



Catholic Life & Religious Education

Lent 2026 Issue №3 | Parents' Newsletter

stay here
and keep watch with me

*14 After John had been put in prison, **Jesus** went to **Galilee** and preached the Good News from God. 15 “The right time has come,” he said, “and the Kingdom of God is near! **Turn away from your sins and believe the Good News!**”*

This half term sees the beginning of the season of Lent and our preparation for the celebration of Easter. During the school holiday, we celebrated the feast of Ash Wednesday: the start of the season of Lent and this half term takes us right up until the Friday before Palm Sunday, the start of Holy Week and Jesus' journey to the cross.

To allow ourselves to grow closer to God during Lent, we focus on three disciplines for the 40 days of the season. **Prayer, Fasting and Almsgiving** (or charity). Throughout Lent we hope to follow in Jesus' examples of 'serving rather than being served' and use time we might usually dedicate for ourselves to do good for others.

In school we will give children the opportunity to draw themselves closer to God in **prayer each day**. There will be opportunities to pray, independently, as a class, as a key stage, as a whole school and also with parents.

Each week will have a '**focus fast**' where we fast from a selfish act and replace it with serving others.

Our Lenten pilgrimage to Assisi will give us the opportunity to give to others.

Thank you, as ever for all your help in allowing our school to live out its Mission.
Mr Booth - Headteacher



Lenten Fasts

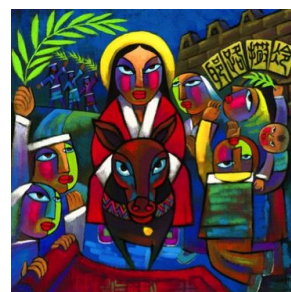
In school rather than giving up crisps or pop for Lent, which maybe extremely difficult but doesn't bring us closer to God, we try to give up a negative behaviour and replace it with something positive and selfless. We used this hymn to St Francis to focus our efforts:

Make me a channel of your peace.
Where there is **hatred** let me bring your **love**.
Where there is **injury**, your **pardon** , Lord
And where there's **doubt** , true **faith** in you.

Make me a channel of your peace
Where there's **despair** in life, let me bring **hope**
Where there is **darkness** , only **light**
And where there's **sadness** , ever **joy**.

Each week in Lent will have a different focus in school. We encourage all our families to discuss these ideas and try them at home too.

Week commencing 23rd February - Fast from **hate** and be filled with **love**
Week commencing 2nd March - Fast from the **anger** and **forgive**
Week commencing 9th March - Fast from the **me** and prefer **you**
Week commencing 16th March - Fast from '**darkness**' and let in '**light**'
Week commencing 23rd March - Fast from '**doubt**' and '**believe**'



Prayer Corner

You can pray each day during Lent with the Cafod Prayer Calendar available [here](#).

Each day includes a reflection and short prayer:

Our Lent Prayer

Loving God,

Help us to work together, to share what we have, so that everyone has what they need.

Help us to build a better world, where each of us can become the best person we can be.

Amen

PoP Group: *Praying in Lent*



During Lent, our Power of Prayer group will be leading us in prayer by:

- Leading Tuesday Prayers in the playground at 8:20 (parents and pupils welcome)
- **Modelling prayer at Phase Prayer**
- Helping plan our Lent parent liturgy

Lenten Almsgiving

We're walking to Italy - will you sponsor us?

For our charitable action during Lent, we will be raising funds for Mary's Meals. Mary's Meals are a charity aiming to provide a nutritious meal for children in an educational setting each day. The work of this charity cannot be underestimated. Research has proven that school feeding has a range of positive impacts, since children who are not suffering from hunger are able to make the most of their education. However, the statistics are stark. *More than 58 million of the world's hungriest children do not attend school.*

In order to survive, they have to work or beg. Even if they do make it into the classroom, hunger affects their ability to learn.

Mary's Meals work in 16 countries across the globe and to date have fed over 3 million children.

Our funds will be raised by completing a sponsored 'Virtual Journey' as a school and parish community. We will try to cover the distance from our school to Assisi in Italy - 1800 km. We have chosen this location as it is the birthplace of the wonderful St Francis, to whom the Pope has dedicated 2026 to.

Instead of driving or flying the distance, we will be attempting to walk - and we need your help

On 25th March we will leave school to walk around our local area and 'collect km'.

If each child in school is present on the day this will take us to nearly 1000 km with all staff too, a little short of our target. This is where we need your help. We are asking for as many parents and parishioners to help us on the day. All you need to do is arrive at school in comfortable shoes (prams welcome) and join a class for a walk. This way we can add your journey to our total.

Each walk will set off at a different time so you can make more than one on the same day if you feel inclined.

We have also mapped out a route in school that children can run or walk at lunch and playtime to build our total. Every meter really counts!

In order to raise as much money as we can for such a valuable cause, we are asking each family in the school gain sponsorship for the event. £19.25 feeds a child every school day for the whole school year so our donations really do make a difference.

Donations can be brought into school on the day of the walk or we also have a just giving page which we are asking families to share, far and wide, to help us make the most we can.

Below are links to our just giving page and Mary's Meals website for further information.

Many thanks!



[Visit our just giving page here.](#)

[For more information on Mary's Meals visit their website here.](#)

Easter Art

An opportunity for all budding artists in Years 3 – 6.

This Easter, the Knights of St Columba are launching a competition to get the children's artistic talents flowing.

The Knights of St Columba are a Catholic group focused on charitable works, youth development and promoting social justice.

They are asking children to create an A4 or A3 piece of artwork depicting any of the events from Palm Sunday through Holy Week to The Resurrection.

This tasks allows children to immerse themselves in the amazing events of Holy Week and join the many people throughout history who have been inspired to create art by these events.

- Artwork should be on A4 or A3 paper.
- It should not be traced but drawn and coloured by children freehand.
- It should include the Bible quotations linked to the event you have depicted.
- Entries will be collected from school on Friday 17th April and can be brought in any time before then.

THE KNIGHTS OF SAINT COLUMBA  YOUTH & YOUNG PEOPLE

2025/2026 **EASTER PAINTING COMPETITION**

Three age ranges:
Juniors (7 - 11 years old)
Intermediate (11 - 14 years old)
Seniors (14 - 18 years old)

Entries must be in by: **17th APR**

Cash prizes for Winners and their schools!
To enter please contact your local KSC Council at:

JAMES REED
07912761215
JAMESDRREED@GMAIL.COM



Tel: 01418 835700  WWW.KSC.ORG.UK

Dates this Lent

Each Tuesday before school	Lent reflection with Power of Prayer group 8:20 am - parents and pupils welcome
11th and 18th March	Penitential Service for children in school*
17th March	KS2 Lent reflection - Year 3, 4, 5 & 6 parents welcome to attend (8:40 am - 9:10am)
17th March	St Patrick's Day Own clothes day. Children can wear Green, White or Orange for a suggested donation of £1 (by cash or parentpay) Donations will be made to St Patrick's Missionary Society
19th March	Year 6 - Way of The Cross Y6 parents welcome to attend 9:00 am
20th March	Year 1 and 2 Lent Liturgy 8:40am - Year 1 & 2 parents welcome to attend
24th March	Whole school Lent Mass 9:30am All parents welcome to attend
25th March	School and Parish Lent walk
26th March	Reception Lent Liturgy 2:30 pm Reception parents welcome

* If children who have made their First Holy Communion would like to receive the Sacrament of Reconciliation during Lent, this is administered after 10am and 6pm Mass on a Saturday.



Every half term our school focuses on one of the Catholic social Teachings. These are delivered using resources produced by Caritas Westminster.

This half term we focused on **Community and Participation** .

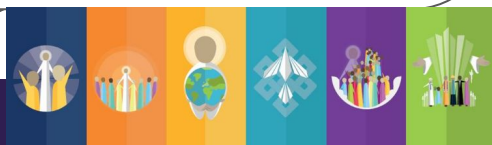
'Don't be observers, but **immerse** yourself in the reality of life, as Jesus did.'

Pope Francis, World Youth Day, 2013

Living in **community** with others is more than simply living near people.

We need to recognise the **dignity** in other people and treat them as such.

We are also called to recognise our own **gifts and talents** and use them to make our communities better!



“An education in the fullness of humanity should be the defining feature of Catholic Schools.”

Pope Francis

This half term children’s Religious Education leads them through Lent towards Easter in our branch unit: **Desert to Garden**.

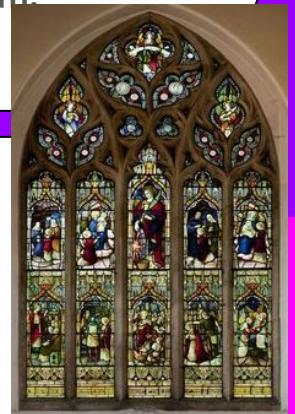


Mathew 26:39

Yet let your will, not mine, be done.”

This branch develops children’s understanding of the liturgical season of Lent and the Catholic beliefs around sin, reconciliation and forgiveness. We also focus children’s learning on the significance of Good Friday and Holy Week in Salvation History. For more information on our RE curriculum, visit our school website [here](#).

At the end of this half term, each child will bring home a report card that will include current attainment in RE and a target for next half term.



Our Parish

Feast Days Celebrated in Church: Check Newsletters for Holy Week Mass times	Date
Palm Sunday	29th March
Maundy Thursday	2nd April
Good Friday	3rd April
Holy Saturday	4th April
Easter Sunday	5th April

Weekend Parish Mass times:

Saturday: 7pm

Sunday: 9am, 11am & 6pm

