



# More Than a Good Breakfast

15 Years of Foodbank WA's  
School Breakfast Program



## Acknowledgements

Foodbank WA would like to extend our thanks to those involved in producing this special 15th anniversary publication for the School Breakfast Program.

### Schools

Bev Haigh (SBP Coordinator) – Aranmore Catholic College  
 Wendy Whitfield & Carly Wood (SBP Coordinators) – Bluff Point Primary School  
 Elizabeth Parsons (SBP Coordinator) – Corridors College  
 Robin Downes (SBP Coordinator) – Karratha Senior High School  
 Naomi Bailye (Deputy Principal) – Nulsen Primary School  
 Peta Morgan (Deputy Principal) – Wilson Park Primary School  
 Barbara Jeremic (Deputy Principal) – Mount Lockyer Primary School  
 Joy Tucker (SBP Coordinator) – Kulkarriya Community School  
 Dotti Freebairn (SBP Coordinator) – Merredin College  
 Beverley Mattin (SBP Coordinator) – Riverside Education Support Centre  
 Tania Leete (Principal) – Midvale Primary School

### Production

Lee-Anne Ashley, Marketing & Fundraising Manager, Foodbank WA  
 Miranda Chester, School Breakfast Program Coordinator, Foodbank WA  
 Hazel Leong, Health Program Officer, Foodbank WA

Graphic Design – Kore Design  
 Print – Daniels Printing Craftsmen

Photos pages 2 & 9 provided Courtesy of West Australian Newspapers Ltd

Foodbank WA School Breakfast Program Proudly Supported By



## Foreword

**It is often a shock for people to learn that Foodbank WA runs a program of the size and scale of the School Breakfast Program and that so many children in WA are going to school hungry. Growing from 17 schools in 2001 to more than 430 schools in 2015, the program supports 18,000 students per week and has become the largest operation of its kind in Australia.**

The common catalyst for schools enrolling in the School Breakfast Program remains the same today as it did 15 years ago: identifying a core of students arriving at school having had little or no breakfast. While the reasons for this vary greatly, low income, poverty, remoteness and lack of access to nutritious food make children and families vulnerable to food insecurity.

While soothing a rumbling tummy is the most immediate benefit of the Program, the impact on students, teachers and the community is far more profound than could initially be imagined. Foodbank WA's School Breakfast Program is improving the food security and nutrition of children living in disadvantage and providing them an equal opportunity to excel academically, emotionally and socially.

Something as simple as a wholesome breakfast shared with friends helps students feel a sense of belonging and encourages them to arrive, stay, engage and excel in the classroom and build better relationships.

This publication has been produced with a number of member schools across the state including schools who have been delivering the Program for as little as two years, to foundation schools who have been involved for more than 10 years. Their stories demonstrate the unique nature and diverse results of Foodbank WA's School Breakfast Program. Above all they show that our schools – their teachers, parents and volunteers – are committed to providing more than a good education; they are committed to the whole child ensuring they feel safe, nurtured and given the best possible chance to develop and thrive.

Foodbank WA is proud to continue to deliver this program with the support of our key funders: the **WA Departments of Education and Health, Royalties for Regions, BHP Billiton** and the **Channel 7 Telethon Trust**.



## Contents

|                                    |    |
|------------------------------------|----|
| Tackling Hunger                    | 2  |
| Making an Impact                   | 6  |
| Aranmore Catholic College          | 8  |
| Karratha Senior High School        | 10 |
| Corridors College                  | 11 |
| Bluff Point Primary School         | 12 |
| Mount Lockyer Primary School       | 13 |
| Kulkarriya Community School        | 14 |
| Midvale Primary School             | 16 |
| Wilson Park Primary School         | 17 |
| Riverside Education Support Centre | 18 |
| Merredin College                   | 19 |
| Nulsen Primary School              | 20 |
| Bridging the Distance              | 21 |
| Healthy Food for All               | 22 |
| Long Service Recognition           | 23 |
| About Foodbank WA                  | 24 |



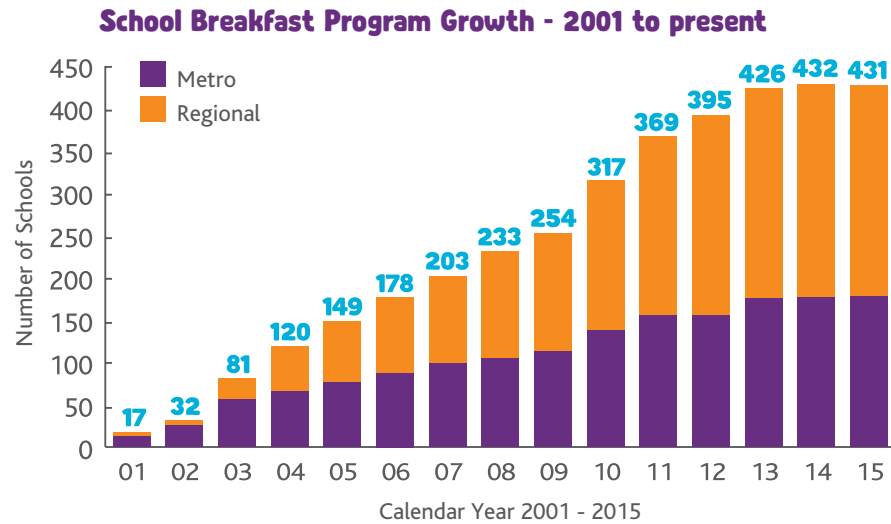
# Tackling Hunger in Our Classrooms

In early 2001, Cloverdale Primary School surveyed students and found that 17% were coming to school without having had breakfast and, of these students, some had not had sufficient dinner the night before.

The school decided to trial a breakfast program and approached Foodbank WA to see if we could help with a donation of breakfast foods.

At that time a number of other schools had also approached Foodbank WA seeking food support for a growing number of students attending school without having eaten breakfast or eating a nutritionally poor breakfast. Teachers would report, as they do today, that students missing out on a good breakfast were more often sick, late or absent when compared to others in their class and were unable to concentrate, significantly affecting their ability to learn.

The trial with Cloverdale Primary School was a great success. Results from this trial, along with the growing list of schools seeking breakfast foods,



was the evidence Foodbank WA needed to seek the funds to officially launch a School Breakfast Program.

By the end of 2001, 17 schools had registered and were running 'breakfast clubs' in their schools with food provided by Foodbank. The majority were within the metropolitan area, with five in regional locations.

**The primary goal of Foodbank WA's School Breakfast Program is to increase the food security for children living in disadvantage and to improve their health through improved nutrition.**

The Program was originally open to schools with a low socioeconomic indicator, but today, the Program is available to any school where a demonstrated need exists.

Foodbank WA's School Breakfast Program has grown steadily over the past 15 years, reaching more than 100 schools within the first four years and climbing to a record 432 schools in 2014. Twelve of the foundation schools from 2001/2002 are still operating their breakfast clubs today.

Today, the School Breakfast Program operates across the more than 2.5 million square kilometre expanse of Western Australia. With 179 metropolitan and 252 regional schools (as at October 2015), the Program stretches from Kalumburu and Kununurra in the north, to Albany and Esperance in the south, to the Western & Tanami Deserts in the east and everywhere in between!

*Cloverdale Primary School - a foundation school whose success with the program has endured over 15 years.*

© WEST AUSTRALIAN NEWSPAPERS LTD

**More than 18,000 students are currently being supported through the Program, which is now serving an amazing 58,400 breakfasts every week!**

## Program Operations

Over the years, Foodbank WA has developed the Program, including the types of products available, to make it as sustainable and flexible as possible. Schools are supplied with a 'School Breakfast Program Toolkit' that explains everything from getting started, ordering, food safety, nutrition, recipes and other resources to help School Breakfast Program Coordinators run a successful club within their school.

There is no prescribed or 'best practice' method for running a Breakfast Club. Schools are encouraged to create a model that suits their need, facilities, resources and students. Some schools run daily programs open to all, others run once or twice a week and some make food available quietly as the need arises.

Foodbank WA also supports the School Breakfast Program with a term-based 'Morning Toast' newsletter that is emailed to all participating schools. This includes added recipes, tips and stories from member schools. In 2014 we also launched SBP Connect, an annual event allowing School Breakfast Program Coordinators the opportunity to network and share ideas and for Foodbank WA to provide additional support including guest speakers and cooking workshops.

The core of the food supply is based on seven non-perishable products available to registered schools. These are shelf stable products that can be freighted anywhere without the need for chilled transport and stored without refrigeration, which can be an issue in remote communities.





## Harvey Fresh - Boosting Vit C in Remote Schools

While providing access to fresh fruit and vegetables is a major focus of the School Breakfast Program, the supply of these products to some regional and remote schools is virtually impossible. In 2011 Foodbank WA commenced a partnership with Harvey Fresh to supply remote schools with 100% unsweetened UHT orange juice, as a shelf-stable alternative to fresh fruit and vegetables. Harvey Fresh's 100% unsweetened UHT orange juice has become an essential and popular product now supplied to more than 160 schools geographically isolated from Foodbank WA's branch network. In many cases, this is the only access that these children have to essential vitamins and nutrients – usually derived from fresh fruits and vegetables - necessary to support healthy growth and development.

| Year | Volume Donated Harvey Fresh |
|------|-----------------------------|
| 2011 | 20 pallets (21,600L)        |
| 2012 | 20 pallets (21,600L)        |
| 2013 | 30 pallets (32,400L)        |
| 2014 | 35 pallets (35,280L)        |
| 2015 | 45 pallets (45,360L)        |



These include: canned fruit in natural juice, wheat biscuits, oats, vegemite, canned spaghetti, canned baked beans and UHT milk. Regional and remote schools without access to a Foodbank WA branch are also able to access 100% unsweetened UHT orange juice donated by Harvey Fresh.

Schools across the metropolitan area and those located within a reasonable driving distance of Foodbank WA's five regional branches in Peel, Bunbury, Albany, Kalgoorlie-Boulder and Geraldton are required to collect their orders from Foodbank. This also gives them access to additional 'perishable' products including fresh bread, fresh fruit and vegetables and yoghurt and the ability to purchase other low cost food staples.

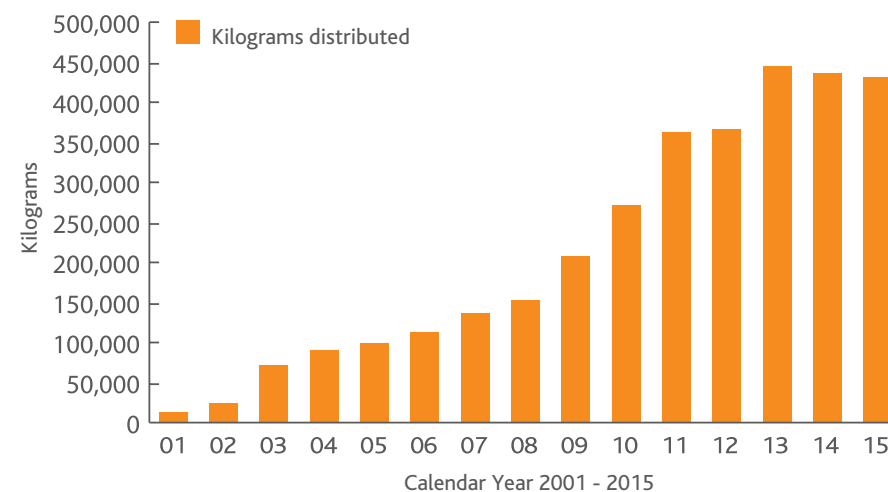
Despite the steady rise in schools, a significant part of the growth in the volume of food distributed to schools has been extra supplies sourced to provide students with 'emergency meals'. These are classified as additional meals such as recess and lunch, however, an increasing number of schools are reporting that they also send food parcels home with children.

**An estimated 24,900 emergency meals are now being supplied through schools as an adjunct to their School Breakfast Program.**

Funding for the provision of 'extra' products and the rising costs of transport are key priority areas for Foodbank WA to ensure the program continues to meet the needs of schools and the students they support. Our goal for the School Breakfast Program has always been to increase the food security for children living in disadvantage, improve the equity in access of nutritionally valuable foods to regional and remote communities and ensure that no child in WA starts their school day hungry. We are proud of our record and achievements to date, but know there is much more to do to tackle the issue of hunger in our classrooms.



**Kilograms Distributed - 2001 to present**



## School Breakfast Program by the numbers 2015



**18,091**

**STUDENTS DIRECTLY IMPACTED PER WEEK**



**2,336,640**

**BREAKFASTS SERVED**



**997,200**

**EMERGENCY MEALS**



**61%**

**SCHOOLS RUNNING BREAKFAST CLUB 5 DAYS A WEEK**

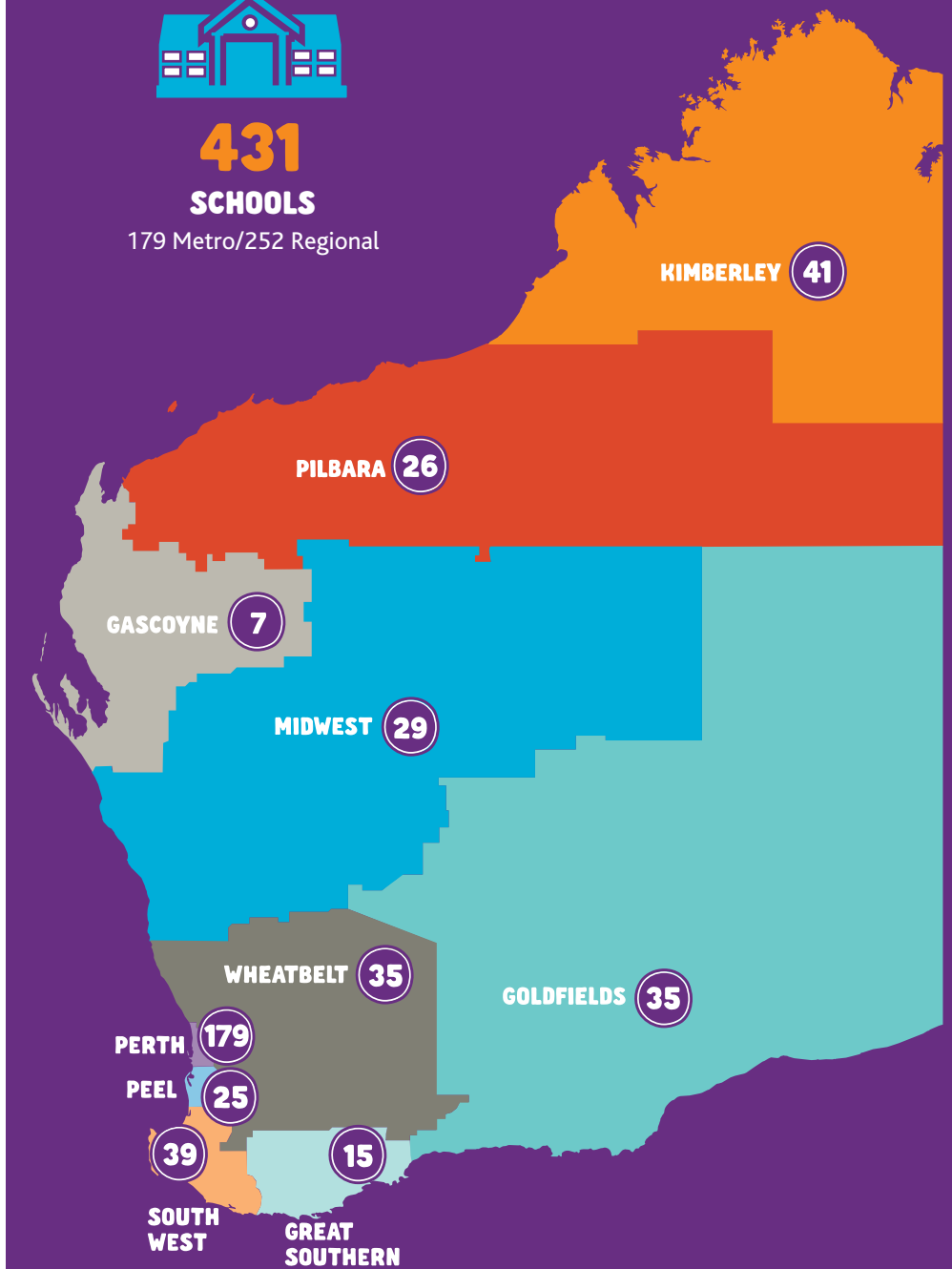
## Breakfast Clubs by Region



**431**

**SCHOOLS**

179 Metro/252 Regional



**7 NUMBER OF SCHOOLS SUPPORTED IN EACH REGION**



# Making a Difference to Young Lives

**While the School Breakfast Program makes an immediate difference to young people every day by alleviating hunger, it is about much more than filling hungry tummies!**

Since Foodbank WA's School Breakfast Program (SBP) was first evaluated in 2005, the positive impacts on individuals, schools and communities were readily evident. Consecutive evaluation findings over the last decade have demonstrated the SBP is achieving strong health, education and social outcomes for its young participants, many who are at risk or vulnerable to falling behind their peers.

The SBP also contributes strongly to creating an inclusive and cohesive school environment. This has been found to have a flow on effect to the community including the fostering of positive relationships with families and volunteers and reducing financial hardship through the provision of a food safety net. A reduction in school bullying and loitering around shops before school also increases community safety and safeguards

children from becoming victims or perpetrators of anti-social behaviour.

Importantly, the Program demonstrates to children and their families that people care; with the added pastoral support opportunity offered through breakfast clubs enabling schools to better identify the mental health and wellbeing needs of vulnerable students.

## Improvements to Health and Social Skills

The contribution of breakfast programs to the improvement of children's eating behaviours and overall diet is well established. Independent case study research on Foodbank WA's SBP has previously highlighted that the physical health of students was very poor following school holidays and continued to improve throughout the school term (TNS Social Research, 2011). The majority of schools also agree that the Program improves students awareness of healthy eating, food selection and eating behaviours as well as increasing physical and mental health (Byrne & Anderson, 2015).

An improvement in the school environment and student communication skills have also been found in SBP schools (O'Donoghue, et al., 2010). Principals report that the Program increases the opportunity among students for social interaction and the development of social skills. Students have the opportunity to mix

with other students, teachers and volunteers they may not normally spend time with. For some, it is only time they will sit at a table with others to eat, so learning social norms like setting the table, using a knife and fork and cleaning up their dishes provides valuable life experience.

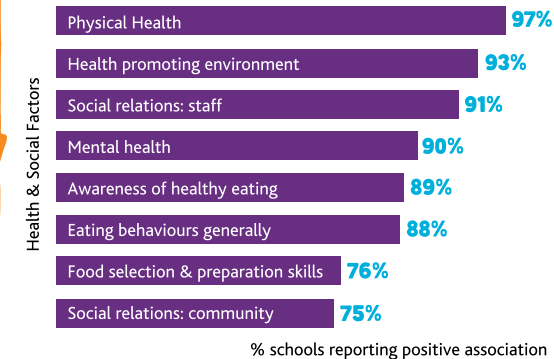
## Increased Capacity to Learn

Ongoing Program evaluation also indicates that the SBP has a positive impact on a range of education indicator (see *Educational Benefits table*), with attendance rates and punctuality being two key drivers. While the state-wide result of the 2014 Program evaluation rated the SBP's positive contribution to attendance at 84%, in regional and remote communities in the Kimberley, Pilbara and Gascoyne this outcome rated even more highly at over 90%. Getting children to school is a critical first step in the education journey.

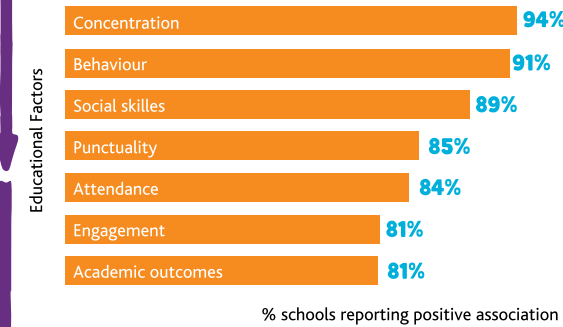
With a full tummy, research shows that the SBP plays an important role in creating a productive learning environment. Principals and teachers reported a link between improved concentration levels and alertness and educational outcomes (TNS Social Research, 2011), while yearly program evaluation studies show improvements in behaviour and increased engagement in classroom activities.

Of importance in the classroom dynamic is the relationship between teacher and student. Improvements in the school environment and student communication skills were reported in Foodbank WA's case study research (O'Donoghue, et al., 2010), which lead to increased student

### Health and Social Benefits



### Educational Benefits



and teacher cohesion. This sense of social connectedness is continually related to better learning and health outcomes.

### Community Impact

The benefits of Foodbank WA's SBP are not limited to children, but also have a positive impact on parents, volunteers and the general community.

The provision of breakfast and other 'emergency meals', including recess and lunch, provide increased food security to children while easing financial stress on low income and at risk families. Foodbank WA's case study research also found that the

SBP eased emotional stress on working parents who may otherwise leave their children unattended at home or school. These parents noted that the Program helps to make children feel safe, valued and protected.

For volunteers, of which there are more than 1800 state-wide involved

in delivering Breakfast Clubs, the benefits are far ranging. For some it is making new friends in the school environment, for others it is gaining confidence from the responsibility provided by setting up and running an SBP and for many it is the chance to make a positive difference to the lives of others.

Foodbank WA's SBP also provides the opportunity for broader community engagement with many local clubs, associations and businesses supporting their schools with food, funding and volunteers. This creates greater community connectedness and a shared responsibility for supporting local children and families living in disadvantage.

# What Our Schools Say

*"The School Breakfast Program provides the opportunity for all students to start the school day equal regardless of the issues at home - no food, parents not able to make breakfast or lunch or a safer environment at school than home. This program has allowed us to meet and talk to parents and students in a very different environment than a classroom offers, leading to stronger more supportive and open relationships."*

*"The obvious benefit is the fact that children are able to start the school day with a full stomach. The hidden benefit is the pastoral care aspect of the Program. Our Chaplain uses this time to speak to children who might normally never have the chance to discuss issues that are troubling them."*

*"Breakfast Club is a warm, friendly environment where everybody is welcome and this gives a feeling of wellbeing to students, increases attendance, improves their food handling skills and makes them feel safe and happy. It also gives a feeling of belonging, which we feel is important to a child."*

*"Parents are more willing to send children to school when they have no food in the house. They know the school has a safety net for their kids and they know the school is non-judgemental about the issue. Teaching staff report that children arrive from Breakfast Club to class happier and ready to learn."*

Taken from comments made in the 2014 School Breakfast Program Evaluation Survey.





# Aranmore Catholic College



**Aranmore Catholic College is located in the inner-city suburb of Leederville. The school has 690 students from 34 different cultural backgrounds. It provides scholarships for Indigenous students and has specialist support services for students from non-English speaking backgrounds.**

The school started our Breakfast Club five years ago after it was noticed that many students were coming to school hungry. We have students who travel long distances to get to school who do not eat before leaving home or who have bible study before school and may not have eaten since 4:30am or for one reason or another, just don't eat breakfast before school. We also cater for disadvantaged students from impoverished backgrounds, whose families do not have a large budget for food.

Breakfast Club is run by a coordinator, with assistance from other college staff on a voluntary roster, who come in early to help serve breakfast to the many students accessing it. The community pitches in with bread donated Le Bakehouse in Leederville and parents and students bring in donations like jam and Milo with great smiles on their faces knowing they are helping us.

The changes within our Breakfast Club have been very noticeable over the last few years. When we first started, we would get 20-30 students each day. Breakfast Club

had the stigma of being for the 'poor' kids which led to a number of students in need of the service not attending. We have worked very hard to ensure that Breakfast Club is a normal part of the school day and everyone is welcome to come and have something to eat before school. Students who haven't had any breakfast know they can come in safely without fear of judgement or being singled out.

Today we serve up to 100 students each morning, so we go through a lot of spaghetti and milk! There has also been demand for food at recess and lunch, so we leave food by the microwaves for students who need food so they do not have to find someone and ask. We have tried to remove the stigma of being hungry or 'poor'. Students know if they need food, they can just go and get something to eat.

Breakfast Club has had a positive impact on many levels. It is a wonderful way to bring students and staff together in a non-threatening environment. There is much laughter and talking around the table. Students bring their siblings in for breakfast as they know that everyone is welcome.

Foodbank WA plays an enormous role in our ability to offer this service to our students. If we did not have the assistance of Foodbank, we would not have Breakfast Club. Their help has been instrumental in getting our Program off the ground and enabling us to increase the quantity of food supplied as participant numbers increased.

*"I go to Breakfast Club every morning and as I walk through the doors I always hear talking and laughing and most of the time Mr Halden's music. The Breakfast Club has a really positive vibe where the students can eat to their heart's content so they are ready for the day and chat about anything and everything. I really enjoy Breakfast Club before school because I get to eat the best toast and also because of the people who are there with me."*  
Hayley, student

**"Through Breakfast Club we teach life lessons, the importance of nutrition each day and provide an early morning place of care for the welfare of all our students."**

Bernice Roche, Director of Ministry





# Karratha Senior High School



Located in the heart of the Pilbara, Karratha Senior High School is home to 1000 students from diverse cultural backgrounds including Indigenous, Pilipino, Vietnamese, Thai and South African. Some students travel nearly an hour via bus from surrounding towns including Dampier, Roëbourne and Wickham.

At Karratha SHS, we believe that a nutritious meal to start the day is essential to our students' performance in class. Our Breakfast Club has been running for six years and since 2012, has run five days per week.

The Breakfast Club is conveniently located in the home economics room, where students actually set up themselves with support and supervision from staff including the school nurse and chaplain who regularly assist. A local bakery provides bread free that is fresh but would normally be thrown out at the end of the day.

For some students, Breakfast Club is a setting where they can meet with their peers and quiz teachers about their homework before making last minute alterations!

Over time we have noticed a number of positive changes including the keenness of staff to help out, which has allowed us to develop a good roster. The stigma of a 'free breakfast' has been diminished and our students feel proud of their Program.

Breakfast Club has a very positive impact on our school. As well as providing children with the most important meal of the day, it is a welcoming environment and the community can see that we care about their children. We have noticed an increase in alertness, concentration and energy amongst students who access the Breakfast Club.

The role of Foodbank WA is essential to our running of the Breakfast Club, without it we would struggle to provide the basics required.

*"Thank you to all at Foodbank. It is a delight when I hear a student rush in saying 'oh is Breakfast Club open? I am starving! I slept in and almost missed the bus!' We try to encompass a lot with the Breakfast Club, including training students in the process of cleaning up and food hygiene" – Robin Downes, coordinator*



# Corridors College



Corridors College is located in the east metropolitan suburb of Midland. It is a CARE (Curriculum and Re-Engagement) school which enrolls students who have been educationally disengaged from schooling and cannot return to a mainstream program.

Of our 150 students, approximately one third are Indigenous. Our student catchment area follows the major train lines across the Perth metropolitan area.

Corridors has benefited from Foodbank for nearly 15 years. The program is an essential part of Corridors 'Safe House' approach. A majority of our students do not have the opportunity to have breakfast before coming to school for a variety of reasons and circumstances. Having access to Foodbank has assisted the school in encouraging healthy eating options for students.

We have a breakfast station set up each day and it is available to all students until 9.30am. Teaching staff are on duty to supervise the breakfast station and assist students. Our Administrator is the School Breakfast Program Coordinator who visits Foodbank for supplies and also prepares and serves lunch each day to all students.

The breakfast and lunch programs provide a significant incentive for students to attend school and engage with their learning. Good nutrition settles students, helping them to focus and concentrate on the tasks put in front of them. There is a sense of appreciation among parents and the wider community that others are caring for the basic needs of youth.

There has been a steadily increasing demand for additional food support particularly for students who are displaced from traditional family settings. Our response has been to provide individual Care packages for these students.

Foodbank is a foundational service for Corridors that allows us to meet the needs of students for breakfast and lunch every day. It also significantly supports us in our ability to provide Care Packages to our students in need. Having had access to Foodbank for a many years, we deeply appreciate the services of their staff and volunteers and the charitable donations of the supporters of Foodbank; this has made a significant difference for every student who has attended our School.







# Bluff Point Primary School



**Bluff Point Primary School is located in the City of Greater Geraldton. The school caters for 329 students from Kindergarten to Year 6, over half of which are Indigenous (65%).**

Bluff Point Primary School has run a breakfast program in various forms for more than 10 years, progressively growing to five days a week due to increased need. Breakfast Club runs from 8.00 – 8.45am, allowing most students time to have breakfast before attending the 'Reading Bugs' reading support initiative that runs daily from 8.30 – 8.45am.

Bluff Point has one reliable and dedicated community volunteer who supports the running of the School Breakfast Program each Monday, Tuesday and Thursday. Throughout the week a small number of teachers work on a roster to keep the program running.

We have an increasing number of students attending each day and it is often these same students who access our lunch program. Students who don't have breakfast at home know they can have a healthy meal at school. Breakfast Club helps them get to school on time and they are better able to work and play on a full stomach. It definitely helps improve school attendance.

During Breakfast Club they also learn to do basic chores, such as washing and drying their dishes. We also focus on teaching students good table manners. It brings together students across all year levels in a positive and friendly environment, with older students often helping their younger peers and the teachers with the Breakfast Club routines. Importantly it supports our students to establish healthy eating patterns.

Foodbank Geraldton plays an important role in supporting our School Breakfast Program with added fruit and vegetables plus breakfast foods, such as tinned spaghetti and baked beans. We have a limited budget with which to buy breakfast foods and would find it difficult to implement the School Breakfast Program without the support of Foodbank.

# Mount Lockyer Primary School



**Mount Lockyer Primary School in Albany is an independent public school that caters for over 520 children. Our school prides itself on extended pastoral care programs and strategies that support all students, particularly those who may be at-risk or vulnerable.**

The Breakfast Club takes place in our old canteen which we named Home Base. This area is often used for cooking by staff, volunteers and students. Our Breakfast Club has operated five days a week for the past 11 years; every day is vital for the happy functioning of our school. Some students attend as soon as they arrive at school, while others come a little later following our school's early morning 'Support-A-Reader' session. As well as breakfast, sandwiches and fruit are also provided for students who come without food for recess or lunch.

An Education Assistant, Ms Lynne Reid, is the driver of the Breakfast Club and has been instrumental in making it a success. We receive support and volunteers from Troode Street Christian Church while the Elvis WA Fan Club and Coles supply an additional range of products over and above our Foodbank supplies.

A typical day would see a staff member or volunteer get the room set up and ready. Meals served for breakfast can consist of: toasted cheese sandwiches, bacon and eggs,

cereal, yoghurt, tinned fruit, banana smoothies (or other flavours if bananas not available), porridge, toast (plain and raisin), crumpets, spaghetti or baked beans on toast. Students all sit around the table while eating their breakfast and enjoy the social interaction with other students and staff or volunteers. Once they have finished, they stack their dirty dishes on the sink, say thank you and then head for class to set up before the bell.

Everyone in the school community is welcome and supported. At any given time families can be vulnerable for varying reasons but the children know they need not go hungry at school. There is no stigma attached to attending Home Base for food. The community have embraced Home Base as an integral part of the children's time at school.

Foodbank WA plays a pivotal role in our School Breakfast Program. The food is an enormous help. Rod, the Foodbank Albany branch manager, is always very helpful, efficient and friendly. He has visited our Breakfast Club and helped with things that he thinks that we could benefit from. He even helped out with cooking toast and doing dishes!

Without the valuable support of Foodbank WA's School Breakfast Program, some students would start the day hungry, which would negatively impact their wellbeing in all domains - physical, social, academic and emotional.





# Kulkarriya Community School



**Kulkarriya is an independent school established in and governed by the Yunggora Community since 1978 to provide education for the community children. Yunggora Community is located within Noonkanbah Station on the banks of the Fitzroy River, 170km south west of Fitzroy Crossing. We cater for 92 students from Kindy to Year 12.**

We became involved in the School Breakfast Program as it was identified there was generally poor health, diet and nutrition levels in the community with a number of students coming to school hungry. This impacts on a child's ability to concentrate and retain information, ultimately effecting their outcomes at school. Being able to provide breakfast to those students who need it, helps them to settle for the day and has a calming influence on classrooms.

We run our School Breakfast Program from our kitchen which we refer to as 'Homemaker'. It is staffed by local community Aboriginal staff with salaries from the school's budget. Our 'brekky' program runs on an 'as needs' basis, with staff actively encouraging students to have breakfast if they need it as soon as they arrive at school. We regularly have 20 or more students eating a Foodbank breakfast each morning. Our kids sometimes feel shame going to Brekky Club so we combat this by keeping the program simple and welcoming.

Brekky Club has positively impacted both the school and wider community. For some students, knowing they will get a feed can provide all the incentive they need to attend school, thus improving the school's attendance rate.

Students' concentration is improved during the morning session; they feel more successful, capable and confident if they can grasp the concepts being taught – good nutrition can make the difference. It also helps provide them with more energy to get through the school day.

On a community level, Brekky Club takes pressure off families doing it tough because they know that there is food available for their kids at school. These improved educational outcomes help the community become more self-sufficient, with the school helping to produce their future leaders.

Sometimes our Homemaker ladies are away or running late. There is never a shortage of student volunteers eager to help get breakfast ready for the rest of the crew and they even make sure everyone is fed before they get their own breakfast. We find the baked beans and spaghetti are popular (we serve them on toast) and for some reason our kids like the two mixed together – at least we don't need to ask which one they prefer and we only need to use one bowl to heat them up! It also provides an opportunity for the kids to practice their manners and their sign language with "please" and "thank you's" galore!

The demographics of our community mean our meals are provided free of charge to students. This is a cost borne by the school so having the Foodbank School Breakfast Program allows us to supplement our existing meal offerings as well as helping to reduce our financial commitment to the nutritional improvement of our students and local staff. Without the program it is likely that many of our students would be difficult to engage in school.





# Midvale Primary School



**Midvale Primary School is located 20km north east of Perth and caters for over 380 students from Kindy to Year 6. As they have for the past 10 years, students arrive for Breakfast Club at 8am every morning to settle their grumbling tummies before turning their attention to their classes for the day.**

Students are served toast, cereal, Vegemite and fruit before school, as well as a sandwich and piece of fruit for lunch, if required. Feeding between 50 and 60 students every day gives the club a 'school camp' feel and starts the day off on a happy and optimistic note.

Midvale's Breakfast Club isn't just about the food; it's about connecting people, learning manners and social norms and providing that 'safe' environment that every child needs. The students enjoy starting out the school day at Breakfast Club, as it provides them with an opportunity to spend time with their friends and students they wouldn't normally spend time with. Teachers, administration and support staff also have a chance to interact with the students in a relaxed, informal environment which provides us with a valuable opportunity to see if they are having a good day and can keep an eye on them if not. It helps with our pastoral care.

We also use Breakfast Club to help teach students manners such as saying 'please' and 'thank you', waiting in line, tidying up after themselves and putting away plates and other items in the right places. While the Breakfast Club gives children a sense of inter-school community, it also extends to families, with parents choosing to accompany their children to the club occasionally.

Foodbank WA's involvement is vital to the ongoing success of our Breakfast Club and we are extremely grateful for this support. Breakfast Club is another feature of our school that helps make the link between home life and school life and is looking at the whole picture, not just reading and writing in the classroom. It's about the whole child and supporting the community.



# Wilson Park Primary School



**Wilson Park Primary School is situated in Collie, in the State's South West. The town is home to approximately 9000 people, with the workforce based around the coal mines and power stations. The school caters for just over 100 students and is located in a low social economic area, with students predominately of Australian, Aboriginal and New Zealand backgrounds.**

Our Breakfast Club began 11 years ago, in 2005, due to so many students coming to school without having breakfast. The reason students are not given breakfast are varied, but generally it's because there is no food at home or any food that is at home is used to make lunches to bring to school. Some students tell us they prefer to have breakfast at school rather than home to avoid family tensions.

Breakfast Club opens at 8.30am every school day. Students enjoy a range of foods including juice, milk, toasties, Weetbix and tinned fruit. On occasion, we even have scrambled eggs on toast! The students then responsibly wash, dry and put away their dishes and use proper manners, teaching them skills that they can also use at home.

Over the past year we have seen a number of financial and employment issues which are seriously impacting our

families. We are certainly seeing an increase in demand for Breakfast Club and can do anywhere from 35 to 45 serves a day which is considerable in a small school. Leftovers are now kept for those who don't come with recess or lunch either.

Having breakfast provides the children a great start to the day in a happy and friendly environment, especially if they haven't eaten at home. It also gives students the opportunity to be social with others. Staff note that students come to class and have better concentration levels enabling them to participate in learning programs with greater success. It is also noted that there is a reduction in inappropriate behaviours and social skills and manners improve.

Foodbank assists greatly by supplying bread, milk, juice, tinned fruit, Weetbix, fresh fruit and much more. Without the fantastic support of Foodbank our Breakfast Club would not run so smoothly, or possibly at all.

The Breakfast Club helps the community to see the school in a positive light and shows we care about our students. There is no embarrassment for students who haven't had breakfast, it makes them feel safe and secure knowing they will be provided with a meal.





# Riverside Education Support Centre



**Riverside Education Support Centre is located in Mandurah, catering for nearly 50 students with special needs from Kindy to Year 6.**

As an Education Support Centre, our students come from wide catchment area and are bussed in from home. Many can be on a bus for up to an hour, so for some students the gap between breakfast at home and recess is a long time. Other students live in an environment where breakfast, morning tea and lunch are not always available. With a healthy breakfast eaten, students are able to focus better on their school work, with greater concentration spans and energy.

Our breakfast program provides students with more than just the opportunity to eat breakfast. They are taught the skills of setting a table, sitting at a table, how to ask for food to be passed to them, the use of a knife and fork, washing up and cleaning the table after themselves, and with the older students, we teach them how to cook breakfast. Through the Breakfast Club academic skills are also taught; these cover speaking and listening, maths and health. Once specific skills are taught, students then get the opportunity to demonstrate these skills.

Students enjoy not only the food but also the social side of the Breakfast Club. They are able to chat with friends around a table whilst being provided with breakfast. For staff it provides us with the opportunity to make sure each child has eaten breakfast in the morning and we know that this will provide our students with increased concentration and energy to attend to the teaching program.

Breakfast Club also provides us with an opportunity to teach and have students demonstrate a wide range of skills – social and academic. For parents whose students leave very early for a long bus ride into school, they have the comfort of knowing their child will have a break in the morning and be provided with a small breakfast that will help sustain them until recess.

Teachers and their assistants run the program at our school, but Breakfast Club could not be run without the support of Foodbank WA. We receive a variety of healthy breakfast foods that help sustain students' energy throughout the day. Without Foodbank WA we could not run our breakfast program as effectively as we do.



# Merredin College



**Merredin College is located in the Central Wheatbelt. The College was formed in 2012 through the amalgamation of four schools and joined the School Breakfast Program the same year. There are 636 students enrolled ranging from Kindy to Year 12.**

During Breakfast Club, students are taught basic skills such as buttering toast, spreading jam/Vegemite, serving up fruit salad or spaghetti and washing dishes. Students set up and pack up the tables for Breakfast Club and use the time to socialise with one another.

The Breakfast Club is coordinated by the Deputy Principal of Student Services. Teaching staff, education assistants and the school chaplain volunteer their time to run the program every day of the school week. Merredin SUPA IGA support Breakfast Club by donating 12 loaves of bread each week and the College supplies Milo, jam and margarine.

The School Breakfast Program has had a number of positive effects on our students, school and community. Students are more regularly arriving for classes on time as a result of being at school for breakfast prior to the siren sounding.

Students have also become more confident in asking for food when hungry and there is no shame factor attached to attending Breakfast Club. Younger students are given extra opportunity to develop motor skills through buttering their own toast. On a community level, parents feel supported by the school through the running of the School Breakfast Program.

The Breakfast Club would not run smoothly without the ongoing support of two of our Education Assistants, Dotti Freebairn and Del Alderton. They attend Breakfast Club each week and assist in the collection of bread, ordering of additional food items and attend professional learning.

Merredin College would be unable to run the School Breakfast Program without the support of Foodbank WA. Our staff also recently attended the SBP Connect training offered by Foodbank WA which was highly engaging.





# Nulsen Primary School



**Nulsen Primary School is located in Esperance and caters for around 229 children from a variety of cultures. A number of our families do not have permanent work or are welfare dependant and we have a number of single parents, blended and extended families represented.**

We saw a need at Nulsen to ensure children had food in the morning and again at breaks if required to allow them to learn without the distraction of a hungry tummy. The School Breakfast Program has allowed us the opportunity to feed many children as they arrive each morning and also to supply lunches, all on a needs based system.

A number of changes have occurred over the many years we have been running the program. Importantly, we have seen children attending school more frequently as they know they can 'get a feed' and go to class. We now offer more of the 'hot food' options than we did in the beginning. The addition of oats and muesli allows the children to sample hot cereal if they'd like and then to have it more often.

Our Deputy Principal coordinates the program and we have a roster of parents to ensure day-to-day running of the program and a number of staff who drop in to assist

when they have time. Some children come in and do their morning reading, with some reading to the younger children. The older kids also promote teeth brushing by doing it before leaving to go to class.

Our local IGA support us via donations of cleaning products, food wrapping, margarine, jam, honey and peanut butter as required. They are amazing! Brumbies Bakery are also a big supporter and provide us with all the bread and rolls, which we collect at the end of every second Thursday. The sliced bread and rolls are retained at school and frozen and we distribute any remaining product to the community.

As a result of running a breakfast club, our attendance rates are up, children are fed and learning more consistently and the community appreciate us assisting with food for children in the morning. Demand for the program and additional food support fluctuates, but is always reflective of stresses in the community.

The supply of breakfast products by Foodbank WA is integral to our ability to supply food to our children and community as consistently as we do. Without this service, we would have a greater need to ask local businesses, who already support us so much.



# Bridging the Tyranny of Distance

**Distance is no barrier for Foodbank supporting schools in remote and regional WA - especially with the help of a great number of transport companies across the State. We have over 160 schools that fall outside the catchment area of Foodbank WA's regional branches so 'Term Packs' containing hundreds of kilograms of product are shipped thousands of kilometres by rail, road and even sea help ensure no child in WA starts their school day hungry.**

The geographic isolation and climatic extremes of some of our remote communities are two of the key challenges to be overcome in transporting bulk amounts of food over vast distances. Such is the case with Kalumburu Remote Community School, our most remote member

school, located in the northernmost Aboriginal community of WA.

During the summer months or the 'wet season', the roads winding through the Kimberley up to Kalumburu can only be described as treacherous. No vehicle bigger than a 4WD can navigate them, let alone a truck carrying over 700kg of breakfast food! The only way to transport these deliveries to Kalumburu is to send the goods out of the state via road and bring them back in via sea!

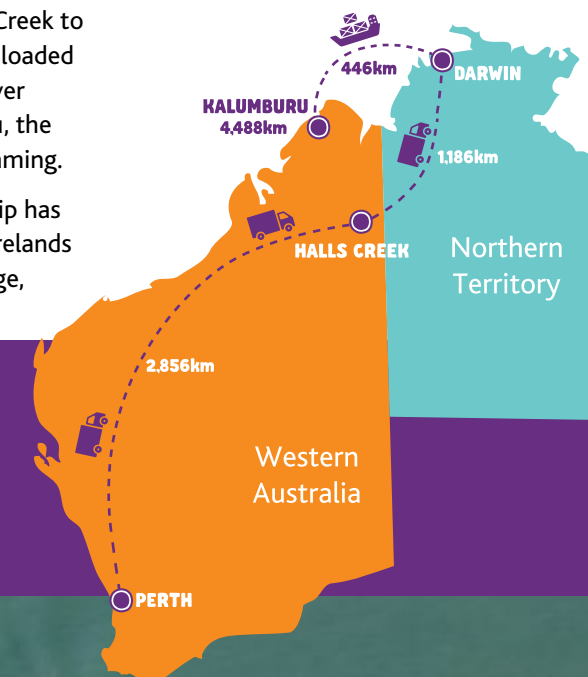
Every term, Kalumburu's order is transported via truck from Perth to Halls Creek and from Halls Creek to Darwin. The goods are then loaded onto a barge and shipped over the Timor Sea to Kalumburu, the equivalent of two days' steaming.

For the past six years this trip has been sponsored by The Shorelands Group, operators of the barge,

saving the program close to \$3000 a year in additional freight costs. This partnership makes the School Breakfast Program in Kalumburu possible and is valued by both Foodbank WA and Kalumburu School.

*"Thank you for all your support with the wonderful Foodbank Breakfast Club. I cannot express how important this program is for our school and community; you have helped keep many tummies full and brains ticking!"*

– Principal, Kalumburu Remote Community School.



## Breakfast Product to Kalumburu 2015

Thanks to The Shorelands Group, Foodbank WA shipped the following products to Kalumburu Remote Community School in 2015.

| Product  | Equivalent Serves <sup>1</sup> |
|--|--------------------------------|
| Baked Beans                                    | 1,346                          |
| Canned Fruit                                   | 950                            |
| Canned Spaghetti                               | 2,692                          |
| UHT reduced-fat milk                           | 4,320                          |
| Harvey Fresh 100% unsweetened UHT orange juice | 2,400                          |
| Vegemite                                       | 400                            |
| Wheat biscuits                                 | 6,720                          |

1. Serving sizes based on the Australian Guide to Healthy Eating.





# Healthy Food for All

**We believe that fighting hunger involves more than providing a meal in times of need. For many people, poor nutrition stems not from lack of food or access to food, but from lack of knowledge of healthy eating and eating food of low or no nutritional value.**

To help people increase their food security and improve their health outcomes, Foodbank WA developed the Healthy Food For All® Strategy in 2007. This is a comprehensive state-wide, school and community based strategy, which includes the School Breakfast Program and Food Sensations®, a cooking and nutrition education program targeting school children, disengaged adolescents, adults and other health professionals.

Food Sensations, which is provided to schools registered in the School Breakfast Program, is delivered mainly on-site at schools and are attended by students from kindergarten to year 12, teachers and parents. The emphasis on creating a positive and encouraging environment in which

students are taught that healthy foods can be fun, tasty as well as quick and easy to prepare.

Student sessions start with an interactive, hands-on nutrition activity that encourages questions and discussion, with activities tailored to each group. Topics may include the healthy eating plate, sugar content in drinks, and comparing the fat, sugar and salt content between take-away and homemade foods, followed by students preparing and healthy recipes in small groups.

Education is key to building skills and confidence in children and adults and Foodbank WA's Food Sensations program is now helping thousands of people every year to develop the skills they need to prepare healthy meals, make smart food choices and understand the benefits of good nutrition.

## Superhero Foods Resources to the Rescue!

The recently developed Superhero Foods resources were created in response to a TNS Social Research

recommendation highlighting the opportunity to add value to the School Breakfast Program (SBP) experience through the provision of educational resources (O'Donoghue et al., 2010). Working on the basis that simple, everyday foods like beans, broccoli and bananas transform into 'Superhero Foods' when eaten, a series of fun, quirky characters and new resources have been created.

The characters were designed in collaboration with local illustrator Ian Coate and launched on placemats through the SBP in 2014. Their popularity and effectiveness in promoting healthy eating to children, fuelled the development of additional resources. Collector cards and recipe books are currently in limited distribution; with a dedicated website offering curriculum linked lesson plans, Superhero Foods images, posters, recipe booklets and colouring pages and a Superhero Foods storybook on the way for 2016.

The characters have also been incorporated into Food Sensations activities to assist continuity of health messages across the program areas.

# Long Service Recognition

Foodbank WA would like to thank and acknowledge the schools – their staff, volunteers, parents and students - who make it possible to provide a Breakfast Club within their schools to ensure that no child starts their day hungry. Without the commitment, compassion and caring for students shown by our school community, programs like this would simply not be possible. While we pay tribute to all our school partners, we would like to recognise and thank the following schools who have consistently delivered a Breakfast Club within their schools for 10 or more consecutive years.



## 15 Year School Breakfast Clubs

Balga Senior High School  
 Brookman Primary School  
 Cloverdale Primary School  
 Corridors College  
 Dawson Park Primary School  
 East Maddington Primary School  
 Grovelands Primary School  
 Mirrabooka Primary School  
 Northam Senior High School  
 North Lake Senior Campus  
 North Balga Primary School  
 Pingelly Primary School

## 10 Year + School Breakfast Clubs

Albany Secondary Education Support Centre  
 Amaroo Primary School  
 Armadale Senior High School  
 Beachlands Primary School  
 Beckenham Primary School  
 Bentley Primary School  
 Bidyadanga Aboriginal Community  
 Birlirr Ngawiyiwu Catholic School  
 Bluff Point Primary School  
 Bridgetown High School  
 Burringurrah Remote Community School  
 Busselton Senior High School  
 Calista Primary School  
 Cannington Community Education Support Centre  
 Caralee Community School  
 Carey Park Primary School

Challis Community Primary School  
 Clontarf Aboriginal College  
 Coolbellup Community School  
 Craigie Heights Primary School  
 Cyril Jackson Senior Campus  
 Djidi Djidi Aboriginal School  
 Djugerari Remote Community School  
 East Narrogin Primary School  
 Embleton Primary School  
 Fitzroy Valley District High School  
 Fremantle Language Development Centre  
 Gascoyne Junction Remote Community School  
 Geraldton Senior College  
 Goldfields Clontarf Academy  
 Hamilton Senior High School  
 Holland Street School  
 Jigalong Remote Community School  
 John Forrest Secondary College  
 John Willcock College  
 Katanning Primary School  
 Kulkarriya Community School  
 Kununurra District High School  
 Kururrungku Catholic Education Centre  
 Lakeland Senior High School  
 Laverton School  
 Lynwood Senior High School  
 Maidens Park Primary School  
 Meekatharra District High School  
 Melville Senior High School  
 Menzies Community School  
 Midvale Primary School  
 Mirrabooka Senior High School  
 Education Support Centre  
 Moorditj Noongar Community College

Mount Barker Community College  
 Mount Lockyer Primary School  
 Nollamara Primary & Intensive English School  
 Northampton District High School  
 Nulsen Primary School  
 Onslow Primary School  
 Quinns Beach Primary School  
 Rangeway Primary School  
 South Fremantle Senior High School  
 South Hedland Primary School  
 Southern River College  
 Southwell Primary School  
 The Ngaanyatjarra Lands School (Blackstone Campus)  
 The Ngaanyatjarra Lands School (Kiwirrkurra Campus)  
 The Ngaanyatjarra Lands School (Wanarn Campus)  
 The Ngaanyatjarra Lands School (Warakurna Campus)  
 The Ngaanyatjarra Lands School (Wingellina Campus)  
 Tjuntjuntjara Remote Community School  
 Wangkatjungka Remote Community School  
 Warnbro Community High School  
 West Kimberley Clontarf Academy  
 Westminster Junior Primary School  
 Westminster Primary School  
 Wilson Park Primary School  
 Yale Primary School  
 Yule Brook Clontarf Academy  
 Yule Brook College  
 Yuluma Primary School





# About Foodbank WA

## Our Purpose

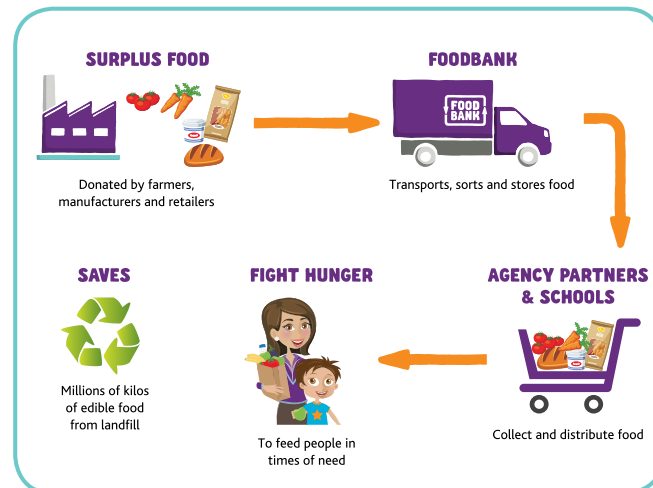
We fight hunger in Western Australia by providing quality food to people in need and by delivering food education that promotes healthy eating.



## Our Model

Foodbank is Western Australia's largest food relief organisation providing over 5.6 million meals a year to people in need.

We work with the food and grocery industry to source surplus and donated product. We also collaborate with industry and government on innovative programs to produce key pantry staples. This enables us to supply over 900 community groups and schools with the provisions they need to fight hunger in the community.



## Who we Help

Foodbank helps more than 51,000 people every month. While this includes traditionally vulnerable groups like seniors, the unemployed and homeless people, our research shows that 74% of the people we help in WA are from low income families. They are not unemployed – they simply don't bring in enough money to make ends meet.

Foodbank WA also provides a range of healthy eating and education programs including the School Breakfast Program and Food Sensations® to build the capacity of children and adults to better take care of their health and wellbeing.

### References: Making a Difference to Young Lives (page 6-7)

Byrne, M., & Anderson, K. (2015). School Breakfast Program :2014 Evaluation Report Perth: Edith Cowan University.  
 O'Donoghue, K., Davies, C., & Balson, T. (2010). Foodbank WA – School Breakfast Program Research. Perth: TNS Social Research.  
 TNS Social Research. (2011). East Pilbara Evaluation: A Marketing Research Report. Perth, Western Australia: TNS.



## PARTNERS

Foodbank WA extends our deepest gratitude to the following partners who make the delivery of Australia's largest School Breakfast Program possible.



Department of Health  
 Department of Education  
 Department of Regional Development



ROYALTIES FOR REGIONS



Foodbank WA would also like to extend our thanks to all the other people and businesses across WA who make the School Breakfast Program possible in their local community. To the teachers, parents and volunteers who set up your Breakfast Clubs week in week out, we pay tribute to your dedication and say a huge **THANK YOU**.



**“More students are requiring access to breakfast, recess and lunch food. We have families living in poverty or on very tight budgets and students frequently come to school without food. Foodbank WA’s School Breakfast Program meets the needs of these increasing numbers of students.”**

School Breakfast Program Coordinator



**FIGHTING HUNGER  
IN AUSTRALIA**

[www.foodbankwa.org.au](http://www.foodbankwa.org.au)

**Foodbank WA Centre for Hunger Relief**

23 Abbott Road  
Perth Airport WA 6105  
Ph: 9258 9277 Fax: 9258 5177  
[wa.info@foodbankwa.org.au](mailto:wa.info@foodbankwa.org.au)

**Albany**

Unit 2a 5-7 Cockburn Road  
Mira Mar Albany WA 6330  
Ph: 9842 6645 Fax: 9842 6645  
[albany@foodbankwa.org.au](mailto:albany@foodbankwa.org.au)

**Bunbury**

5 Clifford Street  
Bunbury WA 6230  
Ph: 9726 2362 Fax: 9726 2363  
[bunbury@foodbankwa.org.au](mailto:bunbury@foodbankwa.org.au)

**Geraldton**

11 Box Street  
Geraldton WA 6530  
Ph: 9964 8011 Fax: 9964 8022  
[geraldton@foodbankwa.org.au](mailto:geraldton@foodbankwa.org.au)

**Peel**

Unit 1, 68 Reserve Drive  
Mandurah WA 6210  
Ph: 9581 9200 Fax: 9581 9211  
[mandurah@foodbankwa.org.au](mailto:mandurah@foodbankwa.org.au)

**Kalgoorlie-Boulder**

175 Forrest Street  
Boulder WA 6432  
Ph: 9093 0284 Fax: 9093 0284  
[kalgoorlie@foodbankwa.org.au](mailto:kalgoorlie@foodbankwa.org.au)

