

Family Breakfast Summary 2020

KS3 students start each morning with special time together enjoying 'Family Breakfast'. The students sit with their peers and form tutor sharing food, conversation and appreciating acts of kindness. Free bagels are provided for those who want them, allowing students to have the energy and brainpower they need to achieve their best in the day ahead.

Family breakfast is about more than just food. 'Home rooms' become a sanctuary for students, a place of belonging where they are nurtured and there is a sense of camaraderie and friendship. More than that, students are taught good manners and how to engage in wide-ranging conversation. Topics discussed include morals, history, current affairs and the joys of reading. It also provides an ideal opportunity to embed school values, teach SMSC (spiritual, moral, social and cultural education), raise awareness of Fundamental British Values and we also keep students well informed and safe with topics relating to safeguarding.

Each morning ends with 'acts of kindness' where the students take time to appreciate each other and say 'thank you'. This teaches them to be helpful and to have gratitude.

Family Breakfast is one of the ways in which we aim to create well-rounded citizens with the confidence to speak publicly, to be well-mannered, grateful and kind and to improve their cultural awareness.

Some of the topics discussed include:

- Healthy eating
- Mental health
- Covid restrictions and how to deal with them
- Remembrance
- Black History Month and diversity
- Democracy and student leadership
- The American Election