



19th October 2023

Dear Parent / Carer,

We strongly believe that all students should have access to a healthy breakfast and research from Family Action finds that habitual breakfast consumption is positively related to academic performance, such that those children that eat breakfast more regularly achieve better grades in their exams. Moreover, eating a regular breakfast is also found to have a positive effect on behaviour in the classrooms.

Given the tough economic times that we are living in, I am delighted to inform you that we are continuing with our provision for any student to receive a free breakfast, consisting of:

- Toast (2 slices)
- Toast and Baked Beans pot
- Cereals
- Porridge
- Fresh fruit salad

Please note, this is not restricted to those students who currently claim free school meals and whilst there will be other items available, those will be chargeable.

Should your child wish to eat their breakfast at School, they should simply enter the School through the main Reception from 8.00am onwards, (or via the usual gate if after 8.20 am). Please note that breakfasts will not be served after 8.30am to ensure that students are registered on time at their morning briefings. Only students wishing to eat breakfast will be permitted to enter the site before 8.20am in order that we can ensure that they are adequately supervised and they will be restricted to being in the KS3 canteen.

Should you have any questions, please do not hesitate to contact me at the School.

Yours faithfully,

Mr R Peel

Deputy Headteacher

rpeel@buckinghamschool.org