

Thoughtful Thursdays

St Giles' & St George's CofE Academy - Class based collective worship from Wednesday 19th March 2025
Invitational and inspirational at home discussion prompt following today's class worship.



The **BIG** Question ?

Is it important to have a morning routine?

In the news this week

750 schools in England have been chosen to trial free daily breakfast clubs, to see whether they could work for all schools. Starting in April, the schools will provide breakfast and activities for children. Schools are encouraged to offer healthy, varied and nutritious breakfasts, such as wheat cereals, porridge, fresh fruit and yoghurt, as well as activities, including educational puzzles, reading and crafts.

Things to talk about at home ...

- > Have you attended a breakfast club? Would you like to?
- > What do you like to have for breakfast? What about others at home?
- > Share your morning routine with someone and ask about theirs. Do you feel it's important to have a routine? Why?

Please note any interesting thoughts or comments

Thoughtful Thursdays

Below is some of the information that was shared today during class worship - this may help your discussions at home.

ASSEMBLY RESOURCE



Read the information below, all about the new breakfast club pilot. Do you think it is a good idea? Can you make a list of the pros and cons?

What is a breakfast club?

Lots of schools already have breakfast clubs. It's a place where children can go to school earlier, have breakfast, and play games or activities with others.

How will the new pilot scheme work?

The government-funded pilot scheme will see the 750 chosen schools opening at least 30 minutes before the start of the school day, and providing children with a varied, nutritious breakfast.

Many are excited about the idea. However, some people are worried that the money the government is offering (so that the breakfast clubs are free) may not be enough to pay for all the food and activities.

What does a breakfast club look like?



OPENING TIMES:

Monday – Friday
7:30am – 8:30am

WHO IS IT FOR?

Breakfast club is fully inclusive for children from Nursery to Year 6.

FOOD AND DRINK ON OFFER:

- Toast and butter
- Toast and jam
- Bagels
- A selection of cereals
- Juice
- Milk
- Water

Pictures, details and a menu example from the Prince of Wales Primary School breakfast club.

Source: Prince of Wales Primary School, Eritford.

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Resource one



Look at the resource below, which shares some examples of breakfasts from around the world.



Huevos Rancheros – Mexico
Fried eggs on top of corn tortillas, with a salsa made from tomatoes, chili peppers and onions.



Gallo Pinto – Costa Rica
The main dish of a traditional Costa Rican breakfast is made with rice and beans.



Pan Con Tomate – Spain
Tomatoes topped with olive oil on toasted bread.



Dim Sum – China
Usually served in the late morning, Dim Sum is a variety of small dishes, including steamed dumplings, rice noodle rolls, noodle soups, chicken, fried vegetables and rice porridge.



Full English Breakfast – United Kingdom
Eggs, sausage, bacon, baked beans, black pudding, toast, tomatoes and mushrooms.



American Pancakes – United States of America
Fluffy pancakes which can be eaten with bacon and maple syrup or fruit.



Nasi Lemak – Malaysia
Sweet coconut rice with cucumber, anchovies, roasted peanuts, hard-boiled eggs, and a spicy Malaysian hot sauce.



Puri – India
Typically eaten in North India, Puri is a deep-fried bread, often served with potato curry.

Have you ever tried any of these breakfasts before? Which do you think looks the most delicious?

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UN Rights of the Child



British Values



All children have the right to healthy food. By providing support for schools to offer all children a healthy and nutritious breakfast, the UK government is showing support for this right.



Rule of Law

Rules help support fairness and wellbeing. Schools, that take part in the breakfast scheme initiative, must follow the government's guidelines, to ensure children receive a healthy start to the day.

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