

Schools FEEDING Schools



PRIMARY SCHOOL AWARD INFORMATION

www.marysmeals.org.uk

mary's meals

a simple solution to world hunger

SCHOOLS FEEDING SCHOOLS

Supporting curriculum aims of developing pupils as educated citizens, promoting opportunities in spiritual, moral, cultural and physical development.



OBJECTIVES

Supported by cross-curricular learning resources for all ages, it gives your community the opportunity to take social action that will support the mission and ethos of your school, whilst giving life changing meals to some of the world's poorest children.

In the process of learning new skills, your pupils will find out about different cultures in the world and how their actions can make a difference.

This scheme has been designed to fit in with the academic year and is supported by our **schools' resources** and an assembly if required, with the flexibility to work around your school calendar and commitments.

AT A GLANCE ACTIVITIES

- Launch Assembly
- Term One - **World Porridge Day**
- Term Two - **Raise Some Dough**
- Term Three - **Move For Meals**
- Awards Assembly

SUGGESTED STRUCTURE

We would be delighted to come and lead launch assemblies but we can also provide you with resources to lead your own if that is more suitable for your community.

To further support the children in learning about Mary's Meals, we have a wealth of Free schools' resources that we are delighted to share with you.



WORLD PORRIDGE DAY

Why porridge?

In Malawi, Zambia and Zimbabwe, Mary's Meals serves children steaming mugs of vitamin-enriched porridge, helping them to learn and grow.

That's why we celebrate **World Porridge Day** on 10 October every year – porridge has the power to change lives.

We have a dedicated schools' information pack we would be delighted to share with you!

Schools have used this as an opportunity to enhance skills and knowledge about a healthy diet and the importance of a good start to the day. In one school, different classes made various porridge based products such as overnight oats, porridge, biscuits and these were accompanied by various healthy fruits such as kiwi, strawberries, raspberries. Pupils also have the opportunity to learn skills of measuring, mixing, hygiene and timing.

Furthermore, one school said about World Porridge Day, “Many of the pupils have never tasted porridge and absolutely love it. A cheaper and more nutritious version of their usual sugar-based breakfast.”
Other schools have held a “pound for porridge” breakfast and inviting members of the local community to join them.

“Using the Mary's Meals schools' resources, Meals Make a Difference and Hunger to Hope, children wrote poems about the importance of school meals and how Mary's Meals helps.

Grace, age 9 explained, "It helped us learn that we should be grateful for what we have and try to help others as much as we can. It made me think ‘How can they survive off this small amount of food?”



“How can I help?’”
Mrs Sutton, Headteacher,
Our Lady’s Catholic Primary School, Prescot (pilot school)



RAISE SOME DOUGH

You can help to **Raise Some Dough** for Mary's Meals by holding a bake sale for your community – or even inviting people in for a coffee morning.

Our **FREE FUNDRAISING PACK** includes everything you ‘knead’ to hold a baking fundraiser – including our new mug-shaped cookie cutter, donation box, poster and celebrity recipe book!

“Many cookery skills were practised and the pupils really enjoyed sitting down together and sharing their own ‘home-cooked’ food.

This social time was really lovely and a super chance to talk about the focus which was Mary’s Meals.”
Mrs Murphy, Headteacher,
St Werburgh’s
Catholic Primary School

RAISE SOME DOUGH

MOVE FOR MEALS



This is an opportunity to use physical activity and turn this into meals for hungry children around the world. Running, bouncing, dancing, climbing, jumping have all brought attention to the work of Mary's Meals globally.

Hollywood Actor, Gerard Butler, upon visiting one of the feeding programmes stated, **"Do you see what happens after a simple meal, they just came to life!"**

Schools have also incorporated this into their sport's day or PE lessons.

FURTHER INFORMATION

Of course these are ideas only, and you may wish to do things in a different order or use a different activity.

Raising awareness of Mary's Meals is just as important as raising funds, so please do share your activities on social media and tag us in it!

Other activities organised by schools have been:

- Book Fairs
- Christmas or Summer Fairs
- Raffles
- Making and selling crafts
- Holding a concert
- Sponsored events

At the end of the academic year, we would be delighted to visit your school to present you with your award!

As the headteacher at St Werburgh's, one of our pilot schools, said about the Schools Feeding Schools award: "Definitely do it! The children learn so much from the fundraising. They are really motivated and energised to help and support and enable other children around the world to do what they take for granted, going to school each day. The fundraising ideas each term are really creative and each class came up with their own ideas for the different events. Being part of the project has enriched our lives. Thank you."

To register or find out more, please contact info@marysmeals.org.uk or visit www.marysmeals.org.uk



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