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TEACHERS SAY HUNGRY CHILDREN LASH OUT OR ISOLATE THEMSELVES IN THE CLASSROOM

- **Over 80 per cent of teachers see children arriving at school with an empty tummy**
- **A third of teachers in the UK have witnessed ‘hitting’ and ‘scratching’ as a hungry child lashes out in the classroom. 40 per cent of teachers said they had witnessed children isolate themselves due to hunger**
- **Breakfast clubs are critical for many schools in the UK as they offer free or subsidised meals for children, and support to families who struggle to have breakfast at home.**

A third of British teachers have witnessed behaviour such as hitting or scratching from a hungry child, new figures reveal.

As children struggle with hunger in the classroom, 40 per cent of teachers said those who haven't eaten in morning can often isolate themselves. They are left unable to engage with learning or their peers.

Sadly, 84 per cent of teachers surveyed by Kellogg's say they have experienced a child arriving at school hungry, with more than a third (36 per cent) bringing in snacks for pupils that haven't eaten breakfast.

Earlier this year research showed a concerning 800,000 children across the UK are starting their school day on an empty tummy.* And today's findings reveal the impacts of hunger also go beyond the child who hasn't eaten – for every hungry child in the classroom the learning of another six children is impacted.

The research commissioned by Kellogg's Breakfast Club Awards, asked 1,000 primary and secondary school teachers about hunger in the classroom. With one in five saying they had witnessed or been lashed out at by a 'hangry' pupil, it was unsurprising 83 per cent of teachers believe hunger had a direct impact on a child's behaviour.

Kate Prince, for Kellogg's UK and Ireland, said: "We are not blaming these children for their behaviour as a result of hunger – no child should be going without breakfast. More than ever Breakfast Clubs are a lifeline for many families as they provide the vital fuel that children need to help them learn. That's why today we invite schools to enter our Kellogg's Breakfast Club Awards to celebrate the fantastic work going on in clubs across the UK and Ireland."

More than a quarter of children (27 per cent) struggling with hunger in Britain's classrooms are found to be lashing out at other pupils as a result.

And it isn't just teachers who are troubled by hunger in the classroom, 10 per cent of schools have been contacted by parents concerned that their child is being disrupted in the classroom by a hungry child.

Almost half (49 per cent) of the teachers who were asked about the impacts of hunger said kids were unengaged with learning if they haven't had breakfast. They described pupils as distracted (45 per cent), sleepy (34 per cent) and moody in the classroom (28 per cent).

Breakfast clubs are critical for many schools in the UK as they offer free or subsidised meals for children, and support to families who struggle to have breakfast at home. Today Kellogg's launches the Kellogg's Breakfast Club Awards to celebrate and incredible work that goes on in these clubs across Britain.

Teachers say more than one in 10 (14 per cent) hungry children had not eaten an evening meal the day before – this figure was higher in secondary schools (17 per cent.)

Peter Cansell, from National Association for Primary Education, said: "It's shocking that in 2019 there are still nearly 800,000 children starting the school day on an empty tummy, this has a knock-on effect on behaviour and ultimately leads to a shortfall in critical learning time.

"Just five per cent of teachers surveyed said their pupils were unaffected by hunger which shows the enormous influence meal times have on behaviours in the classroom, especially breakfast. The benefits of pre-school clubs are proven, they ensure that children go into the classroom with the ability to concentrate and be happy."

ENDS

For more information, please contact the Kellogg's Press Office on 0161 869 5293 or email pressoffice@kellogg.com

Editors Notes:

Teachers say: 'Top five impacts of hunger on a child's behaviour'

- Unengaged (49 per cent)
- Distracted (45 per cent)
- Sleepy (34 per cent)
- Moody (28 per cent)
- Emotional (25 per cent)

Schools are invited to enter Kellogg's Breakfast Club Awards for the chance of winning £1,000 for their club. Winners will also be invited to attend an awards ceremony at the prestigious Houses of Parliament. To find out more and to enter the Breakfast Club Awards, visit: www.breakfastclubawards.co.uk

The research was conducted by Opinium, Monday 9th September to Monday 16th September 2019. Opinium Research is a member of the British Polling Council and abides by its rules. Under these rules we are required, when requested, to make information available from survey results that have entered the public domain. These include, but are not limited to, the name of commissioning client, fieldwork dates, methodology, size and composition of sample, and data tables showing the text of the questions asked, the order in which they were asked and the answers given to them.

*Childwise Research

In 2019, CHILDWISE approached schools from their CHILDWISE Schools Panel to take part in a benchmark online survey on the subject of children's breakfast habits. Children aged 7 to 15 from across Great Britain were targeted via schools (plus smaller samples of 5-6 year olds), with children completing an online survey in school time (with a paper-based option for 5-6 year olds). The target was to recruit 52 schools, with 64 in total actually taking part (59 in

2011). These schools were spread evenly across primary and secondary, with a mix of urban and rural locations, and deprived and more affluent areas, all within a representative geographic sample. Two classes were recruited per school (c. 50 children), with some schools providing more than this, resulting in a final sample of 3970 children (3117 children in 2011).

About Kellogg's Breakfast Clubs.

This year Kellogg's is doubling its financial support of school breakfast clubs in the UK – aiming its extra funding at feeding children who need it most. The scheme aims to provide breakfasts more than 600 schools in the most disadvantaged communities of the UK. Local schools can apply for £1000 grants and ensure all children have the best start to the day by having breakfast. Schools in your area with 35 per cent or more Pupil Premium can apply for funding by visiting www.kelloggs.co.uk/breakfastclubs.