

What's happening in the news this week?



Laszlo Geczo/INPHO/Shutterstock

Let's have a look at this week's poster!

17th - 23rd March 2025



Is it important to have a morning routine?



Let's look at this week's story

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.



Learn more about this week's story [here](#).
Watch this week's useful video [here](#).
This week's Virtual Picture News [here](#).



How does it make me feel?



sad

despondent
disconsolate
dismal
doleful
downhearted
forlorn
gloomy
melancholic
miserable
woeful
wretched

angry

aggrieved
annoyed
discontented
disgruntled
distressed
exasperated
frustrated
indignant
offended
outraged
resentful
vexed

happy

beaming
buoyant
cheery
contented
delighted
enraptured
gleeful
glowing
joyful

confused

addled
baffled
bemused
bewildered
disorientated
indistinct
muddled
mystified
perplexed
puzzled

excited

animated
elevated
enlivened
enthusiastic
exhilarated
exuberant
thrilled

worried

agitated
anxious
apprehensive
concerned
disquieted
distraught
distressed
disturbed
fretful
perturbed
troubled
uneasy

overwhelmed

engulfed
inundated
overburdened
overloaded
saturated
submerged
swamped

afraid

alarmed
apprehensive
daunted
fearful
frantic
horrified
petrified
terrified

guilty

ashamed
compunctious
contrite
culpable
penitent
responsible
rueful

jealous

bitter
covetous
desirous
envious
envying
resentful
wary

thankful

appreciative
grateful
gratified
indebted
obliged
relieved

shocked

astonished
astounded
disconcerted
distressed
dumbfounded
horrified
staggered
startled
stunned
surprised

disgusted

affronted
appalled
horrified
repelled
repulsed
revolted
sickened

inspired

activated
encouraged
exhilarated
galvanised
influenced
motivated

embarrassed

ashamed
awkward
chagrined
demeaned
discomposd
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted

This week's story looks at events related to ...





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, Enfield.

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, chilli 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?



Look at the resource below, which shares some questions to help you think about your own morning routine, and learn about others'.

Use the questions below with a partner or a small group, and find out about each other's morning routines.

What time do you wake up?



Do you have breakfast at home, on the go, or not at all?

Who do you see or talk to in the morning?

Do you go to a breakfast club, or would you like to try one? Why?



Do you do anything to help your family in the morning?

How do you get to school?



Make a Change!

- 1** Try waking up 5 minutes earlier, to add a calming or creative activity to your morning.
- 2** Plan breakfast the night before, to see if it makes mornings smoother.
- 3** Try swapping one part of your morning routine for something new and reflect on how it feels.



Did you know?

Recent research shows that eating breakfast can lead to doing better at school!

Did you notice any big differences between your routine and someone else's? What stood out to you?

Some people have breakfast at home, some on the go, and some at school. Why do you think that is?

What surprised you most when learning about other people's morning routines?



Is it important to have a morning routine?

Reflection



Having a good start to the day or following a routine can often help to make the rest of the day run smoothly.



Media Literacy

Is the information fact or opinion?



Explanation: Let's look at the key information in the story, and how it is presented.



Analyse



Evaluate



Research



Act

Questions to Discuss

- What is the main idea of this news story?
- What key facts are shared in the article? (E.g., numbers, names, locations.)
- Are any opinions included in the story? How can we tell the difference between facts and opinions?

Reflection

Understanding the key facts in a news story helps us think critically about the information we receive. This means we can discuss, question and form our opinion, based on reliable and accurate information.

Activity

Highlight or underline three key facts from the story. Then, explain the story in one sentence in your own words. Share your sentence with a partner – did you both focus on the same key points?



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.

Protected Characteristics



Breakfast clubs help ensure children access a nutritious breakfast. We all deserve fair treatment, and access to the things that we need, no matter our age.



Sex



Sexual
Orientation



Age



Disability



Gender
Reassignment



Marriage and
Civil Partnership



Pregnancy
and Maternity



Race



Religion
or Belief



UN Rights of the Child



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.



Useful Vocabulary



Government-funded

Paid for by the government.

The **government-funded** pilot scheme will see the 750 chosen schools opening at least 30 minutes before the start of the school day.

Nutritious

Full of good things that help you grow and stay healthy.

Schools are encouraged to offer healthy, varied and **nutritious** breakfasts, such as wheat cereals, porridge, fresh fruit and yoghurt.

Pilot scheme

A small test, to try out an idea before deciding if it should be used permanently.

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.

Pros and cons

The good and bad points about something. The phrase comes from the Latin expression 'pro et contra', which means 'for and against'.

Can you make a list of the **pros and cons**?

Routine

The things you do in the same order, regularly, like every morning or bedtime.

What does your normal morning **routine** look like?

Trial

To test something for a short time to see if it works well.

750 schools in England have been chosen to **trial** free daily breakfast clubs, to see whether they could work for all schools.

Can you use them in your writing this week?

Picture News



Is it important to have a morning routine?

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- Look at this week's poster, and make a prediction about what this week's news could be about.
- Has anyone ever attended a breakfast club? Share any prior knowledge you have about it.
- Read the information on the assembly resource, 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?
- Share what you like to eat and drink at breakfast time. Who do you usually have breakfast with and where? Is it at a breakfast club? How important is breakfast to you?
- What does your normal morning routine look like? Is it different at the weekend or in school holidays? Talk about how we all have different routines.
- Watch this week's useful video, in which actress, Diane Parish, visits a breakfast club. Does it sound like a good breakfast club to you? Why?

Reflection

Having a good start to the day or following a routine can often help to make the rest of the day run smoothly.

Picture News



KS1 focus

What do people around the world eat for breakfast?



- Have a think about your morning today. What was it like? Can you remember what you had for breakfast? Did you have anything different today, or was it what you would usually have?
- Where do you normally have your breakfast? Is it at home, or do you go to a school breakfast club, childminder or relative's house in the morning?
- Have a think about some foods that you enjoy. Which is your favourite meal of the day? What do you love to eat for breakfast? If you could eat anything for breakfast, what would it be?
- Look at resource 1, which shares some examples of breakfasts from around the world.
- Have you ever eaten any of these breakfasts before? Are there any that you think look delicious and would like to eat?
- Have you ever been to any of the countries mentioned in resource 1 before? If so, can you remember what you had for breakfast there? Can you think of a breakfast you ate or enjoyed when you were in another country?
- Look at resource 1 again. Are there any of the breakfast dishes you wouldn't like to try? Why? Share your thoughts.
- Do any of the meals surprise you? What is it about them that's surprising? Have you ever eaten a meal, like the ones mentioned, at a different time of day?

Reflection

All over the world, people enjoy tasty things for breakfast. Sometimes, these might be shared with family or friends on a special occasion, or perhaps enjoyed as a good meal to fuel the body and start the day.

Picture News



KS2 focus

How do our morning routines vary?



- Let's think about our morning routines. What is the first thing you do when you wake up, and why do you do it that way?
- Look at resource 2, and answer the questions about your own morning routine. Then, find a partner and question them about theirs. What differences do you notice? Does anything surprise you?
- How do you think a morning routine can help you feel ready for the day ahead? What part of your routine do you think is most important, and why? Ask your friend the same question – do they have the same priority as you?
- How does having breakfast (or not) affect your mood and energy for the rest of the day? Why do you think some children might prefer to have breakfast with classmates, instead of at home?
- What happens if a morning routine is disrupted (e.g., how do you feel if you oversleep? If breakfast is rushed or skipped?). Can this have an impact on the rest of your day?
- How do you think morning routines might be different in a hot or cold country? How might a morning routine look different for children who travel long distances to school?
- If you could add one extra step to your morning routine, what would it be, and why? Look at the 'Make a Change' ideas on resource 2. Try adding one of these to your morning routine for the next week and see how it makes you feel.

Reflection

Our morning routines may be different, but sharing and understanding them helps us see what everyone needs to start each day well.



KS2 follow-up ideas

Option 1

Design and illustrate your own morning routine comic strip! First, plan your storyboard. Think about each step of your morning routine, and decide how many panels you need (6 – 8 works well). Grab a piece of paper and sketch out your panels. Use a ruler to create neat boxes or fold your paper to section it out. Add details such as:

- Speech bubbles to show conversations (e.g., Time to wake up!).
- Time labels (e.g., 7:00am – Alarm goes off).
- Thought bubbles to show how you feel at different moments (e.g., I wish I could stay in bed!).

Use colour and creative fonts to make your comic stand out!

Extra Challenge: Imagine your routine from someone/something else's point of view (a pet, a sibling, a school bag!)

Option 2

Try adding a short yoga session to your morning routine, to help you begin your day feeling calm and focused. As a class, find a quiet space and follow a few simple stretches, like reaching up to the sky, bending forward to touch your toes, or sitting cross-legged while taking deep breaths. Hold each pose for a few seconds, taking time to breathe in slowly through your nose and out through your mouth. You could follow a simple online tutorial, if you like.

Pay attention to how your body feels before and after – does it make you feel more ready for the day ahead? Might you add this to your morning routine, or is there something else you'd like to try?



KS1 follow-up ideas

Option 1

Design your perfect breakfast! Think about your favourite foods, and create what would be your most delicious, perfect breakfast! It doesn't have to be items you would usually have for breakfast; it can be anything!

What you will need:

- A paper plate, or piece of paper cut into a circle to make a plate
- Pencils, pens or crayons
- Collage materials and glue, if you wish

Draw (or use collage materials and glue to cut and stick) your favourite foods onto your plate. Show your tasty ideas to a friend, and see if there's anything on their plate you might like for your next 'perfect breakfast'! As always, we love to see what you're doing in school, so please share your creations with us via email help@picture-news.co.uk or via social media.

Option 2

Create a class tally of your favourite breakfasts. Write a list of some breakfast options. These can be ones you and your classmates enjoy, or could be the options from around the world discussed in resource 1. Tally a mark for each answer and find out which is the most popular breakfast choice!

Breakfast Food Preferences	
Food	Tally Marks
Porridge	
Milk	
Whole Wheat	
Hot Flakes	
Corn Flakes	



This week's useful websites

This week's news story

www.bbc.com/news/articles/cvg1p0zv541o.amp

This week's useful video

Actress Diane Parish visiting a breakfast club
www.youtube.com/watch?v=ny_K4mcz3pQ

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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Pothole Problems? Legs Get a Solution!

Potholes (holes in the road) are a common sight on roads, but one man from Cambridgeshire thought of a 'hole' new idea, to make sure one got fixed!

James Coxall, and other villagers, had been avoiding the very large crater in the road for eight months, and knew something had to be done about the problem. He didn't write a letter of complaint or leave an angry message on the local council's website. Instead, he and his family created a pretend pair of legs, and then put them into the pothole and puddle, so it looked like someone had dived in headfirst! 'We just thought



Pictured: Pothole prank!
Source: James Coxall via BBC Cambridgeshire on Facebook.

that would be the most amusing way to sort of highlight the pothole', Mr Coxall said. Within four days of the legs appearing, the huge pothole was fixed by council. The legs were then left by the side of the road, and the family 'col-leg-ted' their masterpiece!

Have you ever created anything funny before?

Ready, Steady... Drone!

A few weeks ago, we learned through Picture News that drones could be the future of delivery. But did you know that drone racing is also a popular sport?

Drone racing, as the name suggests, is where small drones are raced against one another, to see who can complete a course the fastest. The operators will either wear a headpiece (sometimes called an FPV Goggle) or have a screen on their control, that is linked to a camera on the front of the drone. This helps to see the racecourse better.

Angus 'McQueen' Porter, who



Pictured: Drone racing! **Source:** Canva.

is 15 and currently Australia's fastest drone racer said, 'It's just a really good community, and also it's super fun to fly them around!' Drone racing is also being officially recognised as a sport at the World Games, in China, in August 2025. The World Games features sports that aren't included in the Olympic Games. **Would you like to race drones?**

Is it important to feel proud of where you come from?



Yes, I think it is important to feel proud of where you come from because Britain has many diverse cultures and beliefs that we should all be proud of and respect.
Maryam

Let us know what you think about this week's news



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help@picture-news.co.uk



[@HelpPicture](https://twitter.com/HelpPicture)

Something Funny for Money

Comic Relief is celebrating 40 years of doing something funny to raise money and is inviting schools to join in! Red Nose Day is on Friday 21st March. The charity says, 'It's time to celebrate 40 years of going big, giving big and feeling good with Comic Relief.'

One school is fundraising by taking part in 40 challenges to make the world a better place! The staff and pupils at St Gregory CEVC Primary School created a list of 40 things that they think will make the world a better place.



Pictured: Children from St Gregory's Primary having Christmas dinner at school in February!

Source: St Gregory Primary @StGregoryCEVCP on X.



Pictured: Children from Maple Class enjoying ice cream for breakfast at school. **Source:** St Gregory Primary @StGregoryCEVCP on X.

They have had a great time putting them into action.

The school has enjoyed ice cream for breakfast, participated in Hokey Cokey flash mobs, and eaten Christmas dinner, although much earlier in the year than usual! Other things on their list include making people feel special, by giving them compliments, running collections for food bank donations and charity shops, learning greetings in Makaton, taking part in mini marathons, and children being teachers for a day!

What would be on your list of things to make the world a better place?

Do you enjoy raising money for charity?

Dolphin 'Superpod'

A 'superpod' of over 2,000 dolphins has been spotted in the waters near Monterey Bay, California, USA. Dolphins live in groups, called pods, which are typically between 40 and 60 dolphins in size. Living in groups helps dolphins hunt for prey and hide from predators. The 'superpod' consists of Northern right whale dolphins and Pacific white-sided dolphins, and includes lots of dolphin babies, called calves. Monterey Bay Whale Watch centre crew saw the amazing sight from their boat and were able to fly a drone to capture a video of the phenomenon from the sky. Monterey Bay Whale Watch posted, 'We were out again conducting a survey on the area when we came across a superpod of a mind-blowing 2,000+ Northern right whale dolphin mixed with Pacific white-sided dolphin spread out for



Pictured: Pacific white-sided dolphins. **Source:** Canva.

miles as far as we could see! While superpods like this are rare (especially of Northern right whale dolphin), winter is still the best time of year to have a chance at encountering big pods of dolphins.' Evan Brodsky, the boat's captain, commented, 'When they jump, they look like flying eyebrows! We were so excited; it was hard to hold in our emotions. We had the biggest grins from ear to ear'.

Did you know that Northern right whale dolphins are one of only two species of dolphin in the world without a dorsal fin?

Do you know any other facts about dolphins?

Is it important to feel proud of where you come from?



I think you should be proud of where you come from because people have made that place a safe place for you to stay, so you should be proud [of] where you come from.

Ethon

Let us know what you think about this week's news



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TAKEHOME

17th - 23rd
March



Is it important to have a morning routine?

In the news this week

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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

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss

