



Dear Breakfast Club member,

Welcome to the Breakfast Bulletin for December 2008.

On behalf of the whole Breakfast Club Plus team we would like to wish you all seasons greetings. May you all have happy breakfasts and a great new year.

In this month's Breakfast Bulletin you will find:

- [Breakfast Club Plus awards](#)
- [Mission Nutrition update](#)
- [Breakfast Club Plus launches Wales web pages](#)
- [Breakfast club news](#)
- [Latest funding opportunities](#)
- [Seasonal menus for December](#)
- [Activities for December](#)

Breakfast Club Plus Awards



Britain's best teachers help search for Britain's best breakfast clubs

The UK's best teachers, David Miller (secondary), Libby Pryce (primary) and Natalie Richards (outstanding new teacher), are backing the search for Britain's best breakfast clubs.

David Miller, who teaches English and Media at St Ninian's High School in East Dunbartonshire, said: 'Eating breakfast has a hugely positive impact on children's memory, concentration and creative thinking. Breakfast Clubs are much more than a social and pleasant way to start the day; like a school they can provide the best start in life!'

Libby Pryce added: 'I congratulate all breakfast clubs across the country who are doing such a fantastic job increasing the number of children eating breakfasts regularly, promoting healthy eating, providing child care before school and ensuring children arrive at school on time. The Kellogg's Breakfast Club Awards are one way of recognising their contribution to our children's health and well being and I support it whole heartedly.'

Natalie, who is Head of Drama at Bishop Gore Comprehensive School in Swansea, said: 'The number of children you see going to school with cakes and sweets doesn't bode well for a healthy day in the classroom so I'm very happy to support breakfast clubs in schools.'

Enter today

We'd like to thank those if you have already submitted your award application, and we would like to remind those of you who have not yet entered, that the deadline for the Breakfast Club Plus awards is the **12 December 2008**.

Local Authority Award

This year we have introduced the Local Authority Award to recognise the great work that local authorities do to promote breakfast clubs in their region. So if you know of a local authority that has done great work to promote and support the sustainable development of breakfast clubs, then please do encourage it to enter for the inaugural Local Authority Award.

The prize for the Local Authority Award is breakfast cereal for a year for ten breakfast clubs and an award certificate to recognise their valued work.

For more information on the award and for details on how to enter, visit the [Local Authority Award page](#).

How to enter the Breakfast Club Plus Awards

To enter the awards, download the application form from the [Breakfast Club Plus awards page](#), fill it in, and then return it to us by emailing it to bcplus@continyou.org.uk, or by posting it to:

Breakfast Club Plus Awards, ContinYou, Unit C1, Grovelands Estate, Longford Road, Exhall, Warwickshire. CV7 9NE

If you are unable to download the application form, or if you have any questions regarding the awards, please do not hesitate to email us at bcplus@continyou.org.uk, or call us on 024 76 588 446.

What are the Breakfast Club Plus Awards?

Just to remind you, the Breakfast Club Plus Awards celebrate the achievements and benefits of breakfast clubs and we hope the winners offer inspiration to others.

The five key categories are:

- Promoting a healthy lifestyle
- Community involvement
- Long life and sustainability



- Extra learning
- 'Breakfast Club Champion'

The prizes are:

Five key categories: £1,500 for each category winner; £500 for a runner up in each category; Certificate for a highly commended club in each category

Country Award: £1,500 for the winning breakfast club in each UK country.

[Back to the top](#)

Mission Nutrition update



The team at Breakfast Club Plus would like to give a big thank you to all of you who have already signed up to be a part of Mission Nutrition.

Signing up to Mission Nutrition is really easy. All you have to do is visit the [Mission Nutrition website](#) to order your fundraising pack and to register your bring-and-buy sale. The fundraising pack contains all the information you need to run a successful bring-and-buy sale, information on how your sale will help children around the world, posters to advertise your sale and stickers to price up your goods.

Top secret mission tips

Register your sale

When you register your sale we add your details to the bring-and-buy map - so everyone can see the details of your sale and you can get more customers.

To tell us about your event visit www.missionnutrition.org.uk/bringandbuy/addyoursale/

Looking for a bargain?

Looking for a great Christmas present? Want to help children from all over the world eat and grow better food? Then why not do two good things at once by visiting your local bring-and-buy sale to pick up some bargains.

You can find your local bring-and-buy sale by visiting the Mission Nutrition map at www.missionnutrition.org.uk/bringandbuy



Breakfast in a box

Thank you to Reuben (7) and Abby (6) Patrick and their mum for sending in their great 'food in a box' suggestion.

As Mission Nutrition is raising money for food boxes for children in South Africa, Bangladesh and Columbia, Reuben and Abby (and their mum) came up with the great idea to sell 'food in a box'.

They brought in lots of different yummy foods like yoghurts, cakes, satsumas, cheese strips, and drinks, and each child had a party box and paid their money to pick any six items from the selection.

Why not do something similar at your breakfast clubs? Your members could decorate their own box, which they could keep.

If you have a brilliant bring-and-buy idea which you would like to share with other clubs, tell us about it by emailing bcplus@continyou.org.uk.

Carry on the Mission Nutrition

[Download the Mission Nutrition educational resources](#) which are designed so that teachers and group leaders can introduce their pupils and members to some of the issues which Mission Nutrition is trying to address. These are available in both English and Welsh.

By using the educational resources you can also explore:

- what a balanced diet is and why we need it
- why we should we eat breakfast and why it is good to go to a breakfast club
- how we grow our own food
- why some children do not have enough food and how can we help them

For more information on Mission Nutrition, either watch Blue Peter (Every Tuesday and Wednesday at 16.35 on BBC1) or visit www.missionnutrition.org.uk.

[Back to the top](#)

Breakfast Club Plus launches Wales web pages



We are happy to announce that in November we launched web pages providing

specific advice for breakfast clubs in Wales.

The web pages were written in conjunction with the Welsh Assembly Government and [ContinYou Cymru](#) to provide specific information and advice for schools in Wales on how to set up and run a breakfast club.

Primary school free breakfast initiative

The Welsh Assembly Government made a commitment to provide for all children of primary school age registered in maintained primary schools in Wales to have a free, healthy breakfast at school each day.

It is optional for schools to take up the offer, but for those who wish to do so, it is entirely funded by the Welsh Assembly Government. There is no charge to the school or parents of children attending.

The Primary School Free Breakfast Initiative is about providing a free, healthy breakfast at school each day. However, schools may wish to engage children in play/educational activities.

For further information, please visit the [primary school free breakfast initiative page](#).

Independent breakfast club provision

All schools and settings can provide a breakfast club, even if you are not eligible for the primary school free breakfast initiative.

To find out more and for Welsh resources, useful links, funding information and legislation advice, visit the [Welsh breakfast club page](#).

[Back to the top](#)

Breakfast club news



Children's minister calls for more out-of-school-hours services

Children's Minister Beverley Hughes has called on parents across England to demand more out-of-hours activities at their local schools.

She announced that although 65 per cent of schools are already offering a full programme of out-of-hours activities, parents could help encourage the rest to follow suit.

The Minister also launched a new online directory of extended schools (<http://schoolsfinder.direct.gov.uk>), a leaflet to help parents work with their

schools, an extended schools publicity toolkit for schools and local authorities so they can promote their services and an updated extended schools prospectus.

Inspiring Scotland

Funding body Inspiring Scotland is to hand out more than £55 million to youth charities across Scotland. The funds will assist 14 to 19 year olds who struggle to make a successful transition to adulthood. For more information visit www.inspiringscotland.org.uk.

£4.5 million for Young Inspector Service

Young people from the most disadvantaged neighbourhoods in England are to be trained to have a real influence and voice in assessing the quality of their local youth services, based on robust standards that young people themselves will devise.

To read the full story, visit

www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0257

Scottish Education Awards 2009

Schools across Scotland are being encouraged to celebrate their successes as the 2009 Scottish Education Awards are launched.

Awards will be given across seventeen categories. The closing date for nominations is Friday 27 February 2009.

www.scottisheducationawards.org.uk.

Health initiative for Welsh Heads of the Valleys area

An initiative to drive healthy living networks across the Heads of the Valleys area has been announced. In response to a report by the World Health Organisation (WHO), Health Challenge Valleys has been launched to maximise health improvement through better co-ordination.

The programme is targeting professionals and agencies not traditionally associated with improving health and wellbeing but who could make a contribution. Health Challenge Valleys recognises this and the importance of tackling the social or wider determinants of health and well-being in reducing health inequalities.

www.healthchallengevalleys.com

£500,000 to promote benefits of books to boys in Wales

The campaign, Read A Million Words Together, has been developed by the Welsh Assembly Government's Basic Skills Cymru team with the aim of ensuring that more boys in Wales achieve the levels of literacy necessary to succeed.

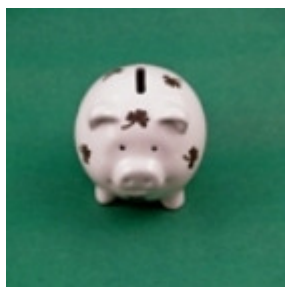
Building on the success of Read a Million Words in 2007, the campaign focuses on

making reading more accessible to boys, extending the range of reading materials in the curriculum to include more non-fiction titles, short stories and books which appeal to boys' tastes.

www.readamillionwordsinwales.org.uk

[Back to the top](#)

Latest funding opportunities



Healthy Heart Grants

Funding available: up to £10,000

Application deadline: Applications are only accepted during January and February for the May round of grants and July and August for grants awarded in November, each year. Applications received at any other time of year will be returned.

Grants are available to community groups, voluntary organisations and researchers who are spreading the healthy heart message.

Government or local authority funded institutions are not supported, however, community and voluntary groups aided by public money may apply.

www.heartresearch.org.uk/healthy_heart_grants.htm

The European Award for Languages

Prizes include: £1,000 for the best projects involving community languages; £2,000 for the Mary Glasgow Language Trust award; £1,000 for the best project initiated by initial teacher trainees.

Application deadline: 30 January 2009.

The European Award for Languages recognises creative ways to improve the quality of language teaching, motivate students and make the best of available resources. If you are involved in an innovative language-learning project, which could benefit others, you may be eligible for an Award.

www.cilt.org.uk/eal/

HBOS Foundation: Community Action Programme

Funding available: up to £10,000

Application deadline: Applications can be made at any time.

HBOS Foundation donations must fit within the two key themes of:

- Money advice and financial literacy
- Developing and improving local communities

To apply, you must be a registered charity, or a not for profit local community group.

www.hbosfoundation.org/index-community.html

Wakeham Trust

Funding available: £75 to £750

Application deadline: Applications can be made at any time.

The Wakeham Trust provide grants to help people rebuild their communities. They are particularly interested in neighbourhood projects, community arts projects, projects involving community service by young people, or projects set up by those who are socially excluded.

They also support innovative projects to promote excellence in teaching.

www.wakehamtrust.org

The Capital Community Foundation

Funding available: Various

Application deadlines: Various

The Capital Community Foundation is an independent charitable foundation supporting good causes in London. Their aim is to make it easier for Londoners to bring about positive social change. They provide funding and support to frontline charities, community projects and social enterprises.

For a list of the latest grants available for projects in London visit

www.capitalcf.org.uk/grants/grantsavailable.php

Lord Lieutenant's Fund for Youth

Funding available: up to £5,000

This fund aims to help young people who have demonstrated a desire and capacity to accomplish great things but who are in danger of being held back by personal or family hardship or disability. Fields of talent could include sport, academics, arts, voluntary service, music, science or enterprise.

www.cornwallfoundation.com/applying_for_a_grant/current_grants.htm

St Katherine and Shadwell Award

Funding available: There is no fixed amount - grants range from a few hundred

pounds to tens of thousands.

Application deadline: Two weeks before the board meetings, which usually take place at the end of January, April, July and October.

Since 1990, the St Katherine and Shadwell Trust has been awarding grants to organisations or groups working to benefit people living in the former St Katherine or Shadwell wards in the London Borough of Tower Hamlets.

www.skst.org/en/1/whatwedogrants.html

Surrey Community Foundation

Funding available: Various

Application deadline: Applications can be made at any time

Surrey Community Foundation is currently working with a number of donors to establish funds for distribution to help those in need in Surrey.

For more information on the Surrey grant programmes available, visit

www.surreycommunityfoundation.org.uk/grants.php?id=32

[Back to the top](#)

Seasonal menus for December



Clementines, satsumas and tangerines

Why are they good for you? They're a good source of vitamin C, folate and beta-carotene. They also contain some potassium, magnesium and vitamins B1, B2 and B3.

Serving suggestions: These perfectly packaged fruits are brilliant on their own as a quick snack, or broken up and added to cereal, porridge or yoghurt.

Divide a clementine, satsuma or tangerine up into segments, and then roll it lightly in honey so that it's sticky and sweet all over. Poke a cocktail stick into each segment, then dip it into shredded coconut, chocolate sprinkles or chopped nuts.

Pomegranate

Why are they good for you? Pomegranates are rich in potassium, vitamin C, niacin and fibre.

Pomegranates originated in the Middle East. Today they are grown in warm climates of South America, the Middle East, the Canary Islands and the Mediterranean.

Serving suggestions: Pomegranates contain hundreds of ruby-red arils - sweet, tart, gem-like juice sacs, which you eat. However getting to these can be very messy. The best method we have found is to cut the crown end off a pomegranate, cut into four sections, bend back the skin and gently scoop the seed clusters into a bowl; remove any pith.

Try sprinkling the seeds over fruit salads, yoghurts, mousse, porridge, pancakes or cereal.

Walnuts

Why are they good for you? Walnuts contain more than 10 per cent protein by weight. They are a good source of zinc, iron, magnesium, potassium, vitamins B and vitamin E and are rich in polyunsaturated fats. They are also packed with omega 3 fatty acids, which is important for brain health.

Serving suggestions: Snack on walnuts as a healthy alternative to sweets. Chop them up and add to yoghurt, cereal or porridge.

As with the clementine, satsuma and tangerine serving suggestion above, cut some fruit up into chunks (such as apple, pear, melon), roll in honey, then dip into chopped walnuts.

Also in season: apples, chestnuts, cranberries, haddock, halibut, red cabbage, parsnips, passion fruit, pears, pumpkin, pineapple.

[Back to the top](#)

Activities for December



5 December - National day of Thailand

- For breakfast, Thai people typically eat congee/jook (boiled rice porridge), boiled rice with fish, pickles or dried shredded pork.
- The King and I is a famous musical by Rogers and Hammerstein, which is set in Thailand. Why not watch the film with your members and see if you can learn some of the songs?
- Ask your members to plan an expedition to Thailand. How would they get there? What would they go to see? How would they get travel to see the sights? What should they take with them?

10 December - Human Rights Day

- Human Rights Day celebrates the signing of the Universal Declaration of Human Rights. This year is the 60th anniversary of the signing.
- Can your members find out what human rights are and what the Universal Declaration of Human Rights says?
- Ask your members to think about why we have human rights.
- Ask your members to create human rights for your breakfast club: a code of behaviour that your members will adhere to.

21 December - Winter Solstice/Yule

- The Winter solstice marks the shortest day of the year, or the longest night.
- Many cultures celebrate the winter solstice. Ask your members to find out how different cultures celebrate this day, and then to present their findings to the other members.
- Many Christmas traditions originate in the Yule celebrations, such as Christmas trees, mistletoe, holly and ham. Why not hold a Yule party for your members? They'd have to find out how to celebrate Yule first.

Other significant dates which you may wish to base your menus and activities around:

- 1 December - World Aids Day
- 6 December - National Day of Finland
- 11 December - Eid al-Adna (sacrifice day)
- 17 December - National Day of Bhutan
- 22 December - Hanukkah
- 25 December - Christmas Day
- 26 December - Boxing Day
- 29 December - Al-Hijira. Islamic New Year
- 31 December - New Year's Eve

[Back to the top](#)

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