



## Breakfast Bulletin - November 2008

Welcome to the November 2008 Breakfast Bulletin. In this newsletter you will find:

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### Breakfast Club Plus awards for 2008/2009



ContinYou are delighted to announce the launch of the national Breakfast Club Plus Awards, funded by Kellogg's.

#### **What are the Breakfast Club Plus Awards?**

In association with Kellogg's, ContinYou has run a national Breakfast Club Plus Award scheme since 1998. Award winners have helped inform national research and policy development. These awards are one way we can celebrate the achievements and benefits of breakfast clubs and we hope the winners offer inspiration to others.

#### **What are the categories?**

This year's awards focused on excellence and innovation in the following five key categories:

- Promoting a healthy lifestyle
- Community involvement
- Long life and sustainability
- Extra learning
- 'Breakfast Club Champion'

## Country-wide awards

For the best breakfast club in each UK country: England, Scotland, Wales and Northern Ireland. The winner of each country award will be chosen from the entrants for the five key categories.

Please note, you cannot apply for the country-wide award on its own.

## Inaugural Local Authority Award

We also wish to recognise the strategic commitment that is being made locally, and we wish to identify and recognise the UK local authority which has done the most to promote and support the sustainable development of breakfast clubs.

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

## What are the prizes?

### Five key categories

- £1,500 for each category winner
- £500 for one runner up in each category
- Certificate for highly commended club in each category.

### Country-wide Award

- £1,500 for the winning breakfast club in each UK country
- A year's supply of breakfast cereal for one runner up.

### Local Authority award

- Breakfast cereal for a year, for ten breakfast clubs
- Award certificate to recognise their valued work.

In addition to this, every applicant to the competition will receive free Hamelin notebooks.

## How do we enter?

Download an application form from the [Breakfast Club Plus award pages](#), fill it in and either email it to [bcplus@continyou.org.uk](mailto:bcplus@continyou.org.uk) or post a hard copy to:

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

If you have any questions, contact us on 024 76 588 440, or by emailing [bcplus@continyou.org.uk](mailto:bcplus@continyou.org.uk)

**The closing date for applications is 12 December 2008.**

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## Blue Peter appeal to raise money for breakfast clubs

ContinYou has been chosen to benefit from this year's Blue Peter Christmas appeal, Mission Nutrition, which aims to raise £1 million through bring-and-buy sales.



Alongside Save the Children and the Federation of City Farms and Community Gardens (FCFCG), ContinYou is raising money to put 4 million meals on plates around the world, in what Blue Peter says will be its biggest appeal yet.

The appeal, which is being launched to mark Blue Peter's 50th anniversary, aims to help children eat and grow better food, to tackle the challenge of the global food crisis and international credit crunch, and to leave a lasting legacy for children in the UK and across the globe.

The money raised for ContinYou will be used to deliver new breakfast clubs across the UK.

**The appeal launches on November 4 on BBC One at 4.30pm.**

### **How to take part in Mission Nutrition**

Mission Nutrition is aiming to put 4 million meals on plates, by helping children eat well and grow their own food. Most of the money needed to do this will come from your bring-and-buy sales, which, as you might have guessed, involves people bringing things they don't want anymore (or have made), and buying things other people have donated. Toys, books and clothes are always popular.

To order your Mission Nutrition fundraising pack visit [www.missionnutrition.org.uk](http://www.missionnutrition.org.uk).

The pack includes useful information and top tips on running a bring-and-buy sales, posters, and stickers to price your goods.

### **Bring-and-buy @ breakfast**

We are calling out for breakfast clubs to raise money for Mission Nutrition by running a bring-and-buy sale as part of your breakfast club.

You already know how great breakfast clubs are, so help us to reach out to the

many children who are still in need of a great start to the day.

Running a bring-and-buy sale at breakfast is a great way for you to:

- promote your club
- reach out to new members
- involve the local community
- raise money for children around the world

Why not invite the people in your local community to your breakfast bring-and-buy? You could sell breakfasts as part of your bring-and-buy, and then everyone can have a great start to the day, whilst raising money for a great cause.

### **Tell us about it**

When you have planned your event, tell us about it, as we may be able to arrange some 'special shoppers' to help publicise your bring-and-buy and promote your breakfast club.



Once you have held your event, send us your photos and let us know how well you did - and we could feature your breakfast club on the website and in the Breakfast Bulletin.

To let us know when and where your bring-and-buy is taking place, and to send us your photos, email us at [bcplus@continyou.org.uk](mailto:bcplus@continyou.org.uk).

### **Carrying on the Mission Nutrition**

There are a number of ways in which you can carry on your involvement in Mission Nutrition.

[Visit the Mission Nutrition website](#), where you can find out more about:

- the children that we are looking to help around the world
- why children do not have enough food
- food nutrition and labelling
- seasonal recipes
- how to grow your own food
- how to start a breakfast club.

Your little souper heroes can also take part in the Mission Nutrition quiz.

You can also [download the educational resources](#). These educational resources 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.

By using the educational resources you can further examine:

- What is a balanced diet and why do we need it?
- Why should we eat breakfast and why is it good to go to a breakfast club?
- How do we grow our own food?
- Why do some children 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](http://www.missionnutrition.org.uk).**

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## Breakfast club news



### **Five year olds who eat breakfast are less likely to be obese**

Children who eat breakfast daily are less likely to become obese, new research suggests. Researchers have found that obese five year olds are about twice as likely not to eat breakfast as normal-weight children.

The finding has emerged from a UK-wide survey of children born in the first two years of the new millennium that was conducted by researchers at the Institute of Education, University of London. The survey, one of the biggest of its kind, involved weighing and measuring more than 15,000 children.

The survey team at the Centre for Longitudinal Studies also found that children's breakfast habits were strongly related to parents' work status. Children whose parents were not employed were almost three times as likely to go without breakfast as those with two working parents.

However, economic pressures, such as the inability to afford healthy food, do not appear to be key contributors to weight gain.

The report can be downloaded from the Centre's website [www.cls.ioe.ac.uk](http://www.cls.ioe.ac.uk).

### **Extended services budget guidance**

A guidance document has been issued to council and schools in England, setting out how the Department for Children, Schools and Families expects the £1.3 billion extended services budget to be spent.

The money is to be distributed through the Standards Fund, the Area Based Grant, the National Challenge and the Sure Start, Early Years and Childcare Grant.

To view the guidance, visit [www.tda.gov.uk/upload/resources/pdf/e/es\\_dcsf\\_fundingguidance\\_sep2008.pdf](http://www.tda.gov.uk/upload/resources/pdf/e/es_dcsf_fundingguidance_sep2008.pdf).

### **English charity information made more accessible than ever**

Information on English charities is now more accessible than ever before, thanks to a new version of the Charity Commission's online register.

The register includes information on activities, trustees and key financial information. For charities with incomes over £500,000, new financial profiles show what they receive and how they spend their money.

You can view the register at [www.charitycommission.gov.uk](http://www.charitycommission.gov.uk).

### **New legislation for Scottish volunteers**

The Scottish Parliament has announced new proposals to better safeguard vulnerable groups and put an end to 'needless bureaucracy' which can deter volunteers from helping Scotland's children.

The plans include:

- a new Protection of Vulnerable Groups membership scheme
- clearer guidance for employers on which positions should be part of the scheme.

The new PVG scheme, to be phased in over four years, will replace the existing Disqualified from Working with Children List.

### **Active Kids Get Cooking Challenge 2009**

The Active Kids Get Cooking Challenge 2009 has been launched. The challenge this year is: 'Taking inspiration from breakfasts around the world, create a 'spectacular breakfast' for a special occasion which demonstrates your food skills and techniques.'

This challenge is designed to emphasise the importance of eating breakfast, and challenge students to demonstrate their culinary skills while being creative with this important meal time.

The closing date is 15 May 2009.

For more information and to download challenge worksheets, visit [www.activekidsgetcooking.org.uk](http://www.activekidsgetcooking.org.uk).

### **Marmite off the menu**

The makers of Marmite said it was 'disappointing' a council has decided to impose a ban on the spread at their school breakfast clubs.

Ceredigion Council in Mid Wales has taken the yeast extract product off the menu at their 51 breakfast clubs within the county because of a 'high level of salt'.

The makers of Marmite responded by saying only a small amount was needed to make 'toast tasty' for children.

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## Latest funding opportunities

For more funding information, visit the [Breakfast Club Plus funding pages](#).



### UK funding

#### **Its Your Community Initiative**

**Application deadline:** Applications can be made at any time

**Grants available:** £100 to £1,000

Awards of up to £1,000 are available to local groups and individuals, for anything that you can show will benefit your community.

[www.itsyourcommunity.co.uk](http://www.itsyourcommunity.co.uk)

#### **BBC Children in Need**

**Funding available:** There is no minimum or maximum amount when applying for funds from BBC Children in Need.

**Application deadline:** 15 January 2009

The BBC's Children in Need project aims to positively change the lives of disadvantaged children and young people in the UK.

[www.bbc.co.uk/pudsey/grants/](http://www.bbc.co.uk/pudsey/grants/)

#### **CHANGEit Awards**

**Awards available:** Winners in the Innovation and Performance categories will receive £750 and finalists will receive £250. Winners in the photo contest will receive £250.

**Application deadline:** 12 January 2009.

CHANGEit is a collaboration between Common Purpose and Deutsche Bank, to recognise young people, between the ages of 11-18, who want to speak out and create positive change.

[www.changeit.org.uk](http://www.changeit.org.uk)

### **Community Cash Awards**

**Grants available:** Up to £1,000 is available for 14 to 16 year olds; up to £5,000 is available for those aged 16 to 25.

Community Cash Awards are grants of up to £5,000 to help young people set up a project that will benefit their community.

For more information visit the [Community Cash page](#) on the Prince's Trust website.

### **The Baily Thomas Charitable Fund**

**Application deadline:** 1 May 2009

**Grants available:** £250+

The Baily Thomas Charitable Fund is a registered charity which supports the care and relief of those affected by learning disability. For more information, please visit the [Baily Trust website](#).

### **Batty Charitable Trust**

**Funding available:** £1,000 to £10,000

**Application deadline:** There are no deadlines for submission and applications will be received throughout the year.

The Batty Charitable Trust (BCT) supports smaller charities in the UK and especially those working at grass-roots and local community level. They normally award one year grants to charities which can demonstrate that such a grant will make a significant difference to their work.

For details on how to apply, visit [www.battycharitabletrust.org.uk](http://www.battycharitabletrust.org.uk) or telephone 0207 405 0225.

### **BBC Charity Appeal Broadcast**

**Application deadline:** 6 October 2008

The BBC's UK-wide broadcast appeals are made weekly on BBC Radio 4 on Sunday mornings and evenings and monthly on BBC One on Lifeline. The Radio 4 appeal is repeated on Thursday afternoons and there is usually a repeat of Lifeline during the following week.

[www.bbc.co.uk/charityappeals](http://www.bbc.co.uk/charityappeals)

### **Heritage Lottery Fund - Young Roots**

**Funding available:** £3,000 to £25,000

**Application deadline:** Young Roots is a rolling programme with no deadlines for applications

The Young Roots Programme aims to involve 13 to 25 year olds in finding out about their heritage, developing skills, building confidence and promoting community involvement.

To read more about their criteria and download an application form, visit [www.hlf.org.uk/English/HowToApply/OurGrantGivingProgrammes/YoungRoots](http://www.hlf.org.uk/English/HowToApply/OurGrantGivingProgrammes/YoungRoots).

## England funding

### ECOMINDs

**Funding available:** Up to £250,000

Ecominds aims to help people with direct experience of mental distress become involved in environmental projects that improve mental and physical health and local communities. Ecominds will help reduce the stigma surrounding mental distress and help create a society that treats people with experience of mental distress fairly, positively, and with respect.

Ecominds will accept applications from schools, colleges and further education establishments, or from student groups set up within them so long as the applicants are a formally constituted group with an accountable management structure.

[www.mind.org.uk/ecominds](http://www.mind.org.uk/ecominds)

### Grants for the arts - individuals and organisations

**Application deadline:** No deadline

**Grants available:** Organisational grants are up to £100,000; individual grants are up to £30,000.

Grants for the arts are for individuals, arts organisations and other people who use the arts in their work. They are for activities that benefit people in England or that help artists and arts organisations from England to carry out their work.

For more information, visit the [Arts Council England](http://Arts Council England) website.

### Help a London Child (HALC)

**Application deadline:** 5 November

**Grants available:** Up to £3,000

HALC aims to give opportunities to London children and young people who experience poverty and disadvantage; have/are experiencing abuse, neglect, homelessness, violence or crime; or who have an illness or disability.

For more information visit the [Help a London Child](http://Help a London Child) webpage.

## Wales funding

### Healthy Families: Child's Play

**Application deadlines:** 6 March 2009

**Grants available:** £250,000 to £1 million

Through the Healthy Families initiative, BIG wants to promote healthy and active lifestyles among children and families.

Child's Play will fund the development of the infrastructure for children's play and strategically important Play projects across Wales. It will also fund projects that give children opportunities to play and will support projects that make the link between play, nutrition and activity. It is aimed at children up to 12 years old.

BIG has contracted Play Wales to help deliver this programme. All potential applicants need to contact Play Wales. Please visit the [Play Wales website](#).

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## Monthly menus

### Bangers (sausages)

**Why are they good for you?** Sausages aren't particularly healthy, but they can be eaten as an occasional treat - such as on Bonfire Night. If you are going to serve sausages, then it is healthier to grill than to fry them. As an even healthier alternative you could offer vegetarian sausages which usually contain a lot less fat than meat sausages.



**Serving suggestions:** Make bangers and mash with a difference. Instead of mashing up potatoes, why not mash up seasonal apples to serve with the sausages. This can then be served on crusty bread for a tasty treat.

British sausage week runs from 3 to 9 November. Visit the [British sausage week website](#) for more sausage recipe ideas.

### Chestnuts

**Why are they good for you?** Chestnuts contain more carbohydrates than other nuts, and are lower in fat and protein. Chestnuts contain fibre, potassium, iron, zinc and manganese.

**Serving suggestions:** Roast chestnuts are a delicious, special treat.

To prepare chestnuts, cut a slit in each chestnut shell (this stops them exploding), then roast in the oven for 15 minutes or boil for 20 minutes. Remove the shells and the membrane and then prepare as per your recipe.

You can roast, mash or puree chestnuts. Why not puree some chestnut, mix with a spoon full of brown sugar and some milk, and serve on toast as a nutty spread; or roast the chestnuts in a hot oven and serve hot with a sprinkling of sugar.

### Cranberries

**Why are they good for you?** Cranberries contain vitamin C, fibre and manganese.

**Serving suggestions:** Cranberries are too tart to eat raw, but you can eat dried cranberries. They taste nice sprinkled onto porridge, cereal or yoghurt. You can also drink cranberry juice.

For a special Bonfire Night drink make cranberry and apple sparklers: Mix half a glass of cranberry juice with half a glass of sparkling apple juice and serve with a fun straw or in a special glass.

**Also in season:** Apples, beetroot, butternut squash, elderberries, leeks, parsnips, pears, potatoes, pumpkin, walnuts, watercress, wild mushrooms.

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## Topical activity ideas

### Conkers

- November is the month for horse chestnuts, otherwise known as conkers. Why not go conker hunting as a breakfast club activity?
- Once your members have found their conkers, set up a conker tournaments as part of your breakfast club.
- Can your members create a winning conker? Why not conduct some experiments to see how you can create the toughest conker? Tried and tested methods include soaking them in vinegar, roasting on a slow heat, or painting in clear nail varnish. Ask your members to create graphs to show how effective the different 'toughening' methods are.



### 11 November - Remembrance Day/Armistice Day

- You could raise money for the poppy appeal by selling poppies at your breakfast club. Visit [www.poppy.org.uk](http://www.poppy.org.uk) for more information.
- Can your members find out why we celebrate Remembrance Day on the 11 November?
- If there is a memorial near to your school, why not visit it with your members and see what you can find out about the people commemorated on the memorial? You could make poppies to decorate the memorial.

### 17 to 21 November - National anti-bullying week

- Why not draw up an anti-bullying policy for your breakfast club, with the club members? You could discuss with your members what is bullying, why does bullying occur, and how can you tackle bullying behaviour?
- Discuss with your members how you should tackle bullying within your breakfast club.
- Ask your pupils to design a piece of media to get the anti-bullying message across: this could be a piece of writing, a poster, a song or a play.
- For more information on National Anti-Bullying Week and for more information on tackling bullying in your setting, visit [www.antibullyingweek.co.uk](http://www.antibullyingweek.co.uk).

Additional events which you could base your menus and activities around this month include:

- 1 November – Day of the Dead (Spain, Mexico and USA)
  - 5 November – Bonfire Night
  - 9 November – National Day of Cambodia
  - 15 November - Shichigosan - A Shinto festival to give thanks for children.
  - 30 November – St Andrew’s Day
  - 30 November – Advent Sunday
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