding success of the program has encouraged us to examine our practices and introduce many new initiatives such as a healthy canteen menu, crunch and sip program, brain breaks, label reading to determine nutritional value of packaged food, healthy cooking, newsletter articles, parent workshops, access to water, nutritious food for fundraising and camps and excursions, emphasis on healthy eating in the health program and resource centre program and the establishment of a vegetable garden.

We are extremely proud of the breakfast club and the school's healthy canteen which an integral feature of our school. The high nutritional value of food consumed has resulted in an improvement in the wellbeing and social/emotional success of the children. As one previous student commented, "I wish we had your canteen at our school. Kirton Point’s food is awesome!!"

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**eat well be active** - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.