

mary's  
meals

a simple solution  
to world hunger



# MARY'S MEALS SCHOOLS AWARD: TEACHER'S GUIDE







# WELCOME TO THE MARY'S MEALS SCHOOLS AWARD!

We're excited to invite your school to join us in making a real difference to some of the world's poorest children. By participating in the Mary's Meals Schools Award, your school will play an active role in supporting our mission to provide life-changing school meals to children in need, while inspiring students to engage with global issues and take action.

## WHY TAKE PART?

By participating in the Mary's Meals Schools Award, your school becomes part of a global movement that is helping children access food and education. You will inspire your students to think globally, act locally, and understand the difference lots of acts of kindness can make to children in some of the world's poorest communities.





# HOW THE SCHOOLS AWARD WORKS

The Mary's Meals Schools Award is built around three key pillars: **Commitment**, **Action**, and **Impact**. These pillars will guide your school as you work toward one of three levels of recognition: **Bronze**, **Silver**, or **Gold**.

To achieve an award, schools must:

- Complete the **essential activity** for each pillar for your chosen award level
- Select and complete **two optional activities** for each pillar from the provided list
- Submit your work by filling out a simple table, adding a brief description of your activities, attaching photographic evidence of each activity, and sending it to your designated Mary's Meals contact

Your journey through the award is designed to be flexible and achievable, offering options that allow your school to integrate Mary's Meals into the areas where you excel, while encouraging students to learn, lead, and make a meaningful impact.





**AWARD LEVELS**





# BRONZE AWARD

This level represents your school's first steps into the Mary's Meals community. It involves setting up a Mary's Meals Student Leadership Team, hosting a fundraising event, and educating your students on global issues.

	Commitment	Impact	Action
Essential	<b>Set up Mary's Meals Student Leadership Team.</b>	<b>Set goals + targets for what you would like to achieve (money raised, students involved, people reached, Sponsor a School).</b>	<b>Host one event for Mary's Meals involving a fundraising aspect.</b>
Optional	<b>Integrate Mary's Meals into School Culture:</b>  Include a statement about supporting Mary's Meals somewhere prominent such as on the website or letterhead.	<b>Gather Student Reflections:</b>  Collect reflections from students on their involvement with Mary's Meals, such as short written pieces, drawings, or videos.	<b>Run a One-off Awareness Campaign:</b>  Launch a short-term awareness campaign within the school, like a poster competition or a themed day (e.g., "Mary's Meals Awareness Day") to educate students about global hunger.
	<b>Display Mary's Meals Materials:</b>  Create a dedicated noticeboard or space in a common area to display Mary's Meals posters, facts, and updates.	<b>Conduct Basic Surveys:</b>  Conduct brief surveys or polls to gauge the awareness and understanding of Mary's Meals among students and staff before and after campaigns or activities.	<b>Participate in one global or national campaign:</b>  <a href="#">Our campaigns</a>
	<b>Create a Mary's Meals Pledge:</b>  Develop a simple pledge or commitment statement for students and staff to sign, reinforcing the school's dedication to the cause.	<b>Display a "Meals Counter":</b>  Create a visual "Meals Counter" display in a prominent location (like a hallway or entrance) that tracks and shows the number of meals provided through the school's fundraising efforts.	<b>Use Social Media:</b>  Share at least one update or post per term about Mary's Meals activities on the school's social media channels or website.
	<b>Display a Mary's Meals Jar:</b>  Place a Mary's Meals collection jar in a common area, such as the cafeteria or library, to encourage small donations from students and staff throughout the year.	<b>Develop a "Why We Support Mary's Meals" resource:</b>  Create a resource (video, scrapbook, journal, presentation etc.) where students and staff share the reasons why they support Mary's Meals.	<b>Interactive Activities in Classrooms:</b>  Run a class discussion or activity (e.g. a debate or art project) on the importance of access to food and education, relating it to Mary's Meals' mission.
	<b>Other</b>  (please specify on form)	<b>Other</b>  (please specify on form)	<b>Other</b>  (please specify on form)





# SILVER AWARD

At this level, your school demonstrates deeper involvement, engaging the entire school in Mary's Meals activities. You'll host two events, incorporate Mary's Meals themes into the curriculum, and more.

	Commitment	Impact	Action
Essential	Include whole school in activities.	Track and report on key measurables against targets set in bronze.	Host 2 events for Mary's Meals, one of which must involve a fundraising aspect.
Optional	<b>Deepen Integration with Curriculum:</b> Incorporate Mary's Meals themes into at least two subjects (e.g., geography, social studies, or home economics) for a specific term, discussing global hunger, food security, or the impact of education and link this to our mission.	<b>Share action on website:</b> Host a section on the school's website that regularly updates the community on the number of children fed, funds raised, and other impact metrics.	<b>Develop a Recurring Awareness Initiative:</b> Develop a recurring awareness initiative, such as a monthly newsletter segment, regular social media posts or an assembly each term to keep the community engaged.
	<b>Annual Staff Training:</b> Host a staff meeting or a training session annually, focusing on Mary's Meals' mission, impact, and how teachers can incorporate these themes into lessons and activities.	<b>Run an Impact Reflection Session:</b> Organise annual reflection sessions where students and staff discuss the impact of their efforts, what they have learned, and how they can improve or expand their support.	<b>Create a Volunteer Network:</b> Mobilise a broader network of student and parent volunteers to support Mary's Meals activities, such as organising events, spreading awareness, or assisting in fundraising.
	<b>Incorporate Mary's Meals in School Traditions:</b> Embed Mary's Meals into existing school traditions, such as including a Mary's Meals segment in an annual event or celebrating an anniversary of the school's involvement with the charity.	<b>Create an Impact Report:</b> Produce an annual impact statement summarising the school's activities, funds raised, community engagement, and the resulting impact.	<b>Host a Speaker:</b> Hold a dedicated assembly and invite a Mary's Meals representative to educate students and staff on the impact of the organisation's work. <a href="#">Request a talk here</a>
	<b>Mary's Meals Assemblies:</b> Host assemblies where students or volunteers present on Mary's Meals, its impact, and how their school is supporting the cause.	<b>Document Testimonials and Stories:</b> Encourage students and community members to share their stories and testimonials about their involvement with Mary's Meals and compile these into one resource.	<b>Organise a School-Community Workshop:</b> Host workshops where students and community members work together to create materials (like handmade crafts, posters, or videos) that promote Mary's Meals, which can be sold or displayed to raise funds and awareness.
	<b>Other</b> (please specify on form)	<b>Other</b> (please specify on form)	<b>Other</b> (please specify on form)





# GOLD AWARD

Achieving Gold showcases exemplary leadership and long-term commitment. Your school will host three events throughout the year, work with the wider community, and plan for sustaining and growing your impact for years to come.

	Commitment	Impact	Action
Essential	Involve the wider community in activities in support of Mary's Meals.	Produce a plan detailing how you plan to sustain and build on your impact over the next three years.	Host 3 events throughout the year, one of which must involve a fundraising aspect.
Optional	<b>Adopt Mary's Meals as a Signature School Initiative:</b>  Make Mary's Meals the school's flagship charitable cause, featured prominently in all major events, publications, and strategic planning discussions throughout the year.	<b>Conduct a Comprehensive Impact Evaluation:</b>  Undertake a comprehensive evaluation of the school's impact, using a range of qualitative and quantitative methods, such as surveys, interviews, and data analysis, to measure long-term effects on students, the school community, and Mary's Meals.	<b>Launch a Comprehensive Awareness Campaign:</b>  Develop and implement a year-long, multi-platform awareness campaign that includes assemblies, social media, newsletters, local media outreach, and community events to spread the message of Mary's Meals.
	<b>Create a Permanent Mary's Meals Display:</b>  Establish a permanent display, such as a mural, dedicated to Mary's Meals, created collaboratively by students and staff to symbolise the school's ongoing commitment to the cause.	<b>Develop a Community Impact Documentary:</b>  Create a short documentary film featuring interviews with students, staff, and community members, capturing their experiences, learning, and the impact of their efforts on Mary's Meals.	<b>Lead a Collaborative Project with Other Schools:</b>  Lead a collaborative project involving multiple local schools to raise funds or awareness for Mary's Meals, fostering a sense of community and collective impact.
	<b>Appoint Mary's Meals Leads for Each Year Group:</b>  Designate student ambassadors from each year group to promote Mary's Meals within their classes and organise year-group-specific activities, ensuring sustained engagement across the entire school.	<b>Create an Impact Map:</b>  Develop an "Impact Map" that visually represents the global reach of the school's support for Mary's Meals. This map should highlight the countries where we feed, or if the school sponsors a school, they could look to highlight that region specifically.	<b>Organise a Community Awareness Program:</b>  Create a program where students present information about Mary's Meals to local organisations, such as rotary clubs, churches, or local councils, encouraging them to get involved or support the cause.
	<b>Comprehensive Curriculum Integration:</b>  Integrate Mary's Meals themes across multiple subjects and year groups, ensuring sustained engagement and deeper understanding.	<b>Host a Community Impact Presentation:</b>  Invite students, staff, parents, and Mary's Meals representatives, to discuss the school's impact and explore new ways to expand it.	<b>Integrate Mary's Meals into Local Events:</b>  Partner with local festivals, fairs, or community events so that students and staff can share information, raise awareness, and engage attendees in supporting the cause.
	<b>Other</b>  (please specify on form)	<b>Other</b>  (please specify on form)	<b>Other</b>  (please specify on form)



# HOW TO SUBMIT YOUR AWARD APPLICATION



After completing the required activities:

- **Fill in the table** provided in the application form, detailing the essential and optional activities completed and adding a brief description
- **Attach photographic evidence** of each activity, such as pictures of events, student projects, or school displays
- **Email the completed table and evidence** to your Mary's Meals contact for review

Once your submission is reviewed and approved, you will receive your award and a digital certificate to display your school's achievement!







# RESOURCES FOR YOUR JOURNEY

We're here to help you every step of the way! Access a wide range of resources to guide you, including:

- Interactive presentations
- Engaging cross-curricular learning resources
- Physical resources, like posters and blue mugs
- A Hunger Meal Resource to inspire classroom discussions
- Social media graphics to share your work
- Certificates and awards once you reach each level!



# FREQUENTLY ASKED QUESTIONS

## **How do I know which level to apply for?**

You can start at the level which feels right for you and your Mary's Meals journey. Bronze is a great place to start if you're new to Mary's Meals to establish a strong foundation. If you've already been supporting Mary's Meals at your school, you might prefer to start with Silver or Gold. You can speak to your Mary's Meals contact if you need further advice on this. If starting at a higher level, you should also complete the essential activities for Bronze level.

## **How long does the Mary's Meals Schools Award last?**

You can work through your chosen activities at your own pace. Once you have achieved the award, this will last for three years. During this period, you can choose to work towards the next award if you wish. After three years have elapsed, you should re-apply if you wish to continue referring to yourself as a Mary's Meals School.







## As part of the award, I need to organize events. Can you provide ideas to help with this?

Events come in all shapes and sizes! Here are a few ideas, and you can speak to your Mary's Meals contact for further help:

- **Move for Meals**: organise a sponsored run, walk, cycle or dance. You could even have a pupils vs teachers football or netball match.
- **Raise some Dough**: baking is a great way for pupils to get creative in support of Mary's Meals. Organise a coffee morning or bake sale.
- **Porridge Pledge**: pupils can opt in to give up their favourite snacks for a day or a week in solidarity with hungry children, with meals consisting of plain foods like porridge and rice. This makes a great sponsored challenge.
- **Film screening**: Mary's Meals have some great films available to help raise awareness of our mission.
- **Get musical**: Pupils could organize a concert, talent show or battle of the bands, with attendees charged a ticket fee.
- **School fun day**: Organise a variety of stalls and activities, such as a raffle, used book sale, tombola and games.





**Mary's Meals UK**

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