

<p>Background</p> <p>The aim of Get up and Go was to assess if breakfast and exercise helped children to concentrate in class. Breakfast was a concern for the school, as many children were eating sugary snacks instead of a healthy breakfast and this was reflected in their behaviour in class.</p>	<p>Get Up and Go Breakfast Club</p> 
<p>Leadership</p> <p>The Family Support Worker was paramount to the success of the project. Their proactive manner resulted in both Year 5 Teachers and the Head Teacher all fully supporting the breakfast and exercise activities.</p>	<p>Actions</p> <p>The breakfast project involved Warwickshire School Health and Well-Being Team, CSW Sport, Change Makers and Rokeby Primary School. The project was free of charge and specifically focused on the Year 5 students. It took place over 6 weeks, with the first 3 weeks being utilised to establish a health outcome baseline through questions and general observation. The questions ascertained whether children had breakfast, consumed sweets or biscuits en-route to school, how many walked to school and engagement levels during the morning lessons. The final 3 weeks consisted of the students engaging in 10 minutes of physical activity and having a healthy breakfast, again followed by the same questions.</p> <p>On the final day of the Get and Up and Go Breakfast Club all students received a certificate and medal. All 4 partners delivered a breakfast workshop for the Year 5 classes which consisted of what is a health breakfast, true/false breakfast statements and raising awareness of sugar levels in certain cereals. The workshop was delivered in an interactive manner such as breakfast relays to get them up and moving.</p>
<p>Quote – Family Support Worker</p> <p>“The games played were great for team building and increased confidence of some children. They were all very happy and alert entering class afterwards which was a positive. After the success of exercise before school, we are hoping to look at availability of exercise for all children before school.”</p>	<p>Impact – Intervention versus Baseline</p> <p>35% decrease in the number of children consuming sweets and biscuits during the intervention stage. Several students said they didn’t have sweets or biscuits when walking to school as they knew breakfast would be provided.</p> <p>8% increase in the number of children walking to school.</p> <p>30% increase in engagement levels during class when the Year 5 children received a healthy breakfast and 10 minutes of physical activity.</p> <p>Awareness raised of healthy breakfast and exercise in pupils, staff and parents, leading to a healthier outlook for all involved.</p>
<p>Quote – Pupil(s)</p> <p>“I liked trying new breakfasts and it really woke me up.”</p> <p>“I really enjoyed playing Treasure Island before school started.”</p>	<p>How partners are supporting the school/cluster of schools to embed and sustain the activity</p> <p>All partners are supporting the school to explore how more classes can take part in exercise to start the day, to help pupils concentrate and engage more in class.</p>