



**PARKSIDE COMMUNITY
PRIMARY SCHOOL**

BREAKFAST CLUB

Monday – Friday

8.10 – 8.30 am



Did you know that breakfast is the most important meal of the day?

- Eating breakfast fuels not only the body, but the brain.
- Improves concentration and productivity throughout the day.
- Having breakfast can influence better memory.
- Breakfast in a school environment gives children more room for developing social skills with their peers.



Available for all year groups!

What do we offer?

- A variety of cereals
- Toast
- Fruit
- Orange juice
- Milk



“I’ll eat some breakfast, and then change the world!”

- Hairspray