

Case Study

Thriving Places North East



As part of the process of making contacts and building relationships in the Parkhead/Dalmarnock Thriving Place, a proposal emerged involving Dalmarnock Primary School aimed at improving pupils' health and readiness to learn.

PEEK (a local voluntary organisation) developed a pre-school programme on Tuesdays and Thursdays that would address poor attendance at breakfast club which aims to provide a healthy breakfast to start the day, including healthy cooking activities and fun exercise routines. Since the project began in February 2015, the number of children attending the programme has increased from around twelve each day to over fifty.

"Breakfast time has been so successful – over 50 children are now turning up, even children who have to pay."

(Nancy Clunie, Headteacher, Dalmarnock Primary School)

The success of the project has meant that: more children are receiving a healthy breakfast each school day; different age groups are playing happily together; more parents are involved with the school; and teaching staff have noticed an improvement in class. PEEK is also training parents to enable them to take over the programme, allowing it to evolve organically and be self-sustaining. The plan is to extend this successful project at Dalmarnock Primary to other schools in the Thriving Places area.

"I think I'm better in class on Tuesdays and Thursdays because my hands and brain are warmed up." (Boy, P5)

"I come every day – if I'm on time – and I'm always on time on Tuesdays and Thursdays." (Boy, P6)