

School Breakfast Provision and Building Opportunity

Magic Breakfast is the UK's leading school breakfast charity, making a difference to over 350,000 children and young people by partnering with schools to provide breakfasts and expert advice across Scotland and England. Currently, over 7% of young Scots can access a "magic" breakfast every school morning supporting educational equity, reducing barriers to learning, and delivering for busy families. Our mission is to ensure that every child and young person in Scotland is nourished, empowered, and able to thrive.

As Scotland enters the Seventh Session of Parliament, the **commitment to universal breakfast provision in all primary and special schools by August 2027 is an opportunity that goes beyond food**. Every morning, before the first lesson begins, schools will now be able to create environments where children and young people can **build confidence, develop skills, strengthen relationships and participate fully in school life**.



Across Scotland, schools are already demonstrating that breakfast provision can be a platform for enrichment and personal development. And when delivered well, school breakfast provision can be more than just a way to prepare children and young people to learn. **It can be about creating daily opportunities for them to develop confidence, build relationships, gain new skills, and discover what they are capable of.**

Scotland's most accessible enrichment opportunity

Enrichment is often associated with activities such as sport, youth work, volunteering, arts, and culture. Yet enrichment is not defined by the activity itself. It's about helping children and young people develop confidence, skills, relationships and a sense of self beyond the formal curriculum. School breakfast provision creates opportunities for this every single school day.

Scottish Magic Breakfast partner schools tell us through our [Annual Breakfast Survey](#) that breakfast provision contributes to wider personal enrichment and social development:

- **86%** of primary schools and **92%** of secondary schools report **positive impacts on social skills**
- **71%** of partner schools report **positive impacts on life skills**
- **81%** of primary schools report **positive impacts on behaviour**

These outcomes reflect **children and young people developing confidence, communication skills, resilience, independence, teamwork, and leadership** in a familiar and supportive environment.

Developing practical skills at the school breakfast club

At Saltersgate School, an **all-through special school** in Midlothian, breakfast provision is embedded within wider learning, enrichment, and development. Pupils learn practical life skills by **preparing food, making choices, using cutlery, and washing dishes after breakfast**. Some take on dedicated **Breakfast Monitor roles**, helping organise and distribute food while developing **confidence and communication skills**.

Older pupils participate in **café-style breakfast provision** that helps build **teamwork and employability skills**. Communication boards are used to support non-verbal pupils, creating opportunities for **interaction and choice**.

The result has been **a breakfast environment that develops Saltersgate pupils' practical skills alongside their overall wellbeing** having access to a nourishing breakfast every school morning.

Unlike many enrichment opportunities, breakfast provision takes place at the start of the school day. This means it can reach children and young people who may not participate in after school activities due to transport difficulties, caring responsibilities, financial barriers, or competing commitments. In this way, school breakfast provision helps to ensure that opportunities for personal development are not reserved for those most able to access them.

Building the skills Scotland needs



Universal school breakfast provision can support the skills development and progression critical for future employment opportunities. Scottish Magic Breakfast partner schools are transforming breakfast clubs into hubs for:

Leadership & volunteering

Pupils take on roles like **Breakfast Champions** and **Breakfast Monitors**, earning **Saltire Awards** and building teamwork and responsibility. These roles develop confidence, communication, and organisational skills that children and young people need to thrive.

STEM & digital skills

Breakfast sessions can include **maths and science challenges**, **coding activities**, and **problem-solving tasks**, linking classroom learning to real-world applications.

Community learning & development

Breakfast clubs provide **spaces for youth workers** and **peer mentoring**. They foster social skills, emotional regulation, and resilience – all key for progression into work or further study.

Workplace simulation

Café-style service and **stock management** mimic **real workplace environments**. Pupils learn **customer service**, **food hygiene**, and **time management**, skills transferable to the hospitality and retail sectors.

Qualifications & accreditation

Breakfast volunteering can contribute to **QS Personal Development Awards** and other employability frameworks. These experiences **help pupils build CVs** and **prepare for apprenticeships**, further study, training, and the world of work.

Investing in Scotland's future



Scotland's commitment to universal school breakfast provision can do more than provide food before the school day begins. It can create **daily opportunities for enrichment, participation, and skills development at scale**. Across Scotland, schools are already using breakfast provision to build confidence, develop leadership skills, encourage volunteering and create a greater sense of belonging. **These experiences help children and young people develop the skills and aspirations that support future success.**

As Parliament looks to support Scotland's future workforce and ensure every child can fulfil their potential, we are therefore calling on MSPs to support our three-point plan by:

- Ensuring the Scottish Government delivers its commitment to provide universal school breakfast provision for all primary and special schools from August 2027.
- Scrutinising the delivery of the Scottish Government's commitment by drawing on the experiences of children and young people, schools and local communities to deliver effective and workable national guidance for all communities.
- Working with the Scottish Government to ensure national school breakfast provision is fully aligned with the United Nations Convention on the Rights of the Child (UNCRC).

If you would like to get in touch or learn more about our work, please don't hesitate to reach out to our Scotland team:

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