



# Lealands High School

A Specialist Sports College

*Aspire Believe Achieve*

Lealands High School

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Headteacher: Mr J Burridge BA (Hons) PGCE, MA, NPQH

Dear Parent/Carer,

## Breakfast Club

Breakfast Club at Lealands High School runs between 8.00am and 8.30am. Students should arrive at the main gates at 8am, and they will be escorted to the dining room. There is a short arrival window, and if they arrive after 8.05am they may not have anyone to escort them so will not be able to attend.

Research tells us that breakfast is the most important meal of the day. A good breakfast provides the nutrients that people need to start their day. Studies show that children who eat a good breakfast do better in school than children who do not.

Children who eat a good breakfast have better attendance and decreased hyperactivity. Children who don't eat breakfast tend to not perform as well, and also tend to have behaviour problems.

The Lealands' Breakfast Club will provide a **FREE** nutritious meal for students eligible for Free School Meals who might otherwise not eat breakfast (up to the value of £1.25). This is in addition to the £2.20 available to students entitled to Free School Meals at lunchtime. A breakfast is available for all other students at a subsidised cost.

Example Lealands Breakfast Menu - Available Daily	
Toast	30p
Cereal	50p
Pancakes	50p each
Bacon Roll	£1.00
Sausage In A Roll	£1.00
Danish Pastry	£1.00
Fruit Salad	90p
Fruit Wedges	70p
Yoghurt Bar	90p
3 Breakfast Items (Bacon, Sausage, Hash Brown, Beans or Egg)	£1.00
*This is an example menu only and prices and options are subject to change.	

The aims of Lealands' Breakfast Club are:

- to provide the energy and nutrition required by the mind and body for active learning
- to improve attendance, concentration and learning in the classroom
- to provide positive examples of healthy eating to create a foundation for lifelong healthy eating habits
- to enable children to socialise, listen and talk in a relaxed atmosphere
- encourage good social skills development with a focus on literacy

Further details regarding menu choices for breakfast and lunch is available on our website.

We hope to see lots of students fueling themselves well, with nutritious food, in the coming year and being able to fully engage in all lessons and intervention sessions.

Yours sincerely



Mrs Alison Rust  
Assistant Headteacher