

07th March 2022

Dear Parent/Carer,

Last Wednesday marked Ash Wednesday, the beginning of Lent. As you will know, our school all went to church to mark this special occasion as a time for us to repent and say sorry for our sins. Lent is also a time for us to focus on three keystones of our faith- fasting, giving and praying. Each of these important practices help us to focus our minds, hearts and souls on being good and faithful people. They also link with our school value this term of “service” whereby we think of how we can serve others like Jesus served God and even gave his life for our sins.

**Praying-** As Catholics, we believe prayer is important and is a way of communicating with God. It is important to set aside time each day to share our hopes, joys, fears and frustrations with God.

**Fasting-** Traditionally during Lent, people give something up, often sweets or a favourite food, in order to focus on the sacrifice Christ made on the cross. The purpose of fasting is spiritual and physical purification. It doesn’t have to be giving up food- this could also be giving up social media, trying to be positive and fast from jealousy or anger. All these ways help us focus our minds on making right choices and leaning self-control.

**Giving-** Even during Jesus’s time, it was important to give to others in need. We learn this in the story of the “Widow’s coin” where it explains it is not how much we give to others, our generosity of heart and what we are able to give. We have already shown this with our support to the Ukraine appeal last week and more is to come. We can also give to others by offering our time or help to others.



**CAFOD-WALK AGAINST HUNGER**

Every Lent, our school supports CAFOD to give time and donations to help our neighbours in need globally. This year, their appeal is called “Walk against Hunger.” Each child has been given a “walk for hunger” sponsorship form and we kindly ask that the children request donations from relatives and friends to raise as much money as they can to support CAFOD. CAFOD are aiming to clock up 40,000 km with schools and groups logging in how much they’ve walked and each little step we take, will make a BIG difference! In school, we will complete our walking challenge up until 31st April (our last day of Term 4 before the Easter holidays.) Our aim is for each class to complete 15 miles over 15 days by doing a walk/run a day. Classes will decide how they want to do this suited to the children’s age and ability. The children’s sponsorship money will then need to be collected over the Easter holidays and brought into school in the first week back.

We thank you for all your support in advance and if you have any further questions, please contact me at [pippa.tapfield@our-lady.lincs.sch.uk](mailto:pippa.tapfield@our-lady.lincs.sch.uk)

P. Tapfield