

Free breakfast for all at Jubilee L.E.A.D. Academy



Building
stronger
families



Jubilee has joined together with the 'Magic Breakfast' a charity dedicated to providing nutritious breakfasts to children as fuel for learning.

Pupils at Jubilee L.E.A.D. Academy will be offered a free bagel each morning when they arrive to class.

Why is breakfast important?

Eating a healthy breakfast before starting the school day is linked to:

- ✓ Improved concentration
- ✓ Better test scores as it enhances memory
- ✓ Increased energy and improved physical health
- ✓ A higher intake of vitamins and minerals and better eating habits through the day
- ✓ A healthier body weight and better mental health.

Breakfast is especially important for young pupils whose brains use up about half the body's energy.