

# St Vincent's Catholic Primary School

## Lenten Activities



Dear Parents,

On Wednesday we begin the liturgical season of Lent. Lent is a special time of prayer, penance, sacrifice and good works in preparation for the celebration of Easter. To help our pupils and families prepare during this important time in the Church's Liturgical Calendar, we are organising a range of special events.

### Mass and Liturgy Dates

Deacon John will be leading a Liturgy on Ash Wednesday 26 February at 9:05am in the **infant** department for Mr McCann's class and parents of this class are welcome to attend.

There will also be an Ash Wednesday Mass celebrated by Father Jonathan in the **junior** department which starts at 9:10am – all parents and families are welcome.

There will be a Lenten Mass on Thursday 12 March at 9:05am in the **infant** hall and on Thursday 19 March at 9:10am in the **junior** hall.

A Lenten Prayer Service will take place on Thursday 26 March at 6:30pm at **Holy Angels Church**. This is a Key Stage 2 activity led by junior pupils, and parents of **junior** children are warmly invited to attend.

**Year 1** will present an Easter Liturgy on Tuesday 24 and Wednesday 25 March in the **infant** hall at 9:30am and **Year 1** parents are very welcome to come along.

### Purple Wednesday

Following our St Vincent's tradition, each Wednesday will be 'Purple Wednesday'. Pupils will be encouraged to wear a purple accessory such as a belt, bobble, hairband, loom band, socks or tights. Purple is used for two reasons: firstly, because it is associated with mourning and so anticipates the pain and suffering of the crucifixion, and secondly because purple is the colour associated with royalty and celebrates Christ's resurrection and sovereignty.

### Lenten Prayer Trails and Stations of the Cross

In the infant department there will be a Lenten prayer trail where pupils will visit prayer stations and reflect on the journey that Jesus made. Each prayer station has a different focus and children are encouraged to think, pray and respond as they become closer to Jesus during this time. As part of this trail, each child will make a very special Lenten promise. In the junior department, the children will have the opportunity to reflect, observe and pray the Stations of the Cross. They will also make a Lenten promise during their Religious Education lessons in class.

### Lenten Buddy

The children will all be given a secret 'Lenten Buddy' from their class. During Lent the children will be extra nice to their buddy and try to guess who their buddy is.

## Lenten Fundraising

Please see below for all of the fundraising activities that will take place during Lent:

### Friday 6 March – CAFOD Family Fast Day

This Lent Cafod are supporting the life-saving work of local experts like Sister Consilia in Zimbabwe who gives vital medication at her health centre. To give an idea of how your money helps, £6 could train two mums to set up a support group on breastfeeding and weaning and £20 could train three health workers to check babies for malnutrition.

To mark this day junior children are asked to give up their morning snack and bring £1 to school. Infant children are asked to bring £1 to school having given up their favourite snack/chocolate at home.

### Tuesday 10 March – Crazy Hair Day!

Each year group have chosen a charity they will raise funds for:

Year Group	Charity	Suggested donation of £1 to wear the following to school ...
Reception	Royal Osteoporosis Society	<h1>Crazy Hair!</h1>
Year 1	Cornerstone	
Year 2	Macmillan	
Year 3	Diabetes UK	
Year 4	Royal Manchester Children's Hospital	
Year 5	Francis House Children's Hospice	
Year 6	Cancer Research UK	

### Thursday 12 March 9:15am – French Café for Parents run by Y4

Year 4 pupils will be running a French themed café in the junior hall on Thursday 12 March. They will be serving breakfast and using their language skills to converse with you in French. Please come along to support this venture and raise additional funds for the Good Shepherd Appeal.

### Friday 20 March – 'Boot Camp' session

£1 donation to the Good Shepherd Appeal

### Friday 27 March – Mindfulness Session

£1 donation to the Good Shepherd Appeal: Each class will be asked to complete a mindfulness activity during the school day. The Year 2 and Year 6 children will also perform a Talent show on for their respective departments as a thank you for all of the hard work that will have been put in to raise money during this Lenten period.

We hope to see lots of parents and grandparents join us in our Lenten journey,

Yours sincerely,

Mrs Harrop