

### **The Unity Foundation Breakfast Program**

The Unity Foundation is an organization founded by two young Indigenous sportsmen, Xavier Clarke and Allan Murray. Xavier and Allan have achieved success with the St Kilda Football Club at the elite level of AFL football and strongly believe that they have a responsibility to use their influence to help other Indigenous people, both young and old, to reach their potential.

Unity explains the benefits of young persons eating breakfast as follows:

"Studies reveal that a quarter of all Australian school children consume nothing or just fluids for breakfast. Further research has suggested breakfast consumption in children is important for cognitive function, logical reasoning and improving attention, memory and willing participation in physical activity. We also know that regular consumption of breakfast is associated with reduced stress and a positive mood, and that children who eat breakfast generally do better at maths and are less likely to be described as depressed, anxious or hyperactive."

The breakfast program is delivered by Indigenous athletes who have been trained to connect with young people, teach life skills and to develop a young person's problem-solving abilities in a supportive manner.

Key Objectives of the Breakfast Club:

1. To educate children and their families on the importance of good nutrition, in particular a nutritious breakfast.
2. To motivate children to make eating breakfast a daily habit.
3. To provide an opportunity for safe, enjoyable physical activity for primary school students
4. To educate children and their families on the importance of regular physical activity.
5. To motivate children to be physically active each day by exposing them to a wide range of physical activities and skills.
6. To reinforce the link between good nutrition and regular physical activity, and mental and physical performance.

EastWeb has provided funding towards the printing of materials, the catering, and to support the marketing of the breakfast program to other Indigenous children in the locality.

**The EastWeb Fund**

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