

magic
breakfast
fuel for learning

THE MAGIC OF BREAKFAST

Magic Makers
Volunteer briefing



What does **Magic Breakfast** do?

We work to ensure that no child or young person in the UK starts the day too hungry to learn.

We deliver **healthy breakfast foods** to the school gates and **engage school communities** to reach those who need it most.

We push for **long-term change** through our **campaigning, advocacy, and research** work. We engage with governments, decision makers and the public to ensure our message is heard and action is taken.



What is **Magic Makers**?

- Magic Makers is our wonderful winter programme, in which companies purchase a set of enrichment activities and then join one of our partner schools to share them with the students.
- The presents are all chosen by the school to either enrich breakfast provision, library provision, or an extracurricular club. All presents stay at school.
- The event usually takes place either at breakfast club or in a classroom, and it normally takes place between 8am-9am, though timings might differ, especially in secondary schools.
- Primary schools – student age can range between 5-11.
- Secondary schools – students are 11-12 years old.



What are the benefits of enrichment at breakfast?

Having games and activities at breakfast:

- Gives students the chance to play with friends, releasing energy before lessons start
- Creates a welcoming atmosphere that helps build trust between staff and students
- Allows children and young people to play with toys and games they might not normally have the chance to
- Helps children make new friends
- **Makes breakfast somewhere students want to be**



Activities increase attendance at breakfast!

Two thirds (67%) of schools said that reading and arts and crafts helped increase the number of children eating breakfast.

This rises to **three quarters (76%)** of schools for board games and puzzles!

Preparing for your event



The setting

What is your favourite breakfast?

You will be joining the children either in their breakfast club or a classroom.
Please, think in advance how to build rapport with them.

You could:

- Bring conversation starters and think about how you would answer them (Appendix 1 of this briefing)
- Offer to help serve breakfast where relevant
- Organise a Christmas game with your colleagues (e.g., Pin the Nose on Rudolph)
- Get creative – print a large poster of something to do with your work and colour it in with the students

What do you think food will look like in 150 years?



If you were a food, what food would you be?

Dos and don'ts

Engaging with the children



Don'ts

- Don't ask about "the holidays." Maybe ask about a fun thing they've done recently instead.
- Don't use the terms Mum/Dad/Parents as this can open difficult conversations. In general, try to avoid talking about families/home life as you won't know the circumstances at home.
- Don't point out if a child is sat on their own. Ask to join them and engage in conversation instead.
- Don't huddle together with other adults as this can be intimidating for the children.
- Don't offer advice to the school or point out improvements – that is the role of the engagement partner (please feed relevant information back to us).

Dos

- Say hello with a smile, introduce yourself and use positive body language.
- Move around the room and have chats with groups or individual children.
- Say why you are visiting and mention you've heard how great their breakfast club is and that you wanted to come and see the lovely things they do.
- Speak to the staff, as they will give you a true indication of the impact of breakfast in school.
- Thank the children for letting you be part of their day, and to the staff for their efforts. If you have noticed something good, then please let them and us know.
- Take part in any sport or wake-up shake-up activity.

Logistics

BEFORE THE EVENT



- Make sure the event is **in your diary**.
- **Check the journey** for a similar time as when you will be traveling (e.g., 9am).
- The arrival time we give you is **15 minutes before the start** of the event. This will give you time to sign up at reception, familiarize yourself with the school, and receive a safeguarding briefing.

THE GIFTS



- **Wrap them up** unless the school has asked otherwise.
- **Label the presents** (**age** and **gender** – you can write '**everyone**' if everyone is likely to enjoy them).
- Include **batteries** if any gifts require them.

FOOD



- You might be able to have breakfast with the children. If you bring any **food for yourself**, please make sure there are **NO NUTS** in it.
- You are welcome to bring **goodies** for the students if you would like to, but you must contact the school in advance to check what you can bring.

ON THE DAY



- Arrive at the **main school gate** and buzz the intercom.
- Reception will invite you to come in and **sign up through the attendance system**.
- **Bring ID** with you (it can be work or personal ID).

Safeguarding

Safeguarding means protecting children and vulnerable adults' health, wellbeing, and human rights, and enabling them to live free from harm, abuse, and neglect. It is a responsibility for all of us.



Safeguarding

Who does it protect?

- ✓ Children – we have a legal and moral responsibility to safeguard children.
- ✓ Adults – the policies are there to protect us, too.





The safeguarding process

Recognize

If you notice something that **doesn't feel or look right, don't ignore it**. This happens incredibly rarely, but it is a possibility, and you might be able to make a real difference to a young person's life.



Respond

If you spot something: Don't investigate or ask questions. Take note and find the earliest opportunity to speak to a member of staff at the school.

If a child makes a disclosure: If a child shares something with you of their own volition, stay calm and open-minded. Listen to them but don't ask more questions to investigate.

Thank the child for trusting you and reassure them that they have done the right thing and that you will share this only with adults who need to know.
Never promise to keep what they have told you, a secret.

Report

You must report anything that doesn't feel or look right, **before you leave the school**. If it's appropriate, tell a member of staff during the event. Otherwise, stop at reception on your way out and ask to speak to the **Safeguarding Lead**.

Try to focus on the facts when reporting, and not add your own assumptions or conclusions.

Once everything has been reported to the school, please email volunteer@magicbreakfast.com about the incident. Please, **only share non-confidential information with Magic Breakfast** (no child names or other identifying information).

Safeguarding rules

Photography

- **Our photography.** Several events will be attended by our photographer. We will share a bank of photos with you from those events.
- **School photos.** Some schools will take their own photos - please liaise with them directly about access.
- **Do not take any of your own photos with children** in the background. You can take photos of yourselves as long as no children or sensitive information are visible.

It is dangerous to take photos of children without photo consent gathered in advance of the event.

Safeguarding DOs

- **Always follow the safeguarding rules of your school** – you will receive a briefing at the start of the event.
- **If you want to report something after the event.** If you want to report something after the event has finished, please call the school and ask to speak to the Safeguarding Lead and email volunteer@magicbreakfast.com.
- **Reach out to Magic Breakfast if you are unsure about anything.** We are always here to chat and genuinely care about everyone's physical and emotional safety. We are here to offer guidance and advice if you need it.

Safeguarding DON'Ts

- **No phones (school rule changes).** Please, don't have your phone out when children are present in the room – it's a good opportunity to switch off!
- **Your conversations with other adults.** Don't discuss sensitive topics with the other adults if there is a possibility that a child or young person overhears.
- **Don't spend any time alone with a child or young person.** You must always be accompanied by a school member of staff at the school, even if you have a DBS check. This is to protect both the children and yourself.

Troubleshooting



Troubleshooting

You can no longer attend

This is an incredibly meaningful event for the school and the students. Staff prepare for weeks in advance.

Therefore, we want to **avoid cancellations at all costs**. Please, make sure that you can attend before committing to this project.

If you have signed up for the visit, but then have to cancel it, **we expect you to still purchase the presents and post them to the school** by the date when the event is scheduled to take place.

The students are feeling shy

Shyness isn't something you need to fix! The students can feel a bit shy and still have a wonderful time 😊

We recommend the conversation starters in Appendix 1 as a fun way to engage the shyer students. Colouring together and doing other quiet tasks works well, too.

Just be friendly and smile – it's all the students need to remember this fondly.

You are feeling shy

That's allowed, too! You don't need to be cracking jokes every minute in order to connect with the students.

You can pick a quieter activity. You're welcome to bring some age-appropriate colouring sheets such as [these ones](#) – it's always great to have a shared activity together 😊

A huge thank you

From Magic Breakfast and our partner schools for taking part in this event.



“ Thank you so much for making this happen and for speaking with all of the pupils! It made for a really connecting and warm moment for us all! ”
Teacher, Winton Primary School

“ Thank you so much. This was a wonderful event. ”
Teacher, Edith Neville Primary School



“ We are incredibly grateful to have taken part, and the gifts will have an incredible impact on our Breakfast Club pupils. ”
Teacher, Royal Mile Primary School



Appendix 1 – icebreaker questions you can print for the students



Pick a question – you have 40 seconds to answer!

If you were a food, what food would you be? Why?
What do you think food will look and taste like in 150 years?
What is your favourite breakfast?
What is one food you would NEVER eat for breakfast?
What is your favourite comfort food when you've had a long day?
What is your favourite combination of foods that not everyone understands?
If you had your own restaurant, what would you name it?
Is cereal soup?
Pineapple on pizza – yes or no?
What's better – sweet or savoury?

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