

HEALTHY BREAKFAST CLUB

HEALTHY BODIES HEALTHY MINDS

OUR SPONSORS:

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- Golden Light Spiritualist Church
- H & N Perry
- Mandurah Murray Mayday Club
- Mandurah Rotary Club
- Mayor Paddi Creevey
- Peel Foodbank
- Staff of Dept for Community Development
- Staff of Peel Development Commission
- Staff of the City of Mandurah
- Variety Club of WA

Donations \$2 and over to Programs run by WestAus Crisis & Welfare Services including the Healthy Breakfast Club are tax deductible



A MESSAGE FROM THE HBC PATRON, MR JOHN PERRY

What a great pleasure it was to join the 60 Healthy Breakfast Club volunteers at their annual Christmas luncheon held at the Jolly Frog restaurant.

How rewarding it was to mingle with many of them and to hear the very positive experiences they have had through being a Healthy Breakfast Club volunteer.

There is no doubt that this dedicated group of people are the very backbone of the Healthy Breakfast Club and without them we would not be able to continue to provide this vital community service.

My sincere thanks to you all!!!

As we continue with the provision of this year's Healthy Breakfast Club, it is important to remember the significant benefits that the Healthy Breakfast Club provides:

- A reduction in absenteeism and improved punctuality.
- Increased attention spans and concentration leading to improved academic outcomes.
- Improved social skills and less aggressive behaviour in the classroom and school grounds
- Improved dietary intake of students attending the Healthy Breakfast Club.

Let's all get behind WestAus Crisis and Welfare Services and the Healthy Breakfast Club to ensure that they continue to be able to deliver their healthy breakfasts throughout Mandurah and the Peel region.

John Perry



A program of WestAus Crisis & Welfare Services Inc.

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PINJARRA PRIMARY SCHOOL NEWS

In July 2003 Pinjarra Primary School was fortunate enough to be able to start a Healthy Breakfast Club. We began by offering breakfast on Tuesdays and Fridays but have moved to a third timeslot of a Thursday since Term Two 2006.



Susan Tate serves Chris Renon while Kate McCarthy looks on at Pinjarra Healthy Breakfast Club

Each child wishing to participate must have a form completed by their parent to ensure the safety of the child from food allergies. Children are welcome from 7.45 am and are offered fresh fruit, Milo, toast and on

Tuesdays we serve poached eggs on toast which is always our most popular day.

Staff no longer have to share their morning tea and lunches and on the non-breakfast days a sandwich can be made from the available food. The breakfasts are open to our whole student population and we know that children are able to function better when they have had a meal to provide the energy for their day.

We have noticed our greatest benefit for children to be their improved socialization. Children who otherwise might have difficulty mixing and socializing, willingly arrive at breakfast, sit and eat toast and talk to others for up to an hour. This then gives the students a greater friendship base and the confidence to approach others.

Our volunteers are invaluable – without them we could not run the program. We are pleased to have the opportunity to have this program in our school.

Margaret Boulger
Deputy Principal, Pinjarra Primary School

ANOTHER FIRST FOR THE HEALTHY BREAKFAST CLUB

We were really pleased during the last school term of 2006 to introduce the Healthy Breakfast Club into our first High School.

Coodanup Community College recognized that a number of their students were attending school without having had breakfast and they asked us if we could introduce the Healthy Breakfast Club to their school.

Whilst doing so put some strain on our financial resources we were happy to grasp the opportunity to commence operations at a High School for the first time, all our other schools being Primary Schools.

With the strong support of Vance Bryan (Student Services Manager) and David Woods (School Chaplain) we now provide breakfasts two days per week to an average number of 30 students per day.

We are especially grateful to the staff of the Coodanup Community College who roster themselves on to provide the breakfasts, and through this process they are able to interact with their students at a different level and improve their rapport with them.

NUTRITIONIST VISIT A HUGE SUCCESS

One of the major aims of the Healthy Breakfast Club's operations is to educate parents to understand the importance of providing their children with a nutritious breakfast, thus giving them a healthy start to their school day.

As part of this process, during November last year, we invited Mandurah based nutritionist Rachael McKeown to talk to a number of parents who attended a morning assembly at Dudley Park Primary School.

The fifteen parents who attended were so enthusiastic and keen to learn more that the educative session ran well over time as Rachael answered numerous questions asked by the parents.

It is through these educative sessions that we hope we will reduce the number of children who rely on our Healthy Breakfast Club for their first meal of the day and we will be conducting these talks in other schools throughout 2007.



The Little Nippers Breakfast at Halls Head Community Centre (far left)



Brekky Bekky with Dudley Park Principal Ashley King (left)

Brekky Bekky at the Centro Mandurah Christmas Breakfast



Always wanted to be a volunteer but don't know where to start?

Phone 9582 9920 to be a Healthy Breakfast Club Volunteer