They say “Breakfast is the most important meal of the day”. I agree. A good breakfast fuels your body and gets you ready for the start of the day.

Those who eat breakfast have more energy, will do better at school and eat healthier throughout the day as they won’t snack on junk food. Without breakfast you will become restless, irritable and tired.

So here at Breakfast Club, teachers and parents are here to promote the importance of breakfast. Our breakfast will consist of cereal, toast, juice, fruit and a warm meal. We also provide the students with a social atmosphere while listening to music.

If you are interested of becoming a member please contact the office for further details.
I have enjoyed breakfast club because whenever I go. Everyone is so nice including the parents and the teachers. I have also enjoyed Breakfast Club because the food is delicious but my favourite is the pancakes. I hope that more and more people come in Term 3. Tamlyn Grade 6

I like Breakfast Club because I have all the different options of food to choose from. One of my favourite breakfasts was Nutrigrain and pancakes. If Breakfast Club is on next term I will definitely come!!

I like Breakfast Club because the food is good that’s why I come. I love the Nutrigrain and pancakes.

Amber 1/2