



THE BIG RESET

After weeks of late mornings, relaxed routines and family time, the return to school marks a fresh start, and a gradual reset for the whole family

The school bags are coming out of storage. Uniforms are being checked, shoes tried on and stationery lists ticked off. Bedtimes are moving earlier, alarms are being set and parents are once again planning school-day breakfasts and morning routines.

After weeks of summer holidays, back to school is a major reset for children and families.

The transition from holiday mode to school mode can be exciting, but it can also take some adjustment. Children who have become accustomed to late nights and leisurely mornings suddenly need to wake up early, concentrate in class, follow timetables and return to homework and extracurricular activities.

For parents, the familiar rhythm of school runs, packed lunches, assignments and after-school activities returns.

The good news is that families do not need to transform everything overnight. The best way to approach the new academic year is as a gradual reset — rebuilding routines, restoring healthy habits and helping children return to school feeling prepared and positive.

From holiday mode to school mode

Summer holidays are meant to be different. Children stay up later, sleep in, travel, spend more time outdoors or indoors, visit family and enjoy days without the structure of a school timetable.

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READYSET SCHOOL

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WELCOME BACK TO SCHOOL REALITY

IT'S SCHOOL TIME

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Contd from page 1

That freedom is important.

But after several weeks away from school, returning immediately to a demanding routine can be difficult.



The transition becomes easier when families start adjusting gradually before the first day. Bedtimes can be moved forward, waking times brought closer to the school schedule and daytime routines reintroduced.

The aim is not to eliminate the final days of holiday fun, but to ease children back into the rhythm of school.

A few days of preparation can make a significant difference to that first morning.

Resetting the sleep clock

One of the biggest challenges after the summer break is sleep.



Holiday schedules often mean children stay up later and wake up later. Returning to an early school morning after weeks of sleeping in can leave them tired and irritable.

Parents can gradually bring bedtime forward and establish a consistent wake-up time before school begins.

An evening routine can also help children wind down. Packing school bags, preparing uniforms and organising things for the next morning before bedtime can make evenings calmer and mornings less rushed.

For older children and teenagers, smartphones and other devices can make the adjustment more difficult.

Re-establishing sensible boundaries around late-night screen use can help restore healthier sleep patterns.

The morning rush is back

During the holidays, there is usually little urgency about breakfast or getting dressed.

School mornings are a different story.

The alarm rings, everyone needs to get ready, breakfast has to be served, bags need to be packed and the family needs to leave on time.

A little preparation can prevent the morning from becoming chaotic.

Checking uniforms, school supplies, transport arrangements and timetables in advance can remove many of the small problems that tend to appear at the last minute.



Parents can also encourage children to take responsibility for some of these preparations.

A younger child may be responsible for placing their shoes and bag by the door, while an older student can organise their own timetable, books and school materials.

These simple habits help children become more independent.

Back to the school-day plate

Summer holidays can bring their own eating patterns — restaurant meals, travel snacks, ice cream and irregular meal times.



The return to school is a good opportunity to reset family eating habits.

Breakfast once again becomes an important part of the morning, while packed lunches and after-school snacks need to fit into the family's daily schedule.

Children can be involved in planning their lunch boxes and choosing from healthy options. This not only makes meal preparation easier but can also encourage children to take greater interest in what they eat.

Hydration is equally important, particularly in Qatar's hot climate.

A simple, consistent approach to food and water can help children stay energised throughout a busy school day.

Getting back into learning mode

After a long break, children may need time to get their academic minds working again.

That does not mean turning the final days of the holiday into intensive study sessions.

Instead, families can gently reintroduce learning through reading, educational games, creative activities or conversations about topics that interest children.

Reading for pleasure is particularly useful.



A child who has spent weeks away from textbooks does not necessarily need to begin with worksheets and revision. A good book can be an enjoyable way to reconnect with language, imagination and concentration.

The objective is to **wake up the learning habit without taking away the final enjoyment of the holidays.**

A fresh start for students

A new academic year offers every student an opportunity to start afresh.

For some, it may mean entering a new grade. For others, it could involve a new school, new teachers or new classmates.

Students can look back at the previous year and think about what they would like to do differently.



Perhaps they want to become more organised, improve a particular subject, participate more in class, read more books or spend less time on their phones.

Rather than setting unrealistic targets, children can choose a few achievable goals.

Small improvements made consistently can have a much greater impact than ambitious resolutions that last only a few weeks.

Helping children leave holiday worries behind

The return to school can also bring mixed emotions.

Some children cannot wait to see their friends again. Others may feel nervous about new teachers, a new class, academic expectations or simply returning to a structured environment.

Parents should give children an opportunity to talk about how they feel.

Instead of immediately trying to solve every concern, listening can be the most useful response.



Questions such as *“What are you looking forward to?”* and *“Is there anything you're worried about?”* can open up a conversation.

For children starting at a new school or moving to a different grade, reassurance and familiarity can be especially important.

A visit to the school, meeting teachers where possible, checking the timetable or simply talking through what the first day will look like can reduce uncertainty.

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WHEN TO HELP AND WHEN TO LET GO

The greatest support parents can sometimes give is not another answer, but the confidence to find the answer themselves

When a child struggles with homework, the instinct to help is almost automatic. A difficult maths problem, a confusing science assignment or a challenging project can quickly bring a parent to the rescue. It is natural — parents want their children to succeed. But there is an important question every parent needs to ask: When does helping become doing?

As children progress through school, one of the most valuable skills they can develop is the ability to manage their own learning — to organise their work, solve problems, make decisions, learn from mistakes, ask for help and take responsibility for their progress.



This is particularly relevant as children return to school after the summer holidays. The new academic year is an opportunity not only to re-establish routines, but also to reconsider how much responsibility children are taking for their own learning.

Independence develops gradually. A young child may need a parent to sit beside them while learning to read. An older child may need help organising a project. A teenager may simply need someone to ask, “Have you made a plan for completing this?” As children become more

capable, the parent's role should gradually change from doing to guiding.

Instead of immediately giving the answer to a difficult homework question, parents can ask, “What do you understand about the question?” “What have you tried so far?” or “Which part is confusing?” Such questions encourage children to think through problems themselves and develop confidence in their ability to find solutions.

Homework is often where this balance becomes most difficult. Parents may sit beside their children throughout the process, explain concepts, check every answer and repeatedly remind them about deadlines. While this can

One of the hardest parts of this process is allowing children to struggle. Parents naturally dislike seeing their children frustrated, but a certain amount of struggle is an important part of learning. Children need opportunities to try different approaches, make mistakes, reconsider their strategies and try again.

This does not mean leaving a child completely alone when they are genuinely stuck. If they cannot understand a concept or repeatedly fail to make progress, parents should provide appropriate support or seek help from the teacher. The goal is to give children an opportunity to attempt a solution before stepping in.

Parents can also encourage children to learn from mistakes rather than simply correcting them. Instead of saying, “This answer is wrong,” try asking, “Can you check that again?” or “Where do you think you may have made a mistake?” This encourages self-correction and helps children become more confident in reviewing their own work.

Instead of saying, “This answer is wrong,” a parent might ask, “Can you check that again?” or “Where do you think you may have made a mistake?”

Independence also means learning to make decisions. Parents can give children age-appropriate choices about their studies — which subject to tackle first, how to divide their study time or when to complete an assignment. Within reasonable boundaries, having some control helps children develop ownership of their learning.

The same principle applies to organisation. Instead of constantly reminding children about homework, projects or school supplies, parents can encourage them to use planners, calendars or reminders and take responsibility for organising their own schoolwork.

These small responsibilities are the building blocks of independence.

The amount of responsibility should naturally depend on age. A young child can gradually learn to organise stationery, pack a school bag and check homework. A teenager can increasingly take responsibility for planning revision, tracking assignments and preparing for examinations.

WHEN TO HELP

Helping every time can hold children back. Guiding them to try builds confidence and independence

WHEN TO HELP	WHEN TO LET GO
Step in and support when...	Step back and encourage when...
They don't understand the task Help them understand the question or concept.	They can try for themselves Encourage them to think, plan and attempt a solution on their own way.
They are genuinely stuck If they've tried and made no progress, guide them to find a way forward.	They can manage the process Let them plan their time, organise their materials and decide how to complete the work.
They are overwhelmed or frustrated Offer support and encouragement to help them calm down and refocus.	They can learn from mistakes Allow them to make mistakes, reflect and improve on their own.
They need resources or information Provide tools, resources or help them find the right information.	They can take responsibility Encourage them to record homework, meet deadlines and check their own work.
They need expert help Encourage them to ask the teacher or seek help from other reliable sources.	They can make choices Give them age-appropriate choices about their studies and learn to own their decisions.

Children should also not be compared with one another. Independence develops at different speeds. The better question is not, “Why can't you do what another child is doing?” but “What can you reasonably take responsibility for now?”

Independent learning does not mean learning alone. Independent learners still ask questions and seek help from parents, teachers and classmates. The difference is that they increasingly understand when they need help and how to ask for it.

Parents should also resist the temptation to make children's schoolwork perfect. Rewriting a presentation, correcting every sentence or substantially changing a project may produce a better-looking result, but it can take away the child's opportunity to learn. An imperfect project completed independently can be far more valuable than a perfect one largely produced by a parent.

As the new school year begins, parents can use the opportunity to gradually hand over responsibilities. A child can prepare their own school bag, record homework, organise their study space or check their own work. An older student may be ready to create a weekly study plan or manage their own deadlines.

The objective is not to step back completely. It is to step back appropriately.



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The screen-time reset

Another holiday habit that may need adjustment is screen time.

During the summer break, children may have spent more time gaming, watching videos, using social media or simply being on their devices.

Once school begins, those habits need to fit around homework, sleep, family time and other activities.

The goal should not necessarily be to eliminate screens.

Technology is now part of modern education, and students increasingly use devices for research, assignments and communication.

Instead, families can establish a healthier balance between learning, entertainment and offline activities.

Clear expectations around homework, gaming, social media and bedtime can make the transition easier.

Back to extracurricular activities

The return to school also means the return of sports, music lessons, art classes, coding sessions and other extracurricular activities.

These activities can enrich a child's education and provide opportunities to develop interests outside the classroom.

But the post-holiday period is also a good time to ask whether the family schedule has become too crowded.

Children need time to study, play, relax and simply do nothing.

A packed timetable can leave children exhausted rather than enriched.

The new academic year is therefore an opportunity to find the right balance.

Parents are resetting too

Children are not the only ones returning to a routine.

For working parents, the end of the summer holidays often means a significant change in daily schedules.

School drop-offs, pick-ups, lunch preparation, homework supervision and extracurricular activities all need to fit alongside work and family commitments.

Planning ahead can make those first few weeks easier.

Families can discuss schedules, prepare meals in advance where possible, organise school materials and agree on responsibilities.

Children can also take on age-appropriate tasks rather than expecting parents to manage everything.

The back-to-school reset can therefore become a **family reset**, with everyone contributing to a smoother routine.

Don't expect everything to settle immediately

Even with the best preparation, the first few weeks may feel hectic.

Children may be tired after school. Parents may struggle to adjust to new schedules. Homework routines may take time to establish, and extracurricular activities may need to be rearranged.

That is normal.

Rather than expecting the family to have a perfect routine from the first day, allow some flexibility.

Observe what works and what does not, then make adjustments.

Perhaps breakfast needs to be prepared earlier. Perhaps an activity needs to be moved to another day. Perhaps bedtime needs to shift slightly.

The first few weeks are about finding a rhythm.

BACK TO SCHOOL

A GRADUAL RESET FOR A SUCCESSFUL YEAR AHEAD

Small steps before the first day can help children return to school feeling prepared, confident and positive.

01

RESET THE SLEEP CLOCK

- Gradually bring bedtime forward.
- Set a consistent wake-up time.
- Create a calming evening routine.
- Limit late-night screen time.

02

PREPARE FOR SMOOTHER MORNINGS

- Check uniforms, supplies and timetables.
- Pack bags and prepare the night before.
- Encourage children to take responsibility for their own preparations.

03

BACK TO HEALTHY HABITS

- Make breakfast a daily priority.
- Plan balanced lunch boxes and healthy snacks.
- Encourage children to choose nutritious options.
- Keep children well hydrated.

04

GET BACK INTO LEARNING MODE

- Reintroduce learning gently.
- Encourage reading for pleasure.
- Use games, creative activities and curious conversations.
- Build the habit, not the pressure.

05

A FRESH START, A POSITIVE MINDSET

- Set small, achievable goals.
- Focus on strengths and learn from last year.
- Stay organised and manage time well.
- Be kind to yourself and others.

FAMILIES MAKE THE DIFFERENCE

Patience, encouragement and consistent routines help children feel secure, confident and ready to learn.

Small steps today. Strong start tomorrow. Here's to a happy and successful school year!

A fresh beginning after a long summer

The end of the summer holidays can sometimes feel like the end of freedom. But it can also be viewed differently.

It is a chance for children to reconnect with friends, discover new interests, meet new teachers and learn new things.

For parents, it is an opportunity to establish healthier family routines and encourage children to take greater responsibility for their daily lives.

And for students, the new academic year offers something particularly valuable: a **clean slate**.

Whatever happened last year — whether it was a year of outstanding achievements or one filled with challenges — the first day of a new school year brings another opportunity to try, learn and grow.

The return to school does not have to be a sudden switch from holiday freedom to academic pressure.

It can be a gradual transition.

WHY THE FIRST MEAL MATTERS

After weeks of summer holidays, one of the first routines families need to restore is also one of the most important: breakfast



During the holidays, children may wake up later, eat their first meal at a different time or simply snack whenever they feel hungry. Once school begins, however, the morning becomes more structured. Children need to wake up early, get ready, travel to school and be prepared to concentrate from the first lesson onwards.

That makes breakfast more than just another item on the morning schedule. It can be an important part of preparing children for the school day.

Breakfast provides children with energy after the overnight fast, and research suggests that eating breakfast rather than fasting can have short-term benefits for certain aspects of cognition, particularly attention, executive function and memory. The evidence is not strong enough to claim that breakfast alone guarantees better grades, but the overall research supports breakfast as an important part of a healthy school-day routine.

For parents trying to get children back into school mode after the summer break, therefore, rebuilding a regular breakfast routine should be part of the back-to-school reset.

The challenge is that school mornings are rarely calm.

There are uniforms to put on, bags to pack, shoes to find and school buses or cars to catch. Teenagers may press the snooze button repeatedly, while younger children may suddenly decide they are not hungry.

Breakfast is often the first thing sacrificed when time is short.

But skipping breakfast regularly can mean beginning the school day without having eaten for many hours. Children who eat breakfast tend to have better overall nutrient intake, and healthy breakfast consumption has also been associated with cognitive function, mood and school attendance.

A 2016 systematic review of 45 studies found that breakfast consumption compared with fasting produced short-term, domain-specific benefits in children's cognitive performance, with attention, executive function and memory among the areas showing more consistent benefits. The researchers also noted that the effects appeared more clearly among children who were nutritionally vulnerable.

More recent research continues to point in the same direction. A 2025 meta-analysis of 24 observational studies found an association between skipping breakfast and poorer academic performance among young people. However, because these were observational studies, the findings show an association rather than proving that skipping breakfast itself causes lower academic performance.

That distinction is important. Breakfast is not a magic formula for academic success. A child will not suddenly perform better in mathematics simply because they ate a particular food in the morning.

Learning depends on many factors — sleep, teaching, physical and emotional wellbeing, study habits, family environment, attendance and many others.

But nutrition is one of the foundations that can help children arrive at school ready to learn.

What makes a good school breakfast?

The idea that breakfast has to be large, elaborate or traditional can make the morning meal unnecessarily difficult.

A useful school-day breakfast should be practical, nutritious and something the child is willing to eat.

Rather than concentrating on one particular "perfect" breakfast, parents can aim for variety and balance across the morning meal and the wider day's diet.

Whole grains can provide carbohydrates and fibre. Protein-rich foods can contribute to fullness and provide important nutrients. Fruits can add vitamins, minerals and fibre, while milk, yoghurt

or suitable alternatives can contribute protein and other nutrients.

Depending on the child's preferences and dietary needs, breakfast could include combinations such as whole-grain bread with egg and fruit, oats with milk and banana, yoghurt with fruit and whole-grain cereal, or a simple cheese sandwich accompanied by fruit.

The important point is not to make breakfast complicated.

A breakfast that children actually eat is more useful than an ideal breakfast they consistently refuse.

Parents can also involve children in choosing from healthy options. Giving them some control over what they eat can make breakfast less of a daily argument and help develop positive attitudes towards food.

A breakfast based around a combination of whole grains, protein, fruit and other nutritious foods can provide a more balanced start to the day.

Don't make sugar the star

One of the challenges of the modern breakfast table is that many convenient foods marketed towards children can be high in added sugars.

Sweetened cereals, pastries, flavoured drinks and other highly processed breakfast products may be convenient, but they should not become the automatic everyday choice.

This does not mean that children can never enjoy sweet foods.

The broader goal is to build a balanced eating pattern and avoid allowing highly sugary foods and drinks to dominate the morning meal.

A breakfast based around a combination of whole grains, protein, fruit and other nutritious foods can provide a more balanced start to the day.

The same principle applies to drinks. Water and nutritious beverages are generally preferable to making sugary drinks a routine part of breakfast.

Breakfast and concentration

The connection between breakfast and learning is particularly relevant during the first few hours of school.

Students are expected to listen, remember information, solve problems, read, write and participate in classroom activities. These tasks require sustained attention and mental effort.

Research reviews suggest that breakfast can support some of these cognitive functions, although the effects vary depending on the study, the child and the type of task being measured.

This may be particularly relevant for children who arrive at school hungry.

Hunger can be distracting. A child thinking about food may find it harder to concentrate on what is happening in the classroom.

Breakfast therefore contributes not only nutrients but also helps establish a predictable beginning to the school day.

Breakfast is also about routine

There is another benefit that has little to do with individual nutrients: routine.

After the summer holidays, children need to readjust to school-time sleeping, waking, eating and activity patterns.

A regular breakfast can become an anchor in that routine.

Wake up. Get dressed. Have breakfast. Pack the final items. Leave for school.

Repeating the same sequence helps make mornings more predictable, particularly for younger children.



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Still Bringing the Heat Nando's Celebrates 25 Years in Qatar

For 25 years, Nando's has been bringing the heat to Qatar, serving its signature flame-grilled PERI-PERI chicken while becoming part of the country's evolving dining scene.

The journey began in 2001 with the opening of the first Nando's restaurant on Salwa Road. At the time, Qatar looked very different, but the warmth of its hospitality and its appreciation for good food were already firmly established. Over the years, Nando's has grown alongside the country, expanding from that first restaurant to 12 locations across Doha and beyond.

Today, Nando's welcomes guests at Salwa Road, City Center Doha, Financial Square, Bin Omran, The Pearl, Doha Festival City, Ezdan Al Wakra, Lusail Boulevard, Villaggio, Avenue Mall at Steigenberger Hotel, Tawar Mall and Place Vendôme. With Financial Square and Bin Omran operating 24 hours a day, guests can satisfy their PERI-PERI cravings at almost any time.

Sajed Jassim Mohammed Sulaiman, Managing Director, reflects on the journey:

"When we opened our first Nando's restaurant on Salwa Road in 2001, we began a journey that would grow alongside Qatar. Over the past 25 years, generations of families and friends have shared meals and created memories around our tables. We are incredibly grateful to everyone who has been part of our story, and we look forward to continuing to bring the heat for many more years."

However, the Nando's story in Qatar is about much more than restaurant openings. It is about the people who have gathered around its tables over the past 25 years. Families who first visited years ago now return with a new generation, while friends, colleagues and visitors continue to create their own memories over flame-grilled chicken, sharing platters and plenty of PERI-PERI.

It is also a story shaped by the Nandocas - the people who bring the Nando's experience to



life every day. From those who have been part of the journey for many years to the newer team members carrying it forward, their energy, warmth and hospitality remain at the heart of the brand.

Balu Subramonian, Head of Operations, says: "This milestone belongs to our people. Our Nandocas bring the Nando's experience to life every day through their passion, energy and genuine hospitality. Some have been part of this

journey for many years, while others are helping us build its next chapter. Reaching 25 years would not have been possible without their dedication and the continued support of our guests."

Although much has changed since 2001, the essence of Nando's remains the same: bold flavour, genuine hospitality and food prepared with care. Its flame-grilled chicken is still marinated for at least 24 hours and cooked to each guest's preferred PERI-PERI heat level. At the same time, the menu has continued to evolve, introducing new flavours and experiences while keeping the favourites guests know and love.

To mark this milestone, Nando's Qatar is celebrating with its "Still Bringing the Heat" campaign - honouring the bold flavours, shared moments and memorable experiences that have defined its journey. The campaign looks back at where it all began while celebrating how far both Nando's and Qatar have come over the past quarter-century.

Reaching 25 years is not simply a celebration of longevity. It reflects the trust and loyalty of the guests who have supported Nando's throughout the years, the dedication of its teams and the partnerships that have helped the brand grow.

Vyanktesh Jaiswal, Chief Operating Officer, adds: "Celebrating 25 years in Qatar is a proud milestone and a reflection of the trust our guests have placed in Nando's. Our growth from one Casa on Salwa Road to 12 locations has been guided by our commitment to quality, genuine hospitality and memorable experiences. As we celebrate how far we have come, we remain focused on evolving with our guests and serving the communities that have supported us."

As Nando's Qatar looks towards its next chapter, one thing is certain: after 25 years, it is still bringing the heat - and there will always be a place for everyone at the table.



YEARS
Nando's
Qatar

Still Bringing
the Heat.



Contd from page 4

Parents can make the transition easier by preparing some breakfast items the night before. Oats can be prepared in advance, fruit washed and portioned, lunch boxes organised and breakfast ingredients placed where children can easily find them.

The less complicated the morning, the more likely the family is to maintain the routine.

What if a child says, “I’m not hungry”?

This is particularly common among older children and teenagers.

A child who wakes up late may not feel hungry immediately. Others simply do not enjoy eating early in the morning.

Forcing a large meal may turn breakfast into a daily battle.

Instead, parents can explore smaller or more convenient options. A piece of fruit, yoghurt, whole-grain toast, a boiled egg or another simple option may be easier to manage.

Some children may prefer to eat a little at home and have another nutritious snack later, depending on school policies and schedules.

The objective is to establish a sustainable eating pattern rather than create anxiety around food.

Persistent appetite changes or concerns about a child’s eating habits should be discussed with an appropriate healthcare professional.

Teenagers need breakfast too

Teenagers can be particularly difficult to convince.

Late nights, early school starts and busy schedules can make breakfast one of the first routines they abandon.

But adolescence is also a period of significant growth and development, making adequate nutrition important.

The solution may be to make breakfast more compatible with a teenager’s reality.

A quick breakfast that can be prepared in advance may be more successful than expecting a teenager to sit down for a full meal immediately after waking.

Parents can also involve teenagers in planning their own breakfasts and shopping for ingredients.

This shifts breakfast from being another parental instruction to becoming part of their growing independence.

Breakfast does not have to be perfect every day

There will be mornings when the alarm is missed.

There will be days when a child refuses breakfast.

There will be mornings when the school bus is waiting and everyone leaves the house with barely enough time to put on their shoes.

That is normal.

The aim is not perfection.

What matters is establishing a generally healthy routine rather than becoming anxious about the occasional missed breakfast. Parents should also remember that children’s nutritional needs differ according to age, growth, activity level and individual circumstances. There is no single breakfast that is appropriate for every child.

The school can play a role too

Breakfast is not solely a family responsibility.

Schools can also contribute to creating an environment in which healthy eating is accessible and encouraged.

Evidence from school meal programmes suggests that providing breakfast at school can be associated with better attendance and, in some settings, improved test performance.

BREAKFAST

THE SMART START FOR SCHOOL SUCCESS

Good food. Better focus. Brighter days.

A healthy breakfast is more than a meal—it's the foundation for learning, energy and a greater start to the school day.

WHY BREAKFAST MATTERS

Improves attention, memory and concentration

Replenishes energy after overnight fasting

Supports mood and overall wellbeing

Linked to better academic performance and school attendance

WHAT MAKES A GOOD SCHOOL BREAKFAST

WHOLE GRAINS for energy and fibre

PROTEIN for growth, fullness and focus

FRUITS for vitamins, minerals and fibre

DAIRY (or alternatives) for strong bones and nutrients

Keep it simple, balanced and something your child will actually eat.

THE BENEFITS GO BEYOND NUTRITION

Better concentration in class

Helps establish a positive morning routine

Creates time for connection and conversation

Supports overall health and wellbeing

DON'T MAKE SUGAR THE STAR

Many breakfast foods are high in added sugars.

Choose whole foods more often:

DEALING WITH "I'M NOT HUNGRY"

- Offer small, easy-to-eat options.
- A piece of fruit, yoghurt, toast or a boiled egg can be enough. Let children have some choice.
- Avoid forcing – build a sustainable habit, not a daily battle.

TEENAGERS NEED BREAKFAST TOO

- Quick, practical and portable works best.
- Prepare in advance when possible.
- Involve them in planning and shopping.
- Fuel their growth, focus and busy days.

SCHOOL CAN PLAY A ROLE

- School breakfast programmes improve attendance and performance
- Nutritious choices and enough time to eat matter.
- Schools and families working together benefit children most.

HYDRATION MATTERS

Water supports concentration, energy and overall cognitive function.

Encourage children to drink water regularly throughout the school day, especially in hot climates.

MAKE MORNINGS EASIER

Prepare school bags at night

Layout uniforms

Plan and pack lunch boxes

Prepare breakfast ingredients in advance

Stick to a consistent sleep schedule

A good breakfast today builds a better tomorrow.

Breakfast won't guarantee good grades, but it can help children start the day ready to learn, grow and thrive.

WAKE UP. EAT WELL. BE READY.

Schools can support healthy habits by offering nutritious choices, giving students sufficient time to eat and helping children understand the relationship between food, health and learning.

This is particularly important for children who may not have had breakfast before leaving home.

A supportive school nutrition environment can therefore complement what families are doing at home.

Don’t forget hydration

In a hot climate such as Qatar, hydration deserves special attention.

Children can lose fluids through normal daily activity, particularly when they participate in sports or spend time outdoors. Water should therefore be readily available throughout the school day.

Adequate hydration is another part of supporting children’s ability to function and concentrate. The CDC notes that adequate hydration may also support cognitive function in children and adolescents.

Parents can make hydration easier by ensuring children have a suitable water bottle and develop the habit of drinking regularly rather than waiting until they are very thirsty.

Make breakfast a family moment

Perhaps one of the simplest benefits of breakfast is that it can bring the family together.

School mornings are often busy, but even a few minutes sitting together can provide an opportunity to talk.

What is happening at school today?

Is there a test?

Is there a sports activity?

Is there something the child is excited or worried about?

These small conversations can be valuable.

For younger children especially, breakfast can become part of a reassuring morning ritual — a predictable moment of connection before they leave home.

For teenagers, it may be one of the few opportunities during a busy weekday when the whole family is together.

A better morning begins the night before

The easiest way to make breakfast happen may actually be to prepare for it before going to bed.

Check the school timetable. Prepare uniforms. Pack school bags. Organise lunch boxes. Decide what breakfast will be.

This removes decisions from an already busy morning.

It also helps children understand that successful mornings are not simply about waking up early. They are about preparation.

As children grow older, they can gradually take responsibility for some of this preparation themselves.

A younger child might choose between two breakfast options. An older child might prepare cereal, toast or fruit. A teenager can increasingly take responsibility for planning and preparing simple breakfasts.

In this way, breakfast becomes another opportunity to develop independence.

The return to school after the summer holidays is a time of adjustment for the entire family.

Sleep schedules change. School bags come out. Homework returns. Extracurricular activities begin again. Parents and children once again have to navigate the morning rush.

In the middle of all these changes, breakfast can seem like a small detail.

It is not.

It is one of the simplest daily habits families can establish to help children begin the school day prepared, nourished and ready to participate.

The evidence does not support treating breakfast as a guaranteed route to higher grades, and researchers continue to point out limitations in the evidence, particularly around the precise effects of different breakfast compositions.

But the broader message is clear: regular, nutritious breakfast consumption is part of a healthy routine, and eating breakfast rather than starting the school day fasting may support aspects of children’s attention, memory and cognitive performance.

So, as the school bells ring again after the long summer break, parents may want to start the new academic year with something simple.

Wake up.

Slow down.

Sit down.

Eat well.

And give young minds the fuel and routine they need for the day ahead.

5 QUICK AND EASY BACK-TO-SCHOOL BREAKFAST RECIPES

These simple breakfast ideas are designed for busy school mornings. They are quick to prepare, family-friendly and easy to adapt to children’s preferences.

1. Banana & Peanut Butter Toast

Prep time: 5 minutes

Ingredients:

- 2 slices whole-grain bread
- 1 banana
- 1–2 tbsp peanut butter
- A sprinkle of cinnamon

Method:

Toast the bread and spread with peanut butter. Slice the banana and arrange on top. Finish with a light sprinkle of cinnamon.

Quick tip: For children with nut allergies, use a suitable seed or nut-free spread.

2. Berry & Yoghurt Breakfast Bowl

Prep time: 5 minutes

Ingredients:

- 1 cup plain or Greek yoghurt
- ½ cup fresh or frozen berries
- ¼ cup oats or low-sugar granola
- 1 tsp honey, optional
- A few slices of banana

Method:

Add yoghurt to a bowl and top with berries, oats or granola and banana. Add a small amount of honey if desired.

Quick tip: Prepare the ingredients the night before and assemble in the morning.

3. Cheesy Egg & Veggie Wrap

Prep time: 10 minutes

Ingredients:

- 1 whole-wheat tortilla
- 1–2 eggs
- 2 tbsp grated cheese
- A few pieces of chopped tomato, spinach or bell pepper
- 1 tsp olive oil

Method:

Scramble the eggs with the vegetables in a lightly oiled pan. Place the mixture in the tortilla, sprinkle with cheese and roll tightly.

Quick tip: Make the filling the night before and warm it quickly in the morning.

4. Overnight Oats with Apple & Cinnamon

Prep time: 5 minutes + overnight chilling

Ingredients:

- ½ cup rolled oats
- ½ cup milk

- ¼ cup plain yoghurt
- ½ apple, finely chopped
- ½ tsp cinnamon
- 1 tsp honey, optional

Method:

Combine all ingredients in a jar or container. Cover and refrigerate overnight. Give it a stir in the morning and serve cold.

Quick tip: Prepare two or three portions at once for several school mornings.

5. Quick Breakfast Smoothie

Prep time: 5 minutes

Ingredients:

- 1 banana
- ½ cup berries
- ¾ cup milk or an appropriate alternative
- ½ cup plain yoghurt
- 1 tbsp oats
- 1 tsp peanut butter, optional

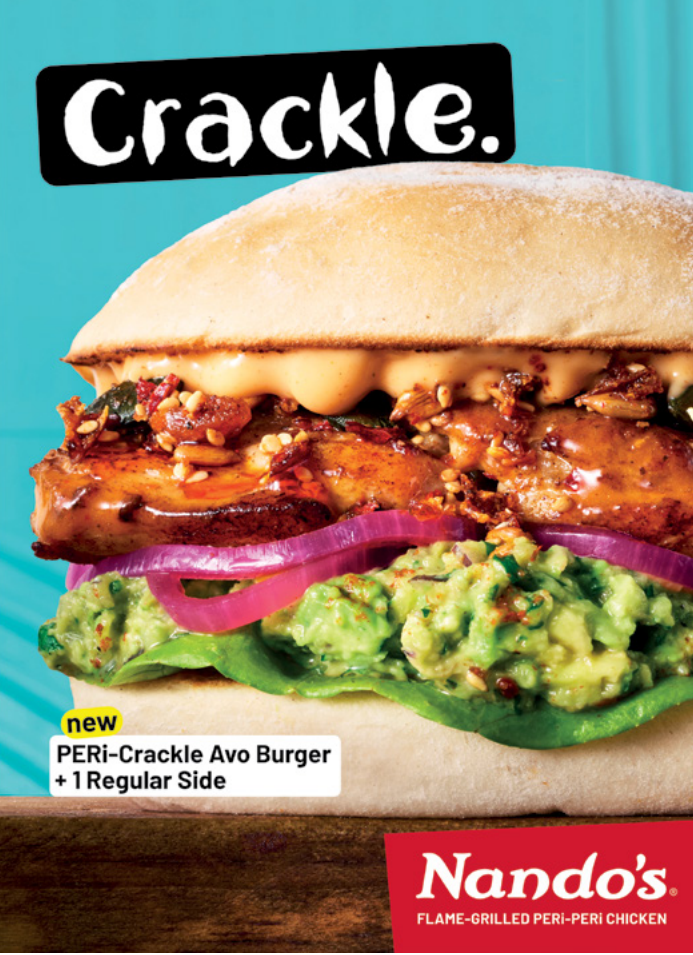
Method:

Place all ingredients in a blender and blend until smooth. Serve immediately.

Quick tip: Freeze sliced bananas and washed berries in individual portions so the smoothie can be prepared in minutes.

Crackle. Smash. Zing: Meet Nando's New PERi-Crackle Avo Burger

Nando's Qatar has turned up the flavour with the launch of its new PERi-Crackle Avo Burger - a bold combination of contrasting flavours and textures, created for those who believe a burger should be anything but ordinary.



Built around Nando's signature flame-grilled chicken, the PERi-Crackle Avo Burger brings together everything guests love about the brand, with a fresh and flavour-packed twist. Each burger features succulent flame-grilled chicken thighs layered over creamy smashed avocado, spinach and tangy pickled red onions. It is then topped with Nando's signature PERi-Crackle and finished with a generous drizzle of sauce, all served inside a toasted potato bun.

The result is a burger that delivers on every level. The smashed avocado adds a smooth and creamy texture, while the pickled red onions bring a sharp, tangy zing that cuts through the richness. The PERi-Crackle provides the all-important crunch, creating a satisfying contrast with the tender, flame-grilled chicken. Every bite offers something different: creamy, crunchy, smoky, tangy and unmistakably PERi-PERi.

At the heart of the burger are Nando's flame-grilled chicken thighs. Marinated for at least 24 hours to lock in flavour, the chicken is grilled and basted in each guest's preferred PERi-PERi heat level. Whether guests prefer to keep things mild or turn up the heat, the PERi-Crackle Avo Burger can be enjoyed exactly the way they like it.

More than simply a new menu addition, the burger reflects Nando's playful approach to flavour. It brings together ingredients that complement and contrast with one another, creating a meal that feels familiar while still offering something new. It is indulgent without feeling too heavy and packed with enough texture to make every mouthful interesting.



The new PERi-Crackle Avo Burger is served with one regular side for QAR 45. Guests can pair it with their favourite Nando's side, from PERi-PERi Chips and Spicy Rice to Coleslaw, Corn on the Cob or another option from the regular sides menu.

The launch forms part of Nando's continued commitment to introducing exciting flavours while staying true to what it does best: serving flame-grilled PERi-PERi chicken with plenty of personality. It also arrives during a significant year for Nando's Qatar, as the brand celebrates 25 years of bringing the heat to the country.

Available for a limited time, the PERi-Crackle Avo Burger can be enjoyed when dining in, ordering takeaway or having it delivered. Guests can order through all major food delivery platforms, as well as directly through the Nando's Qatar app or website at order. nandos.qa.

Creamy avocado, tangy onions, flame-grilled chicken and that unmistakable crackle - it is not just another chicken burger. It is a full-on flavour experience.

Crackle. Smash. Zing. It's everything.





Crackle. Smash. Zing.

It's everything.

new

**PERi-Crackle Avo Burger
+ 1 Regular Side**

Flame-grilled chicken thighs on a bed of smashed avocado and pickled red onion, topped with Nando's PERi-Crackle, served on a toasted Potato Bun.





BACK TO
SCHOOL