

# Best Start to the Day Club

## What is it?

Best start to the day is a group founded on evidence-based nurturing principles. The group runs every Monday morning for a small group of learners. Learners have the opportunity to access breakfast in a small and friendly group with the aim to return to class-based breakfast club after one term. We have the opportunity to “purchase” items from our breakfast shop, allowing learners to try different breakfast foods and develop life skills such as Money. Learners develop friendships and build social, emotional and communication skills. These skills can be transferred into their everyday lives, helping to develop resilience and strength and their capacity to deal more confidently with the trials and tribulations of life. At the end of the session, we play a game involving taking turns and chatting to each other. This helps learners to develop social and emotional skills to develop friendships with their peers.

## What are the key principles?

There are 6 key principles to nurture:

- **Pupils learning is understood developmentally** – activities are chosen based on the development stages of each learner
- **The classroom offers a safe base** – the same classroom is used every week to enable learners to feel safe and familiar.
- **The importance of nurture for the development of wellbeing** – learners enjoy talking to peers and members of staff about their weekend.
- **Language is a vital means of communication** – all forms of communication are supported in session.
- **All behaviour is communication** – learners are given space to express themselves safely.
- **The importance of transition in learners' lives** – learners who struggle with transition after a weekend are able to access our safe and friendly session.



### What does a session look like?

1. **Breakfast shop**- In the food tech room a small shop will be set up. A learner will be chosen to run the shop and each learner will go up when requested by the shopkeeper. Learners are encouraged to buy a food item and a drink item. Learners are supported to be as independent as possible when accessing breakfast. They are encouraged to make their own food and drink.
2. **Tidy up/jobs** - After breakfast everybody joins in to clean up. Learners and staff help each other to complete the jobs and ensure everywhere is clean.
3. **Choose job** – Learners are encouraged to choose the job they would like to complete during the session, eg. washing up, drying, putting away and wiping worktops. This encourages co-operative working and skill sharing.
4. **Breakfast shop**- In the food tech room a small shop will be set up. A learner will be chosen to run the shop and each learner will go up when requested by the shopkeeper. Learners are encouraged to buy a food item and a drink item. Learners are supported to be as independent as possible when accessing breakfast. They are encouraged to make their own food and drink.
5. **Tidy up/jobs** - After breakfast everybody joins in to clean up. Learners and staff help each other to complete the jobs and ensure everywhere is clean.
6. **Game** - We play a turn-taking game such as snakes and ladders. All learners are encouraged to take part, take turns and be friendly with each other. Everyone helps to tidy up the game.
7. **Calm down/chat/goal setting** - Finally we have a calming activity such as a jigsaw which leads into our group chat. During chat we try to set ourselves a goal for the coming week. Goals typically include holding a door for someone, saying hello to someone new or helping others at playtime.
8. **Transition** - A typical session runs for an hour. At the end of the session everyone helps to tidy everything away and the learners are escorted back to their classrooms.

### What is the general profile of a learner accessing Best Start to the Day?

Learners are selected for best start to the day based on Pathways referrals and staff referral. Learners who benefit from the session in particular; struggle with transition, especially after a weekend, need support around trying new foods, need support to build positive relationships, need a small nurturing group.

### How is evidence captured and assessed?

Boxall profiles were created at the beginning of the first term for each learner accessing. Photographs are taken throughout each session which are used to create an earwig assessment each week. At the end of every term a further Boxall profile will be completed. Data from this will be used to see if a learner may be able to access class-based breakfast club the following term. Every learner is unique and data has shown some learners have needed access to best start to the day club for longer than a term whereas some learners have only needed one term.

### How long does a learners usually stay on Best Start to the Day (and rationale)?

Learners tend to access Best Start to the Day for one full term with the intent that during the term they will develop skills to apply back in their classroom setting.