Communications pack | National Schools Breakfast Week

This document provides text you can use for newsletters, your website and on social media to highlight that you are taking part in National Schools Breakfast Week. There are also accompanying images that you can use.

We would love to hear about what you are doing for the Week so please do tag us on social media (British Nutrition Foundation/ @NutritionOrgUK) and use the hashtag #BreakfastWeek.

Website

We will be taking part in National Schools Breakfast Week, 9-13 September, to raise awareness of the importance of healthy breakfasts and to help our pupils have a great start to the day. The Week is organised by leading nutrition charity, the British Nutrition Foundation.

Studies show that healthy breakfasts can benefit children's health and learning. But many school-aged children skip breakfast. Missing out on a nutritious breakfast can make it harder for children and young people to get enough of the nutrients they need.

During the week we will be [add details of activities]

For more information about the Week go to www.nutrition.org.uk/national-schools-breakfast-week

External newsletter

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During the week we will be [add details of activities]

The British Nutrition Foundation have produced a factsheet for parents [add link to primary or secondary factsheet as appropriate] as well as the Good Breakfast Guide with more information about the importance of healthy breakfasts.

For more information about the Week go to www.nutrition.org.uk/national-schools-breakfast-week

Internal Newsletter

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The British Nutrition Foundation have produced a number of resources to support the week available here www.nutrition.org.uk/national-schools-breakfast-week including:

- A planning guide
- Parent factsheets
- Poster
- Recipes and activities

During the week we will be [add details of activities]

Please contact [add details of appropriate contact in school] for more information.

Social media

Twitter

From 9-13 September we will be taking part in National Schools Breakfast Week. Healthy breakfasts are important for children and young people. We are helping to raise awareness and give our pupils the best start to their day. @NutritionOrgUK #BreakfastWeek www.nutrition.org.uk/national-schools-breakfast-week

Facebook

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Instagram

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LinkedIn

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