

St Vincent's Catholic Primary School

Lenten Activities



Dear Parents,

Lent began this week on Wednesday 2 March. 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

- There will be a Mass in each department **for the children and staff** on Ash Wednesday on 2 March.
- There will be a Lenten Prayer Service on Tuesday 5th April at 6:30pm at Holy Angels. This is a key stage two activity and will be led by key stage two pupils. Key stage two parents are welcome to attend.
- There will be a Lenten Mass on Thursday 7th April in the Infant Hall at 9:10am and Junior Hall at 9:30am **for all the children and staff**
- Year 1 will present an Easter Liturgy on Tuesday 5th and Wednesday 6th April 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 an item of purple clothing. This could be an 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 Promises

Children will be making their Lenten promises at the beginning of Lent on Ash Wednesday. We try to think of others and focus on our thoughts and actions. Some of the children have spoken about doing this with their families too as a family Lenten promise.

Lenten Parent Reflections

A special Lenten reflection for families will take place on zoom on Friday 04 March and Friday 08 April at 10am. Please join us. A link will be sent out nearer the time.

Lenten Prayer Trails

In each 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.

Stations of the Cross

During Lent, children will also have the opportunity to pray the Stations of the Cross. In each department, stations will be displayed for children to reflect, observe and pray.

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. During Lent, we will be supporting The Good Shepherd Appeal, which this year is for Caritas. Caritas Family Support Service works with children, families and those in communities who are experiencing difficulties or disadvantage. To do this Caritas relies on funding to help raise some of these funds enabling them to continue their work helping those in need.

Friday 11 March – CAFOD Family Fast Day.

This Lent CAFOD are inviting schools to Walk Against Hunger! CAFOD are aiming to walk 40,000km around the world this Lent to help stamp out hunger. On Friday 11 March each year group will commence a '40 laps in 40 days' challenge by completing 40 laps of the daily mile track together during Lent to raise money for CAFOD's campaign. **A donation of £1 is suggested to also wear silly socks on this day.**

Friday 18 March– £1 donation to the Good Shepherd Appeal: A special 'Boot Camp' session will take place across the school.

Friday 25 March – £1 donation to the Good Shepherd Appeal: Mindfulness Session - Each class will be asked to complete a mindfulness activity during the school day.

Friday 01 April - Class Appeals: Each class will decide on their chosen charity and will be participating in the activities below:

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

Year Group	Charity	Activity Suggested donation of £1 to wear the following to school ...
Reception	Ambitious about Autism	Obstacle course
Year 1	Unicef	Crazy Hair Day
Year 2	The Sunflower of Peace	Crazy Tie Day
Year 3	The British Red Cross	Silly socks
Year 4	UNICEF	Danceathon
Year 5	Red Cross in Ukraine	Cake sale Limbo contest
Year 6	Team Felix	Bring and Buy Book Sale.

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

Yours sincerely,

Mrs Harrop