



THE WAY

TERM 3 | THE WAY
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From the College Nurses



A MESSAGE FROM THE COLLEGE NURSES

We have noticed a large number of students in both the Junior and Senior School come to College each day without eating any breakfast.

Breakfast is crucial for students as it replenishes overnight energy and fuels cognitive function. Eating a balanced morning meal significantly improves focus, memory and academic motivation, which helps prevent mid-morning fatigue and reduces behavioural issues in the classroom.

Beyond immediate cognitive boosts, a nutritious breakfast is highly beneficial for long-term student development:

Academic Performance:

Studies show that students who eat a healthy breakfast particularly one rich in whole grains and protein tend to score higher on standardised tests and achieve better grades in maths and reading.

Enhanced Motivation:

Recent research from Australian universities highlights that the quality of breakfast directly drives adaptive motivation in students, helping them stay engaged and see value in their learning.

Better Behaviour:

Skipping breakfast leads to a drop in glucose levels, causing students to become irritable, restless, and sluggish. A proper meal helps maintain emotional regulation.

Overall Health:

Breakfast provides essential nutrients like iron, calcium, and B vitamins that growing bodies need. It also helps kick-start metabolism, which is linked to maintaining a healthy weight and avoiding overeating later in the day.

To maximise these benefits, a high-quality breakfast should combine complex carbohydrates for long-lasting energy, protein for muscle repair, and healthy fats or fruits for essential vitamins.

For Teenagers:

Probably the most appealing benefit is that breakfast jumpstarts your metabolism and, thus, helps you burn more calories throughout the day.

When you eat breakfast you're telling your body that there are plenty of calories to be had for the day. When you skip breakfast the message your body gets is that it needs to conserve rather than burn any incoming calories.

Ideas for Breakfast on the Go:

- Toast / cereal
- Up&Go
- Yoghurt / Muesli
- Milkshake / fruit smoothie
- Fruit
- Muesli Bars/ Breakfast Bars
- Eggs - can be boiled the night before

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College Nurses
