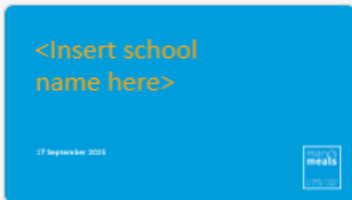

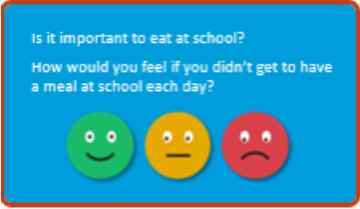

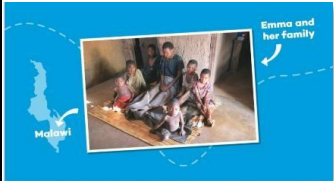




Assembly Notes 7-11 year olds




This assembly will introduce children and staff to the work of Mary's Meals. There are some opportunities for children to answer questions. We would recommend children putting their hands up and you choosing around 5 or 6 responses each time.




This presentation should work for faith and non-faith schools. For faith schools, there are some additional notes you may want to consider including.



Slide	Wording	Discussion points
1 	Welcome to this assembly today where I am going to tell you about the work of a charity called Mary's Meals.	
2 	To start with though, I'd like to talk about the food you eat here at _____ (<i>name of school</i>) Hands up if you have school meals? Does anyone have a packed lunch? What are your favourite foods to eat at school?	Ask children to share their answers.


<p>3</p> 	<p>After discussing the 2 questions.</p> <p>I often think about food being a bit like petrol for a car. My car doesn't work if I don't put fuel into it. Food is like my 'petrol' it's my fuel to be able to have energy to do things.</p> <p>Food helps you to concentrate, learn, keep focused and gives you energy. Eating nutritious food will keep you healthier.</p>	<p>Ask the questions and take children's responses</p>
<p>4</p> 	<p>This man is called Magnus, and he thinks it is very important that all children get a nutritious meal when they are at school.</p>	
<p>5</p> 	<p>Back in 2002 Magnus was in Malawi, an African country. At this time the country was going through a famine, which means there wasn't enough food around for people to eat. He met this lady, Emma, and her children. The family were really struggling to find or afford enough food to eat to keep them full.</p> <p>Magnus asked Emma's eldest son, Edward what his hopes and dream for his future were.</p> <p>Before I tell you Edward's answer, I'd like to know some of your hopes and dreams for your futures.</p>	<p>Take responses from children as to what their hopes / dreams for their futures are.</p>

<p>6</p> 	<p>Edward's answer was quite different to yours. He simply wanted to go to school and have enough food to eat.</p> <p>Children at this school can come to school and have a meal while you are here. There are millions of children in the world who are not that lucky.</p>	
<p>7</p> 	<p>So, Magnus decided to start the charity Mary's Meals.</p> <p>The charity provides children living in some of the world's poorest communities with a daily meal at school.</p> <p>This means the children can go to school to gain an education as well as have full stomachs to help them have the energy to learn and play with friends.</p> <p>All children have a right to education, and all children have a right to enough food to eat.</p> <p>Faith Schools.</p> <p>We are named after Mary the mother of Jesus as Magnus has a deep faith and believes she is such an important person.</p>	
<p>8</p> 	<p>Magnus and lots of other people have worked hard over the years.</p> <p>Mary's Meals started working in Malawi, where Magnus met Edward and they fed 200 children to begin with.</p>	

<p>9</p> 	<p>Mary's Meals works in 16 countries where children often don't have enough food to eat. Even though the children are spread all around the world and we are here in the UK, we can help them have their school meals through Mary's Meals.</p>	
<p>10</p> 	<p>Mary's Meals is feeding more than three million children every school day.</p> <p>However there are still millions of children around the world not going to school and who are hungry every day.</p>	
<p>11</p> 	<p>Mary's Meals has such a positive impact on the lives of the children. Knowing a daily meal will be served encourages the parents to send their children to school.</p> <p>The food will help them concentrate so they can focus on their lessons. The food also means they will have energy to learn but also to play with their friends at break time.</p> <p>What does being educated mean for their futures?</p>	<p>Take children's responses to question.</p>

<p>12</p> 	<p>As well as becoming successful learners and having better health from the food it means the children will hopefully go on to jobs in their futures because they are educated.</p> <p>Jobs means money, which means they can provide for themselves and their families in the future. Mary's Meals helps communities so that they can escape poverty in the future.</p>	
<p>13</p> 	<p>For less than £20 Mary's Meals can feed a child for a whole school year. That is about the same cost as 6 Happy Meals from McDonalds. So, you could go to McDonalds 6 times or a Mary's Meals child could eat for a whole school year.</p> <p>It works out around 10pence per meal.</p>	
<p>14</p> 	<p>So, thinking about 10 pence. Here are some common foods we could eat at home. Do you think we could buy any of these things for 10p?</p> <p>Let's look at the average cost of these items in a supermarket like Tesco / Asda.</p> <p>As you can see, none of them cost 10pence. The closest thing we have is one carrot for 11p. I might enjoy some carrot sticks as a healthy snack, but I certainly wouldn't eat one carrot as a meal – it wouldn't fill me up and provide me with all the nutrients I need.</p> <p>But at Mary's Meals, they can provide children with a healthy, nutritious meal for the cost of 10 pence.</p>	<p>Take responses from children for how much these foods might cost?</p> <p>Talk through the prices of the items.</p>

<p>15</p> 	<p>Here are some of the meals that they serve.</p> <p>Top Right - Yemen – sandwiches and fruit</p> <p>Bottom Right Malawi – Vitamin enriched porridge called Likuni Phala</p> <p>Centre - Liberia – rice and peas</p> <p>Right - Haiti – beans and rice</p> <p>Amazing isn't it, that these children can receive a good meal for the cost of 10pence per meal.</p>	
<p>16</p> 	<p>We are asking all schools across the country to join in a campaign called 'Pocket Money for Porridge'. Although Mary's Meals serve many different foods, their biggest feeding programmes serve a type of porridge. This porridge is a nutritious and vitamin enriched meal that helps children to grow healthy and strong. They would like us to get involved by asking everyone to bring in a minimum of 10 pence so that every child can at this school help pay for a meal.</p> <p>There are ____ children here at ____ (name of school) so if you all brought in 10p you would provide ____ meals.</p> <p>How could you pay for that 10pence?</p> <p>Here are some ways I thought of. It doesn't matter how you make the 10p it will all have the same value 10p = 1 meal</p> <p>If you are able to bring more that is wonderful, 20p would provide 2 meals, 50p provides 5 meals and a pound would give a child 10 meals.</p>	<p>Ask children for alternative ways of making 10p.</p>

<p>17</p> 	<p>Your donations really can make such difference.</p> <p>Gabriel receives meals at school in Zambia. The porridge served by Mary's Meals gives him the energy he needs to learn, but also to play football with his friends at break.</p>	
<p>18</p> 	<p>Sisters Fatima and Soni in India benefited from donations. Their family is poor so it was the promise of a meal that attracted their parents to start sending them to school. They soon realised education could change the girls' futures. Fatima got a degree in English and History – the first woman in her community to graduate. Fatima plans to become a teacher, and Soni plans to join the police force. Their mother says “Without Mary's Meals, these girls would not be who they are now”</p>	
<p>19</p> 	<p>Collette age 10 from Madagascar, has a really long walk to school but she knows it is worth it for the food and the lessons she'll receive once she's there. Collette already has a clear plan for a brighter future. “What I want to change in my life is the struggle. I want to improve my level of education; my life; and my clothes; and my food. I want to succeed at school.”</p>	
<p>20</p> 	<p>Denise Cottrell-Boyce has shared this lovely poem about how the children of our school can help.</p>	<p>A child could read this poem out. You can read from the slides, or find a copy here: marysmeals.org.uk/campaigns/pocket-money-for-porridge</p>



Should we as a school do some fundraising for Mary's Meals, so we can help provide even more meals for children in some of the world's poorest communities?

Whatever we do, big or small, it all adds up to make a difference. Mary's Meals' founder Magnus describes all of these actions as little acts of love. By supporting their work in any way, you are helping children access education around the world and helping reduce child hunger.

Faith School

Mary's Meals would love for you to pray for the children they feed and ask God that their work can help reach more hungry children.

I would like to end on a Mary's Meals prayer:

Our Father, give us this day our daily bread and forgive us for the times when we take more than our share of the bread that belongs to all.

Let us help You fill the starving with good things, not with scraps from our table.

Teach us how to share what is not ours to keep. Clothe us with Your love that we may complete each good work You created us to do. Place in our hearts Your compassion for each starving child and use our little acts of love so that they starve no more.

Amen.



I hope you have enjoyed learning about the charity Mary's Meals and that maybe you might have been inspired to do something to help them feed the next hungry child who is still waiting for Mary's Meals.

