

# Northumbria Research Link

Citation: Graham, Pamela L., Defeyter, Margaret Anne (Greta) and Russo, Riccardo (2010) Does school breakfast club attendance facilitate children's peer relationships? In: British Psychological Society Developmental Section Conference, 12 - 15 September 2010, Goldsmiths University of London, UK.

URL:

This version was downloaded from Northumbria Research Link:  
<http://nrl.northumbria.ac.uk/id/eprint/5506/>

Northumbria University has developed Northumbria Research Link (NRL) to enable users to access the University's research output. Copyright © and moral rights for items on NRL are retained by the individual author(s) and/or other copyright owners. Single copies of full items can be reproduced, displayed or performed, and given to third parties in any format or medium for personal research or study, educational, or not-for-profit purposes without prior permission or charge, provided the authors, title and full bibliographic details are given, as well as a hyperlink and/or URL to the original metadata page. The content must not be changed in any way. Full items must not be sold commercially in any format or medium without formal permission of the copyright holder. The full policy is available online: <http://nrl.northumbria.ac.uk/policies.html>

This document may differ from the final, published version of the research and has been made available online in accordance with publisher policies. To read and/or cite from the published version of the research, please visit the publisher's website (a subscription may be required.)



**Northumbria**  
**University**  
NEWCASTLE



**UniversityLibrary**



# Does School Breakfast Club Attendance Facilitate Children's Peer Relationships?

Pamela L. Graham, Greta Defeyter  
and Riccardo Russo

# What is a Breakfast Club?



- Safe place to go before the start of the school day
- Opportunity to meet with friends and staff
- Nutritious breakfast
- Activities to take part in

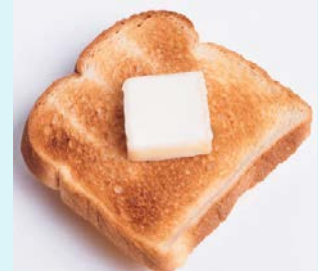
# Benefits of Breakfast Club

School breakfast participation has been linked to improvements in:

- Classroom behaviour (Bro et al, 1994)
- Maths grades (Murphy et al, 1998)
- School attendance (Simeon, 1998)

Benefits associated with school breakfast participation have been attributed mainly to the breakfast meal.

Potential impact of the social environment has received little attention



# More Than Just a Meal?

## Family Mealtimes

- Community and belonging (Fulkerson et al, 2006)
- Facilitate interaction (Cason, 2006)
- Teach social skills (Eisenberg et al, 2004)



## Out of School Activities

- Positive peer interaction (Bartko & Eccles, 2003)
- Development of friendship (Bartko & Eccles, 2003)
- Protection from victimisation (Hodges et al, 1999)



# Aim of Present Study

To investigate whether breakfast club attendance facilitates children's peer relationships in school.

- Friendship quality
- Peer victimisation





# Participants

8 primary schools  
n = 268  
163 females                      105 males  
Mean age = 8.4 years  
Age range = 6.3 years – 10.11 years

## Breakfast Club

n = 94

59 females  
35 males

Mean age = 8.24  
years

## After School Club

n = 86

47 females  
39 males

Mean age = 8.75  
years

## Control

n = 88

57 females  
31 males

Mean age = 8.24  
years

# Friendship Qualities Scale

(Bukowski, Hoza and Boivin, 1994)

- + Companionship – free time spent together
- + Help – mutual help, assistance and protection
- + Security – reliance and conflict resolution
- + Closeness – emotional bond between friends
- Conflict – fights, arguments and disagreements



False	Partly False	Don't Know	Partly True	True
-------	-----------------	---------------	----------------	------



# Multidimensional Peer Victimisation Scale

(Mynard and Joseph, 2000)

- Physical victimisation – punching and kicking
- Verbal victimisation – name calling
- Social manipulation – turning friends against each other
- Attacks of physical property – damage or theft of possessions

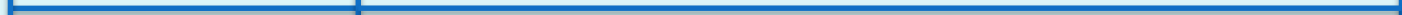
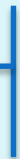
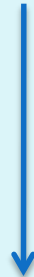
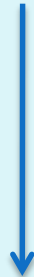
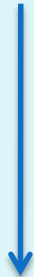


# Procedure

Breakfast  
clubs  
started

Time 1

Time 2



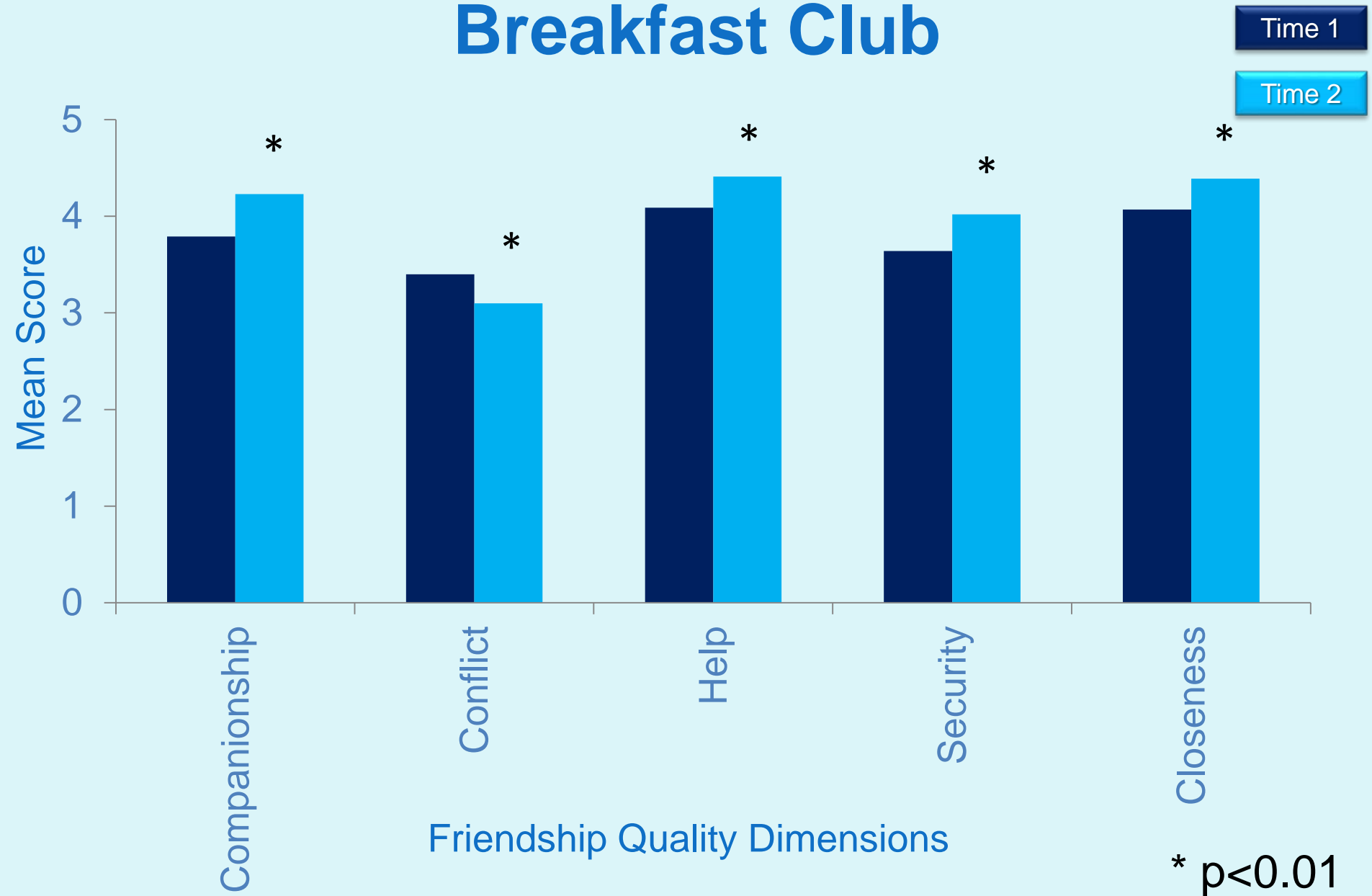
2  
months

6  
months

Friendship Qualities  
Scale  
&  
Peer Victimisation  
Scale

Friendship Qualities  
Scale  
&  
Peer Victimisation  
Scale

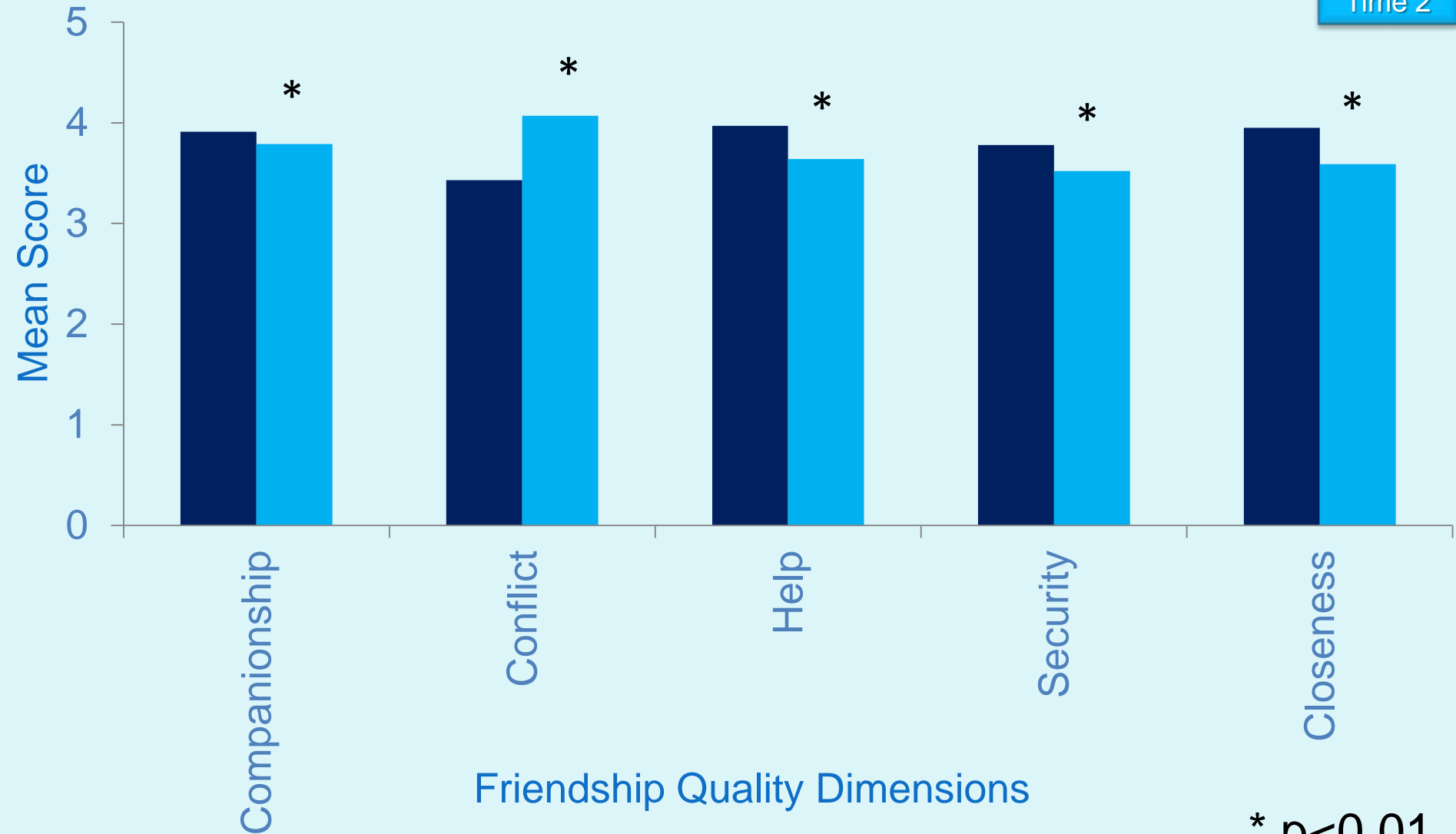
# Results: Friendship Qualities Scale Breakfast Club



# Results: Friendship Qualities Scale After School Club

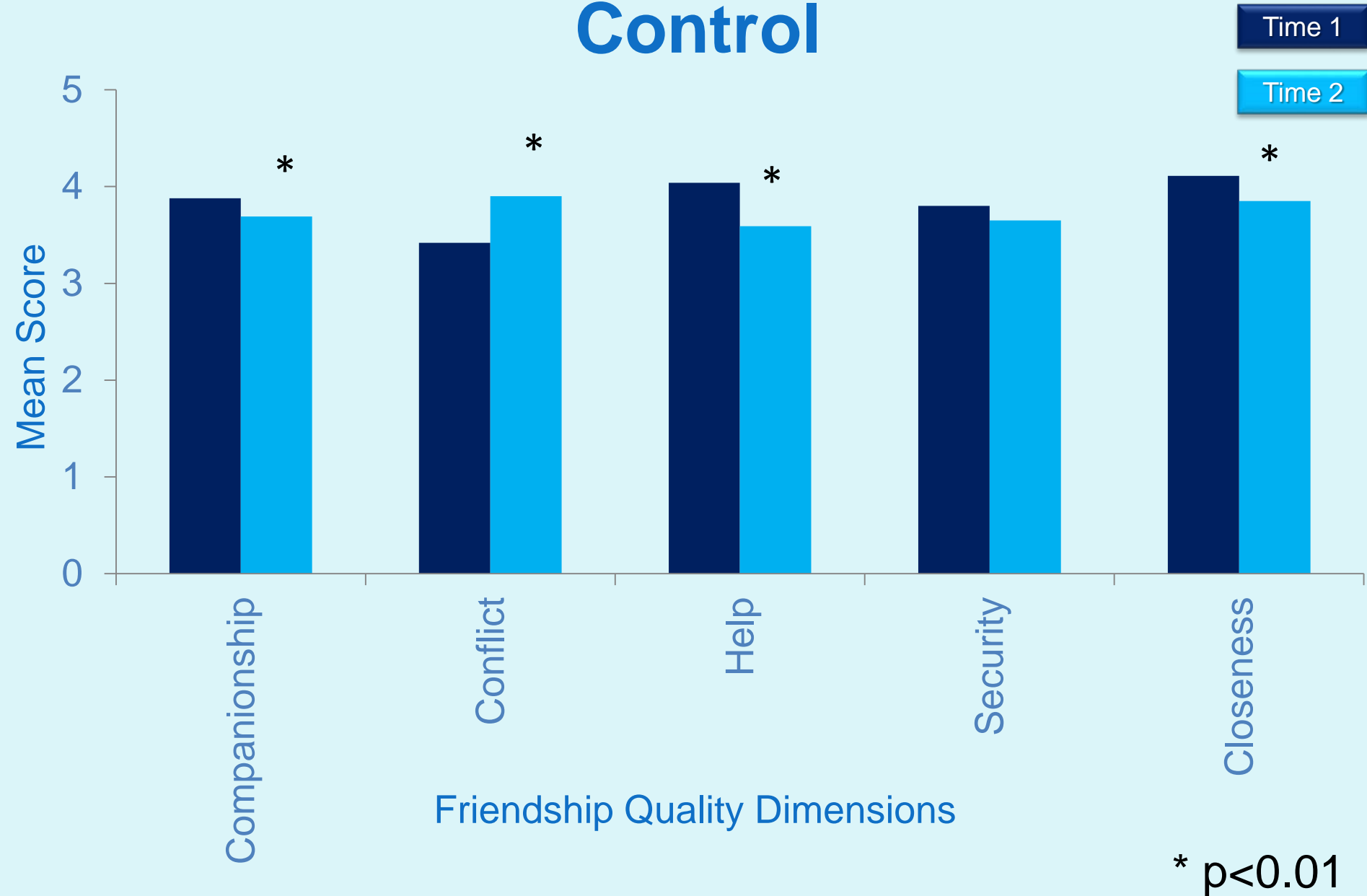
Time 1

Time 2



\*  $p < 0.01$

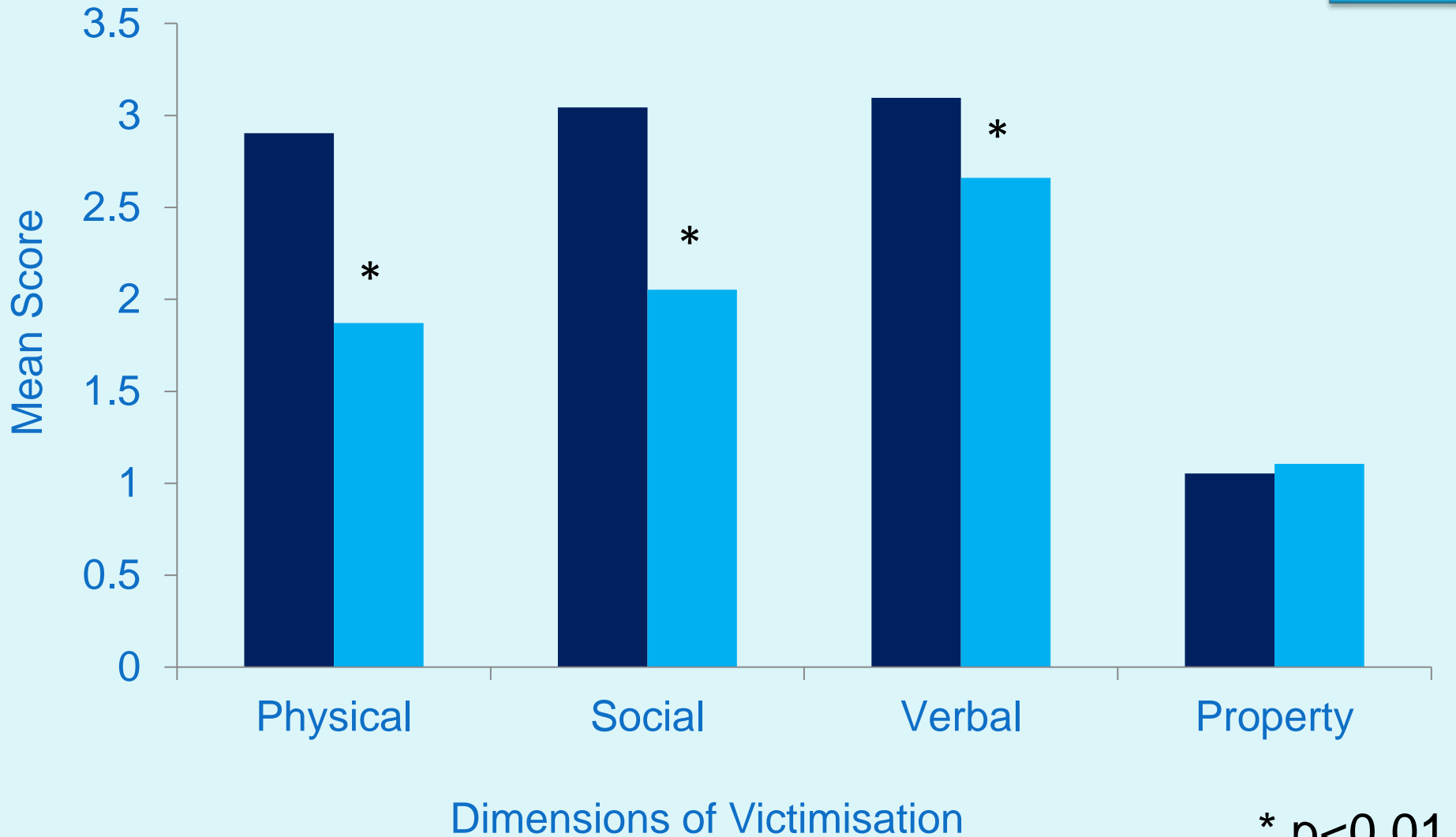
# Results: Friendship Qualities Scale Control



# Results: Peer Victimisation Scale Breakfast Club

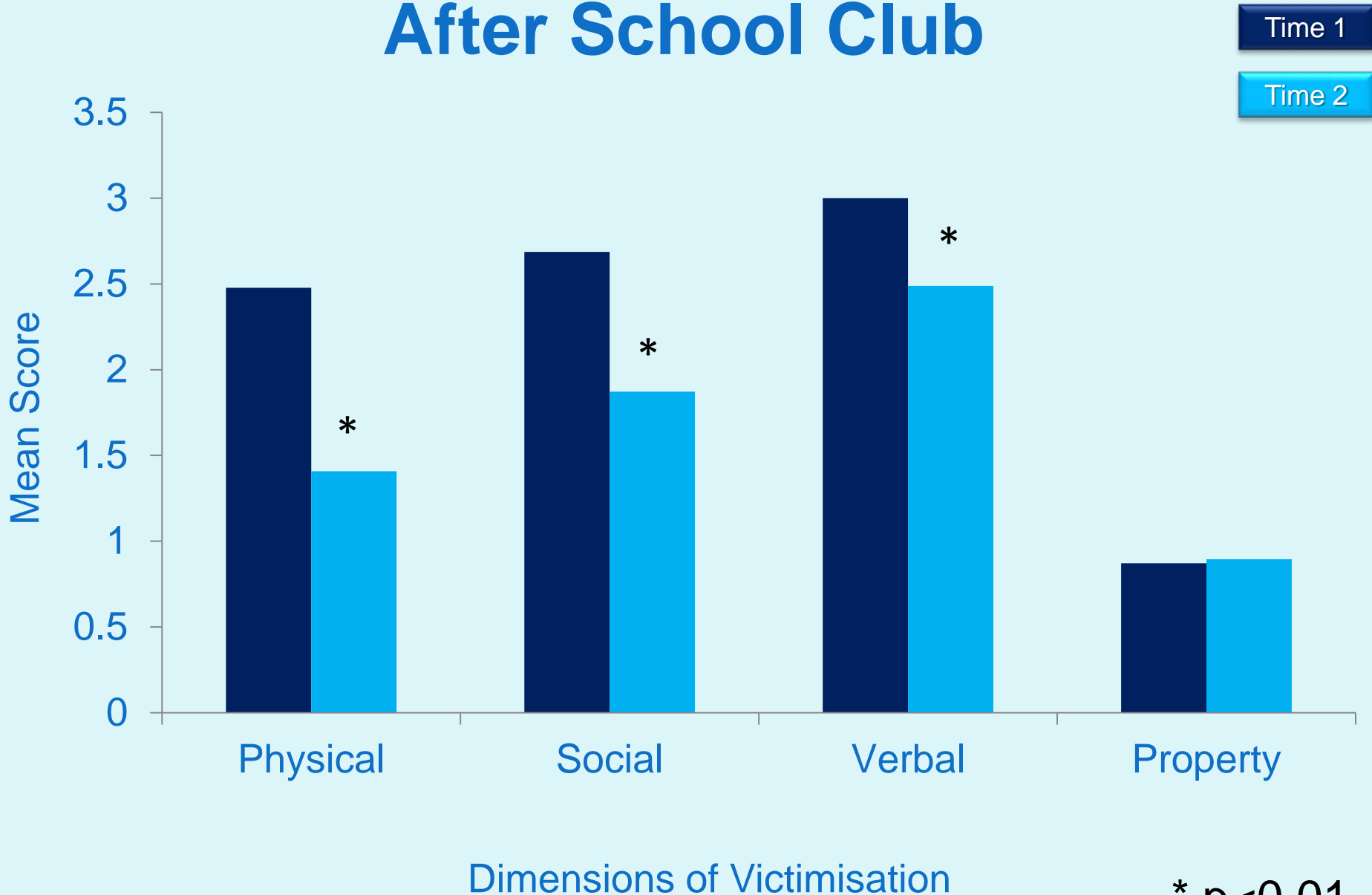
Time 1

Time 2



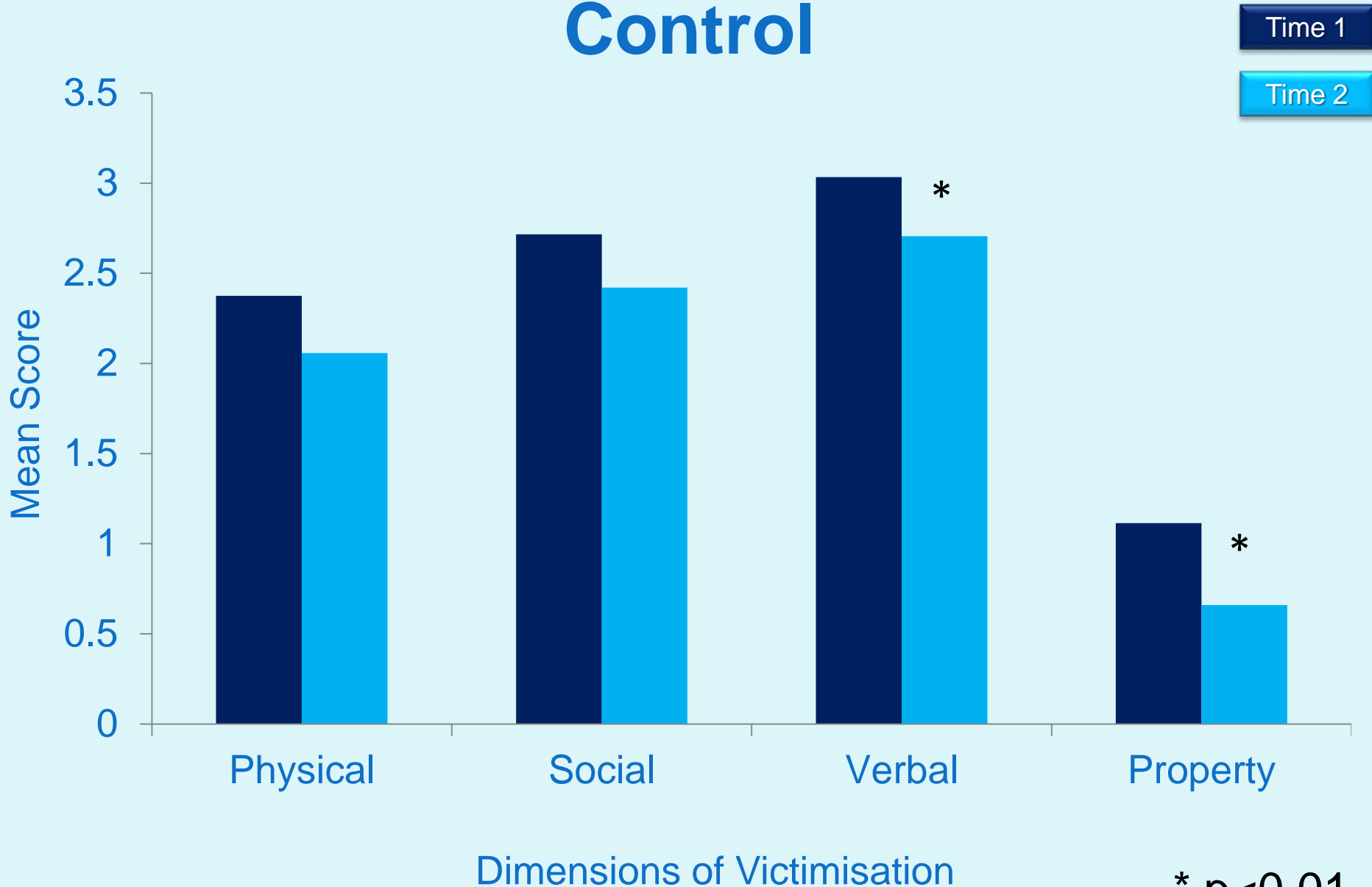
\*  $p < 0.01$

# Results: Peer Victimisation Scale After School Club





# Results: Peer Victimisation Scale Control



# Discussion

- No significant differences between groups at time 1
  - Findings cannot be ascribed to inherent differences between groups at time 1
- Breakfast club attendance did appear to facilitate children's relationships with their peers in school
  - Small group meal might be the driving force
- Out of school club attendance led to a reduction in victimisation across time
  - Out of school clubs might provide a protective peer group





