

MORNING BREAKFAST PROGRAMME (MBP)

Group 3

GROUP TOPIC & OPPORTUNITY STATEMENT

Education: How might we design programmes and/or activities that help secondary school students and teachers bond and communicate better to make learning more effective and healthier?

WHY IS THE MBP HELD?

- To help students **familiarise** themselves with new classmates
- To help students feel **comfortable** around teachers & counsellors
 - Contributes to a more **relaxed** class environment
 - **Improves** students' mental well-being

WHAT WILL BE DONE DURING THE MBP?

- Breakfast
 - Bread spreads / Sandwiches
 - Biscuits / Fruits (dietary restrictions)
- Games
 - Changes per term
 - Depends on theme



WHO ARE INVOLVED IN THE MBP?

- Secondary 1 and 3 students
- Teachers
- Counsellors



WHEN & WHERE WILL THE MBP BE HELD?

- School Canteen
- Fortnightly
- After Morning Assembly



HOW WILL IT BE HELD?

Preparations:

- Declaration forms for dietary restrictions
- Prepare games for the term (changes every term)
- Briefings of the programmes by Teachers
- Splitting Students into groups of 4-5 (randomized)

HOW WILL IT BE HELD?

Example Schedules

Morning Breakfast Programme (First week) Sec 1
Participating students to be dismissed to the canteen after morning assembly.
Secondary 1 student to be welcomed and quickly briefed on the programme (activities & purpose)
The form teachers of each class will then randomise their students into groups
Students will proceed into their own separate groups, and teachers are to bring the food allocated for each class.
While eating, students will participate in simple icebreaker activities for the first week. Form teachers are to walk around their class area to join the students.
After the allocated time has passed, students can gather within their class for a quick debrief/reflection.
Students dismissed for normal lessons

Morning Breakfast Programme Schedule

Morning Breakfast Programme (Regular)
Participating students for that week to be dismissed to the canteen after morning assembly.
*If it is the start of a new term, before the programme begins, the student groups will be randomised again.
*Close to the end of the term (around week 7 or 8 of the term), the school councillor will be invited to join the programme to provide their assistance to the students.
Students will break into their own separate groups, teachers to bring the food allocated for each class. The respective game for the term will be brought for the students.
While eating, students will play or do the games/activities available. Form teachers to walk around within their own class to join the students and facilitate the programme.
*Right before or during exam periods, change games to consultation periods
After the allocated time, students can gather within their class for a quick debrief/reflection.
Students dismissed to class for normal lessons

HOW WILL IT BE HELD?

The cohort can be split into 2 groups (A & B) and they can have the programme on separate days (Grp A on Mondays, Grp B on Wednesdays)

On Mondays																
	730	800	830	900	930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500
Mon	FRC	MBP		Phy/Bio	AM			Math		EL		Chem		Geog/Hist		Assembly
Tues	FRC	PE	SS		AM			MTL		Phys/Bio	Math		EL			Chem
Wed	FRC	CCE		PE		Math			MTL			Chem		EL		
Thur	FRC		MTL	Math		AM		Phys/Bio		SS		Chem				Geog/Hist
Fri	FRC	EL	AM			MTL			CCA							
On Wednesdays																
	730	800	830	900	930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500
Mon	FRC		Phy/Bio	AM		Math		EL		Chem		Geog/Hist		Assembly		
Tues	FRC		PE	SS		AM		MTL		Phys/Bio	Math		EL			Chem
Wed	FRC	MBP		CCE		PE		Math			MTL		Chem		EL	
Thur	FRC		MTL	Math		AM		Phys/Bio		SS		Chem				Geog/Hist
Fri	FRC	EL	AM			MTL			CCA							

TERM 1

Type: Icebreakers

- ✕ Bingo
- ✕ 2 Truths 1 Lie
- ✕ Show and Tell

Morning Breakfast Programme

8AM - 9AM
Sec 1s & 3s

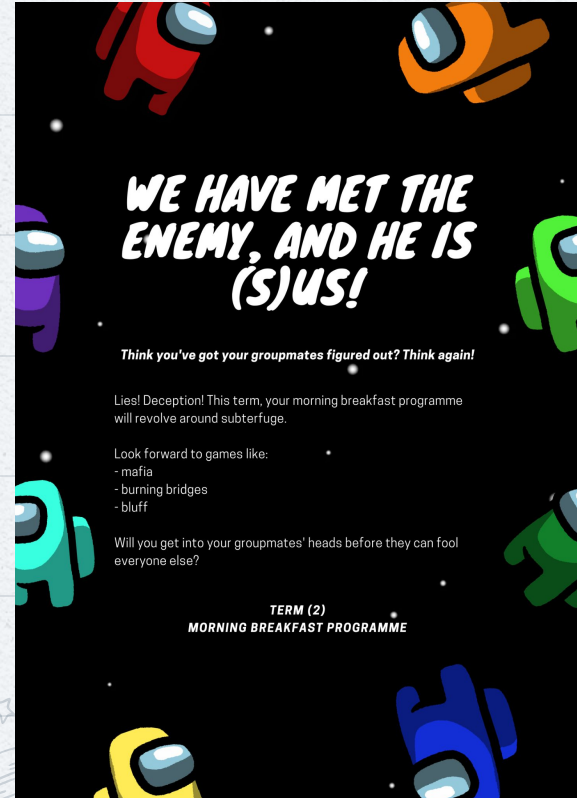
Welcome to a new school year!

Eat together, play together, and relax together!
Through this programme, we encourage you to step out
of your comfort zones and make new friends!

TERM 2

Type: Deception

- ✗ Burning Bridges
- ✗ Werewolf
- ✗ Mafia



TERM 3

Type: Card games

- ✕ Uno
- ✕ Exploding Kittens
- ✕ Monopoly Deal
- ✕ Joking Hazard



Morning Breakfast Programme

 A new term features new games!

All Secondary 1 & 3 students
Fortnightly
8 ~ 9 a.m.

This term, fun and simple card games will be provided during the MBP activity session! 

Take this opportunity to have fun and bond with your class!

TERM 4

Type: Board games

- ✗ Monopoly
- ✗ Checkers
- ✗ Game of Life
- ✗ Snakes & Ladders



Thank You