



MGO/JBI  
14 October 2022

Dear Blaise Families,

At Blaise High School, we are committed to providing students with the best possible opportunities to succeed in their learning every single day. We are committed to removing any and all barriers that will hinder our children's climb up their own personal mountains to the very best universities or real alternatives.

We know that a healthy breakfast is of real benefit to students' wellbeing and learning. In fact, research from the University of Leeds found that eating breakfast:

- Improves cognitive function, particularly memory, attention, and executive function
- Improves academic performance, including school grades and achievement test scores
- Increases on-task behaviour in the classroom

To ensure the cost of living crisis does not limit the learning for our students **we are delighted to invite all students to receive a free breakfast** of a bagel and porridge **every morning** starting from Monday 17th October. We hope that this will enable all students to put their best foot forward and climb their personal mountain to the very best Universities in the country or genuine alternatives.

Students will be welcomed into the Dining Hall from 8am and will be able to eat their breakfast, before moving to line-up at 8.30.

We look forward to sharing more information with you about the success of this initiative.

Yours faithfully,

**Mr M Gillett**  
Associate Assistant Headteacher

