

2022 Results

Monitoring & Measurement Survey

**magic
breakfast**
fuel for learning

Scotland

**32 SCHOOLS IN
SCOTLAND WERE
SUPPORTED BY
MAGIC BREAKFAST
AT THE TIME OF
THE SURVEY**

**91% OF SCHOOLS
HAVE SEEN THE
NUMBER OF
CHILDREN
EXPERIENCING
POVERTY
INCREASE OVER
THE PAST YEAR**

**MAGIC BREAKFAST
WORKS WITH
SCOTTISH
SCHOOLS WITH
OVER 40% OF
PUPILS IN DECILES
1 TO 4 OF SIMD
OR OVER 35%
PUPIL ELIGIBILITY
FOR FREE SCHOOL
MEALS (FSM).**

SURVEY PARTICIPATION

32 schools in Scotland are currently supported by Magic Breakfast, 72% of which completed the M&M survey.

THE ENVIRONMENT

76% of respondent schools believe that child hunger has increased in their school communities since 2021. 100% of schools considered the increased cost of living to be a factor driving poverty and hunger, while many also cited the COVID pandemic and the removal of the £20 uplift in universal credit as important contributors.

TARGETING PROVISION

Many schools target breakfast provision to pupils who are at risk of hunger, from families experiencing financial hardship, in SIMD bands 1-4, eligible for FSM, in need of additional mental health support and/or struggle with lateness or attendance. Other schools who do not target and, instead, take a universal approach to breakfast, found that this enabled them to avoid stigma.

**AN AVERAGE OF
32% OF THE
SCHOOL ROLL IS
ENJOYING A
MAGIC BREAKFAST
EVERY SCHOOL
DAY**

**96% OF TEACHERS
AGREE THAT
BREAKFAST
PROVISION HAS
IMPACTED
POSITIVELY ON
PUPIL'S
EDUCATIONAL
ATTAINMENT**

**100% OF
TEACHERS HAVE
SEEN THE POSITIVE
IMPACT OF OUR
BREAKFASTS ON
PUPIL'S
CONCENTRATION,
ENERGY LEVELS
AND READINESS
TO LEARN.**

BREAKFAST UPTAKE

On average, 118 pupils per school are using breakfast provision, up 12% since 2021. 46.5% of these children and young people attend a breakfast club, while 24.5% benefit from the Grab & Go model and 16.4% eat in their classroom. 74% of schools employ more than one model in operation, with 83% running breakfast clubs, 48% offering Grab & Go provision, 48% making late provision available and 39% offering breakfast in the classroom.

IMPACT

Every one of our participating schools has seen a positive impact on students' concentration, energy levels and readiness to learn. The vast majority of schools also cited improved attendance, punctuality, behaviour and social skills as tangible benefits of breakfast provision, as well as positive influences on mental wellbeing and physical health.

87% felt that breakfast provision was positively impacting pressure on families' budgets and 43% said that it enabled parents access to more work opportunities.

Some schools also shared that they have successfully used the time to help pupils complete homework or study for tests, and others remarked that they had been seeing improved relationships between parent and school, as well as between pupils and staff.

"MY DAY IS MADE AFTER I HAVE HAD MY BREAKFAST, I'M ABLE TO PERFORM BETTER AT PE - MY FAVOURITE SUBJECT."

-STUDENT AT A MAGIC BREAKFAST SCHOOL

"PUPILS ARE NO LONGER WAITING UNTIL LUNCH FOR SOMETHING TO EAT."

-TEACHER AT A MAGIC BREAKFAST SCHOOL

"THERE IS NO STIGMA ATTACHED TO ASKING FOR A BAGEL IN THE MORNING AND THIS HAS HELPED OPEN THE CONVERSATION ABOUT HUNGER AND POVERTY AND HAS ALLOWED OUR CHILDREN TO SHARE THEIR STORIES OF THEIR OWN EXPERIENCES. CHILDREN ARE NOW MORE ABLE TO ASK FOR ADDITIONAL SUPPORT."

-TEACHER AT A MAGIC BREAKFAST SCHOOL