



It's more than just food!

Please read on to discover how the
NORTH LAKES Foodbank can help your school
with Collective Worship and RE lessons.

Primary School Pack



It's more than just food!

Who are we?

North Lakes Foodbank is a Christian based charity delivered by the Churches of Allerdale and Copeland. It is also part of The Trussell Trust which is founded on Christian principles. We work with people of all faiths and none, but are inspired to do what we do by Jesus' words:

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

– Matthew 25:35-36

Why invite North Lakes Foodbank into your school?

We bring:

- 'Collective Worship' Christian based, thought-provoking assemblies.
- Curriculum based RE lessons in line with the 'Cumbria Agreed Syllabus for Religious Education'.
- Help to promote 'British values'.
- A local-based charity promoting community.
- A free resource.

Our schools programme is designed to help pupils to become more aware of the community around them; to help them understand that communities are built on morals and values which we all need to live by, giving us hope that we can all help to make this place where we live a much better place for everyone to be.

At the Foodbank we have three core values.

Compassion – concern, empathy, kindness, consideration, thankfulness and helping of others.

Love – friendship, non-judgement, service and care.

Hope – confidence, expectation, courage and trust.

By teaching, exploring and reflecting on our three core values through the use of thought-provoking assemblies (Collective Worship) & RE lessons, we can help pupils with their personal development. We can encourage them to explore the personal beliefs, ideas, values, morals and experiences which they want to live by, while at the same time respecting the right of others to differ from them (promoting British values).

What do we have to offer?

1. Presentations

An Interactive presentation specifically about North Lakes Foodbank.

- We offer a 15-20 minute presentation explaining the role of the foodbanks in our community including why we need foodbanks, how a foodbank works and the types of food we collect.

The presentation works well as an assembly for either KS1, KS2, or whole primary school.

This presentation is popular during Harvest time when the school is collecting food to be given to Foodbank.

- We also offer a classroom presentation which is more tailored to specific year groups and is much more hands-on (for example, getting pupils to write on sell by dates on the top of tins and sorting food into categories.) The lesson also includes follow-up activity sheets.
- Budgeting Lesson – Unfortunately money does not grow on trees so we need to budget and control our spending on what are our needs and wants. This lesson looks at food choices we make between branded and non-branded food products and how this can affect every day living. It also includes some taste testing and the health issues of branded/non-branded foods.

This lesson is designed for KS2.

Visiting a Foodbank Centre and Warehouse.

- See the assembly line in action, the marking, weighing and sorting of tins, how the food is packed and weighed before being shipped out to a centre to be given out.

The visit works well after the presentation above.

The numbers that can visit at one time are limited by space and health and safety consideration. Transport may be required.

12 Days of Christmas presentation.

- We all love getting presents, it tells you that someone cares. But to get a present someone has to give a present. This presentation looks at the importance of giving and why we should give. We also give information about the 12 Days of Christmas challenge.

Again, this presentation works well as an assembly to either KS1, KS2 or whole primary school.

As we prefer to receive the 12 Days of Christmas food by the beginning of December this presentation works best during the month of November.

Green Foodbank Day

- Encourage your pupils to wear something green for a day and donate a tin of food for the privilege.

Make a day of it with lessons and fun activities based around the work of North Lakes Foodbank.

Green Foodbank Day takes place in June each year. More information is given out in January.



Hello, my name is Timmy the Tin of Tuna and I love coming into schools talking to the children about the work of North Lakes Foodbank. To invite me in please use the contact details below.

To book an assembly or lesson, please ring Stuart our Schools Worker on 07733338352 or email him at stuart@thefoodbank.org.uk. Alternatively you can ring the Foodbank office and leave a message on 01900 823854 or email info@thefoodbank.org.uk.

2. Christian based Assemblies for 'Collective Worship'

Based on either one, two or all three core values of the North Lakes Foodbank we offer an extensive programme of assemblies.

Each assembly is Bible-based which means the retelling of a Bible story or Bible passage. The thought or theme of the assembly will be challenging and contains a time of reflection & prayer*. Assemblies are often interactive inviting pupils to volunteer to come to the front to participate in a quiz, game, competition or a drama which are all based on the theme of the assembly. Each assembly will have a link into the North Lakes Foodbank project.

*Pupils will be given the choice to agree with the prayer by saying 'Amen'

Examples of assembly themes are:

Assemblies on Love

Helping Friends – We all need friends, friends who will help us and friends who we can help.

Bible story – The miracle of Jesus healing the man lowered through the roof by the help of his 4 friends.

Foodbank link – The Foodbank helps those who are in need.

Friendships that help you change – Friendships can help people to change for the better.

Bible story – Zacchaeus, who changes through friendship.

Foodbank link – The Foodbank forms friendships to help make positive changes in people's lives.

Serving others – Showing you care by your serving actions.

Bible story – Jesus washes his disciples' feet.

Foodbank link – The Foodbank shows it loves and cares by serving the community.

Assemblies on Compassion

Feeling Special – You are special no matter who you are.

Bible story – Parable of the lost sheep.

Foodbank link – The Foodbank sees everyone as special no matter what race, religion, gender etc...

Co-operation – We are all different, important and need each other.

Bible story – One body, different parts.

Foodbank link – The Foodbank and other agencies work together to help others.

Caring for others – Caring for others no matter who they are or what they are like.

Bible story – Parable of the Good Samaritan.

Foodbank – At the Foodbank we are always willing to help anyone and to be a friend.

Telling others how you feel – Letting people you trust know how you are feeling.

Bible story – Samuel chooses David to be King.

Foodbank – At the Foodbank we are sensitive to people's feelings.

Holding others – Helping others to be strong.

Bible story – God holds the world in his hands.

Foodbank link – The Foodbank helps people to become strong again.

Assemblies on Hope

Advice – Following good advice makes you stronger and more hopeful.

Bible story – Parable of the wise and foolish builders.

Foodbank link – The Foodbank advises people where they can go to get help.

Self-worth -We are all valuable.

Bible story – God cares for the birds.

Foodbank link – The Foodbank believes everyone is valuable and special.

Giving up – Don't give up. There is always hope.

Bible story – The miracle of the great catch of fish.

Foodbank link – The Foodbank encourages people to keep going and to not give up.

Who's afraid? – Don't be afraid, there are people who you can trust.

Bible story – The miracle of Jesus calming the storm.

Foodbank link – Many people put their trust in the Foodbank to help them.

Working Hard – Always give your best.

Bible story – Parable of the Talents.

Foodbank link – At the Foodbank we want to help people reach their goals and feel good about themselves.

It's not just about winning – Giving your all.

Bible Story – Parable of Poor Widow.

Foodbank link – At the Foodbank we try our best to help all who come to us.

Encouraging Others – Encouragement can bring success.

Bible story – The walls of Jericho come tumbling down.

Foodbank link – At the Foodbank we try to encourage others to overcome their problems/concerns.

Choices – Who can you trust to help you make the right choices?

Bible story – Peter chooses to follow Jesus.

Foodbank link – At the Foodbank we encourage people to make the right choices.

Safe & Sound – Who can you trust to feel safe and sound?

Bible story – Psalms 139.

Foodbank link – At the Foodbank we want people to feel safe and sound when they visit.

Season based Assemblies

Christmas – A time of giving and hope.

Bible story – The birth of Jesus.

Foodbank link - The Foodbank gives food and hope to people.

Easter – A time to forgive and to start again.

Bible story – The death of Jesus.

Foodbank link – The Foodbank helps people to get back on their feet in time of hardship.

Harvest – Thank you.

Bible story – Feeding of the 5,000.

Foodbank link – The Foodbank is always thankful for its support, donations and volunteers.

Harvest – Sharing.

Bible story - Elijah and poor woman.

Foodbank link – The Foodbank needs people to share their food.

Harvest - Caring and looking out for each other.

Bible story – Ruth and Naomi.

Foodbank – The Foodbank looks after and cares for others.

Do you have a theme you would like us to cover which is not on our list? Then just ask, as I am sure we can do something.

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3. RE lessons based on the ‘Cumbria Agreed Syllabus for Religious Education’

All lessons are designed to fit within the ‘Cumbria Agreed Syllabus for Religious Education’. Here is a list of examples, if there is a lesson you would like us to cover but it is not listed below, please just ask.

Foodbank in the Community

Interview a Foodbank worker – Many of the Foodbank volunteers/workers are Christians. Through interviewing a couple of volunteers/workers explore how their Christian faith plays a role in their job and life.

Working in the Community – The Foodbank helps around 6,000 a year. Why is **showing care and concern** for our community so important? This lesson looks at the Biblical principle of, **‘Love Thy Neighbour’** and the **Bible text** found in Matthew chapter 25 “For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”

Harvest – This lesson looks at Harvest, how Harvest became a Christian Festival and how sharing is an important part of it.

Foodbank link – Harvest is an important time for the Foodbank.

Christmas 1 – The telling of the Nativity story, exploring the Christian belief that Jesus is God’s gift to the world and why gift-giving is so important.

Foodbank link – At the Foodbank we believe giving and receiving food gifts helps to unite the community.

Parables told by Jesus

How Jesus teaches – Using the story of the **Good Samaritan**, this lesson shows us how Jesus would use stories to teach others. (for example the Good Samaritan teaches Christians to care and love others).

Foodbank link – At the Foodbank we try to follow the teachings of Jesus by caring and loving others.

Lost Sheep – This lesson tells the Bible story of the lost sheep and introduces Jesus as the Good Shepherd saying how Jesus looks after and cares for everyone whoever they are.

Foodbank link – At the Foodbank we try to follow Jesus’ example and see everyone as special no matter what race, religion, gender or how we look etc...

Wise and Foolish Builders – A story about following good advice. Who do Christians look to for good advice?

Foodbank link – At the Foodbank we try to follow the teachings of the Bible for good advice and wisdom so we can help others.

Jesus’ Miracles

Miracles of Jesus – How do the miracles show us who Jesus is? This lesson uses the story of **Jesus calming the storm** and includes a craft.

Foodbank link – At the Foodbank we trust Jesus to help us with the work we do.

Feeding of the 5,000 – A simple packed lunch went a long way to help others. This story helps Christians to believe that God provides for their needs. This lesson also talks about the importance of sharing with others.

Foodbank link – At the Foodbank we rely on people sharing their food, time and money with others.

Man through the roof – The story of Jesus healing a man after he has been lowered through the roof. This lesson talks about friendships and what makes a good friend.

Foodbank link – At the Foodbank we understand how friendship plays an important role in our work.

The Great Catch of Fish – Some of Jesus’ followers had been fishing all night without success until Jesus turned up and restored their hope. This lesson explores how Jesus helps Christians in their faith.

Foodbank link – At the Foodbank we try to help people regain hope in their lives.

What is special about Jesus?

Jesus as a friend – This lesson uses the story of **Zacchaeus** to talk about how Jesus was a friend to everyone and what we can learn from the story.

Foodbank link – At the Foodbank, being non- judgemental is really important in helping others.

Jesus walking on Water – Can Jesus do the impossible? This lesson looks at trust, using the story of **Peter walking on water**.

Foodbank link – The Foodbank needs to be seen as a place of trust.

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