

# The School Breakfast Clubs Program

How the program aligns with the Achievement Program

*Participating in the School Breakfast Clubs Program can help your school become recognised by the Victorian Government as a healthy school.*

## What is the Achievement Program?

The Achievement Program is a free Victorian Government initiative that helps schools create healthier environments that benefit children, staff and families. All members are supported to meet a set of benchmarks addressing key health areas, which complement the health messages outlined in the health and physical education curriculum.

The Program is aligned with international best-practice and based on the World Health Organisation's model for health promoting schools.

## How do the two programs align?

By providing students with a variety of healthy breakfast and lunch foods, and providing a safe and social environment for students to interact and enjoy a meal, you are already on the way to being recognised for the Achievement Program's Healthy Eating and Oral Health, and Mental Health and Wellbeing health areas.



Your school's involvement in the School Breakfast Clubs Program can help you meet many of the Achievement Program's benchmarks for Healthy Eating and Oral Health and Mental Health and Wellbeing.

### HEALTHY EATING AND ORAL HEALTH

Achievement Program benchmarks	Example of how the School Breakfast Clubs Program can support
<b>Healthy physical environment</b>	
We promote healthy food and drinks and discourage discretionary food and drinks for snacks and lunches.	The School Breakfast Clubs Program menu items have been assessed by the Healthy Eating Advisory Service FoodChecker to ensure they comply with the 'Canteens, Healthy Eating and Other Food Services' policy. Promoting these products can help your school community make healthy choices, rather than opting for discretionary food and drinks.
We support students to develop a positive relationship with food through the provision of inviting spaces and sufficient time to eat.	
All school provided food and drinks comply with the 'Canteens, Healthy Eating and Other Food Services' policy as assessed by the Healthy Eating Advisory Service FoodChecker.	
	The program encourages schools to create an environment where students can sit down with their peers and eat a healthy breakfast together in a social, informal environment prior to starting school.

<b>Healthy culture</b>	
Our staff and visitors role model healthy eating and promote a healthy relationship with food.	<p>Breakfast Club is a regular event that can offer all students a healthy breakfast in the morning.</p> <p>The School Breakfast Clubs Program encourages and provides opportunity for staff, volunteers and occasionally parents to eat breakfast with students so they can model healthy eating.</p> <p>The School Breakfast Clubs Program provides an opportunity to incorporate healthy food options into school events and celebrations, or include Breakfast Club in other health focussed school initiatives.</p>
Our celebrations and events promote healthy food and drink options and limit discretionary options.	
<b>Student teaching and learning</b>	
We use a variety of cooking and food experiences that support students to develop skills and positive habits relating to food.	<p>The School Breakfast Clubs Program offers a range of healthy menu items, providing schools with flexibility in how they deliver Breakfast Club. This also provides opportunities for students to learn positive eating habits by choosing healthy foods from the program menu, in a safe and secure social environment.</p> <p>Breakfast Club is also an opportunity for students to learn about healthy food in a practical setting.</p> <p>The School Breakfast Clubs Program encourages schools to engage students in the design and implementation of Breakfast Club. This can range from students having a say in what is offered at Breakfast Club, the way in which it is delivered, through to volunteering at Breakfast Club in the mornings.</p>
We involve children in the design and implementation of healthy eating and oral health initiatives and encourage students to contribute their ideas about student-led learning opportunities.	
<b>Families and community partnerships</b>	
We actively engage families and the wider community in healthy eating and oral health initiatives.	<p>The School Breakfast Clubs Program encourages and provides resources to support schools to involve parents and the wider community in the coordination and delivery of Breakfast Club.</p> <p>Resources are available to assist with promoting the benefits of Breakfast Club to parents and the wider community, through channels such as the school's newsletter or social media.</p> <p>The School Breakfast Clubs Program is delivered by Foodbank Victoria, whose mission is to make healthy food accessible to all Victorians. Foodbank Victoria, in partnership with Department of Education, works with the Healthy Eating Advisory Service and the Cancer Council Victoria Achievement Program to further support healthy eating in schools.</p>
We provide healthy eating and oral health information to families and the wider community.	
We partner with relevant organisations to support our healthy eating and oral health practices as appropriate.	

<b>MENTAL HEALTH AND WELLBEING</b>	
<b>Achievement Program benchmarks</b>	<b>Example of how the School Breakfast Club can support</b>
<b>Healthy culture</b>	
Our school is welcoming and inclusive of all community members and aims to create a sense of belonging and connectedness.	<p>The School Breakfast Clubs Program supports schools to offer a safe, respectful program that is inclusive and supportive of all students.</p> <p>Breakfast Club is open to all students and provides an opportunity to:</p>
We promote a culture of respect, fairness and equity.	

<p>We actively develop and maintain warm, responsive and trusting relationships between students, staff and families.</p>	<ul style="list-style-type: none"> <li>- Create an inclusive environment that allows students, staff, community members and parents to come together in an informal, welcoming and warm environment</li> </ul>
<p>Our staff model respectful interactions with each other and to students and families.</p>	<ul style="list-style-type: none"> <li>- Staff to model respectful interactions in regard to sharing food, using respectful manners and having informal conversations with students and families</li> <li>- Be inclusive of parents and the wider community with the coordination and delivery of Breakfast Club.</li> <li>- Incorporate Breakfast Club into school wide events and celebrations that promote inclusivity within the school community (e.g. cultural events, school celebrations).</li> </ul>
<p><b>Student teaching and learning</b></p>	
<p>We support students to learn about and care for their own mental health and wellbeing.</p>	<p>The School Breakfast Clubs Program encourages healthy eating, which is proven to foster better mental health and wellbeing.</p>
<p>We guide students to develop and practice social and emotional skills.</p>	<p>The School Breakfast Clubs Program provides the opportunity to guide students to practice their social skills with staff and other students while eating together in an informal setting.</p>
<p>We ensure staff can recognise and respond appropriately when students or others need help with their mental health.</p>	<p>Breakfast Club brings students together and provides an opportunity for wellbeing and other staff to check in on student's wellbeing at the beginning of the day.</p>
<p><b>Families and community partnerships</b></p>	
<p>We actively include families and the wider community in mental health and wellbeing initiatives.</p>	<p>Breakfast Clubs that involve parents and the wider community support the idea of fostering better mental health and wellbeing among students, while strengthening the sense of community within the school.</p>
<p>We partner with relevant organisations and cultural groups to support our mental health and wellbeing practices and have identified agencies to support families as appropriate.</p>	<p>The School Breakfast Clubs Program is a program designed by Foodbank Victoria that aims to address food insecurity in the school setting. It also provides schools with an opportunity to strengthen their community partnerships, by involving parents and local organisations (e.g. community groups/organisations, local businesses) in the promotion and delivery of Breakfast Club.</p>