

## The Gap Club Breakfast and After School Club at Wraysbury Primary School

### About our Breakfast Club

#### Get Ready!

Our Breakfast Clubs ensure that the children **start their day** in the right way. Our healthy, balanced and **nutritious breakfast** is coupled with our engaging yet **calm and mindful** environment to ensure that the children are energised and **ready** for their busy day ahead at school.

We provide an array of breakfast items to choose from including cereals, bread items such as toast, crumpets and croissants, yoghurts, fresh fruit, porridge, soft boiled eggs and cereal bars as well as milk, water and fresh fruit juice. Our **breakfasts** are a **social** occasion for our children as well as actively **supporting independence** as the children **make their own breakfast** choices and serve themselves with support from our staff.

#### Get Set!

Within our environment, we ensure that there are a **range of activities and zones** for the children to freely navigate once they have finished their breakfast. Within the session we also incorporate **mindfulness** activities and **physical** activities to get the brain and body in a ready and active **mindset** for school.

#### Go!

We work with our schools to agree a handover point for our shared children to ensure that they arrive at their classrooms safely and are ready to **Go**.

### About Our After School Clubs

Our After School Clubs open at the end of the school day and close at 6.00pm. We have a variety of sessions available to support families with childcare requirements and accept children from Early Years and upward.

On-site our setting play zones ensure that there is something on offer for everyone. We allow children to be both independent and join in with our session activities led by our experienced team of staff. All our staff are DBS checked and have relevant training and qualifications to ensure that they provide high quality, personalised care to our children.

We fully understand and appreciate that when children finish their school day, they may want to partake in a variety of different activities from:

- simply relaxing with their friends
- completing a mindfulness activity to help them unwind
- engaging in an active game to help them let off steam and have fun

Our clubs provide our children with many different activities and zones from:

- cooking, arts and crafts and sensory play to gardening,
- role play, homework areas and large junk modelling and construction zones.

We also fill the gap between lunch and dinner by providing a healthy balanced snack every day. This is made up of fruit, vegetables and a form of carbohydrate such as flatbreads, pasta, wraps or beans on toast. Our snack time is a key part of our daily routine and provides a social occasion for the children and staff to share news, interests and many other interesting conversations. This time is as independent for the children as possible to support the development of their life skills such as making their own choices, spreading, cutting and even washing up!