



ST JOHN FISHER CATHOLIC PRIMARY SCHOOL

— 'With God's Love we are a family; CARING, LEARNING and GROWING together' —

Lenten Newsletter

✝️ What Is Lent?

Lent is a sacred season in the Church year when we prepare our hearts for Easter. It begins on Ash Wednesday and lasts for 40 days (excluding Sundays), remembering the 40 days that Jesus Christ spent in the desert. It is a time of: **Prayer, Fasting, Almsgiving**

These three pillars help us grow closer to God and to one another.

🙏 Prayer – Growing Closer to God

During Lent, we encourage children to deepen their relationship with God through prayer. In school, pupils will:

Take part in weekly liturgies

Reflect on Scripture stories

Pray the Stations of the Cross

Spend quiet time in personal reflection



You may wish to support this at home by:

Setting aside a few minutes each evening for family prayer

Reading a short Gospel passage together

Encouraging your child to write their own Lenten prayer
Even small moments of stillness can make a big difference.

Fasting – Making Room for What Matters

For children, fasting might mean:

Giving up sweets or treats

Reducing screen time

Choosing not to complain

Making a special effort to be patient and kind

Fasting helps us practise self-discipline and reminds us that our happiness does not come from possessions, but from love.



Almsgiving – Sharing With Others

Almsgiving teaches children generosity and compassion. As a school, we will be supporting our chosen Lenten charity and encouraging acts of service. We will be completing the CAFOD Big lent Walk and also collecting toiletries for the class 'Bags of Hope.' These will be given to the local Salvation Army. Items such as soap, tooth brushes, tooth paste, deodorant, shampoo, shower gel, socks will be much appreciated.

You can support this by:

Donating to our school Lenten appeals- Bags of Hope and CAFOD Big Lent Walk

Helping your child choose toys or clothes to give away

Performing small acts of kindness in your neighbourhood

As Pope Francis reminds us, **“Lent is a time of renewal for the whole Church, for each community and every believer.”**

Looking Ahead: Holy Week

As we journey through Lent, we look forward to Holy Week, when we remember:

Palm Sunday

Holy Thursday

Good Friday

The joy of Easter Sunday



☀️ How Parents Can Help

Talk positively about Lent at home

Help children choose meaningful Lenten promises

Attend parish Mass together when possible

Model forgiveness and kindness

Lent is not meant to be gloomy — it is a hopeful season of growth and preparation for the joy of Easter.

In school, we will be collecting toiletries for our 'Bags of Hope' throughout Lent. These will be taken to the Salvation Army and given to those who need them. They were greatly received last year and your kindness was really appreciated.

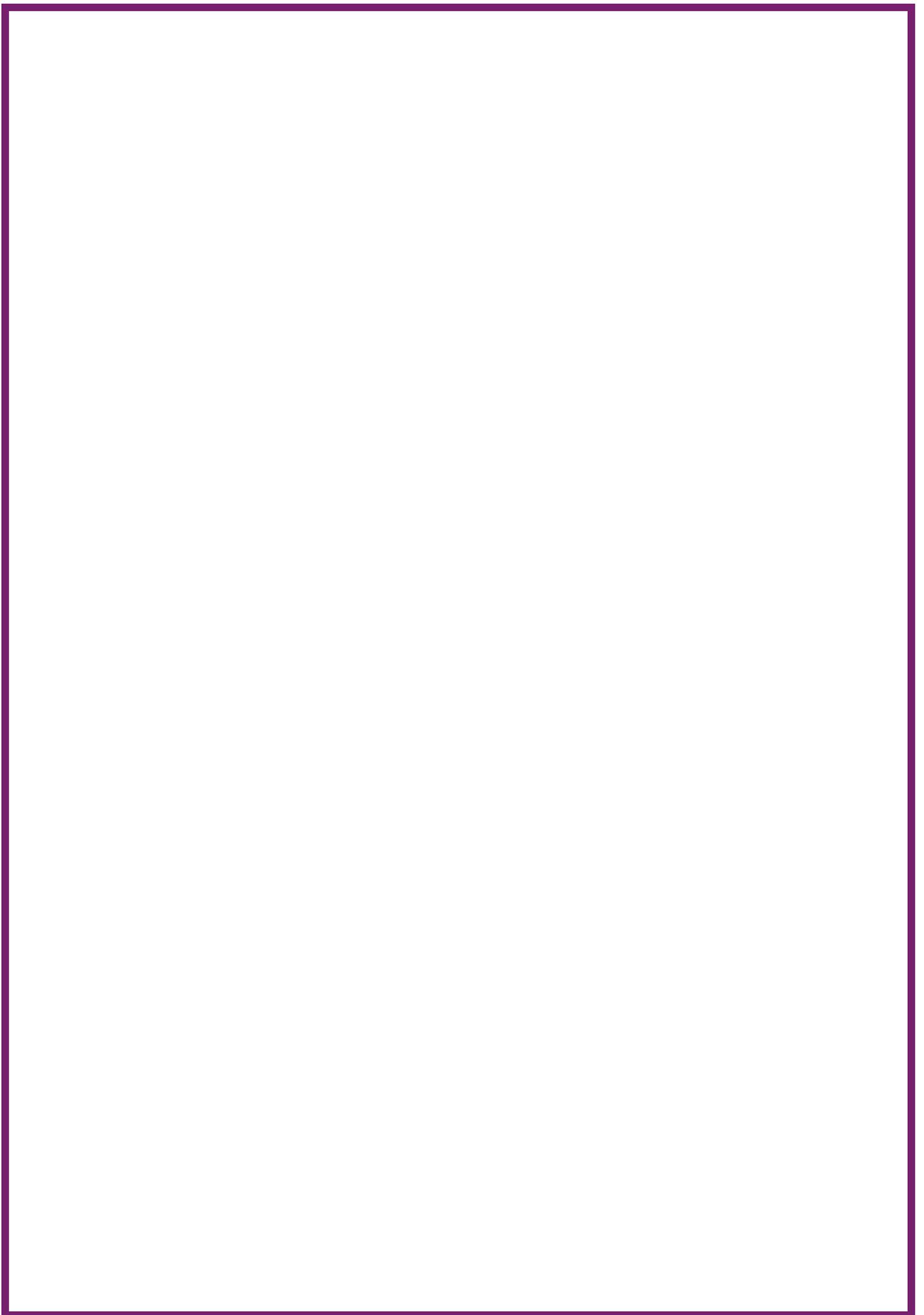
We had a CAFOD assembly on Monday 23rd February. This was the launch of our annual CAFOD Big Walk. This will be an opportunity for the whole school to actively support the amazing work that CAFOD does. We will visit prayer stations on our walk and pray the stations of the cross. Date to follow in the newsletter.



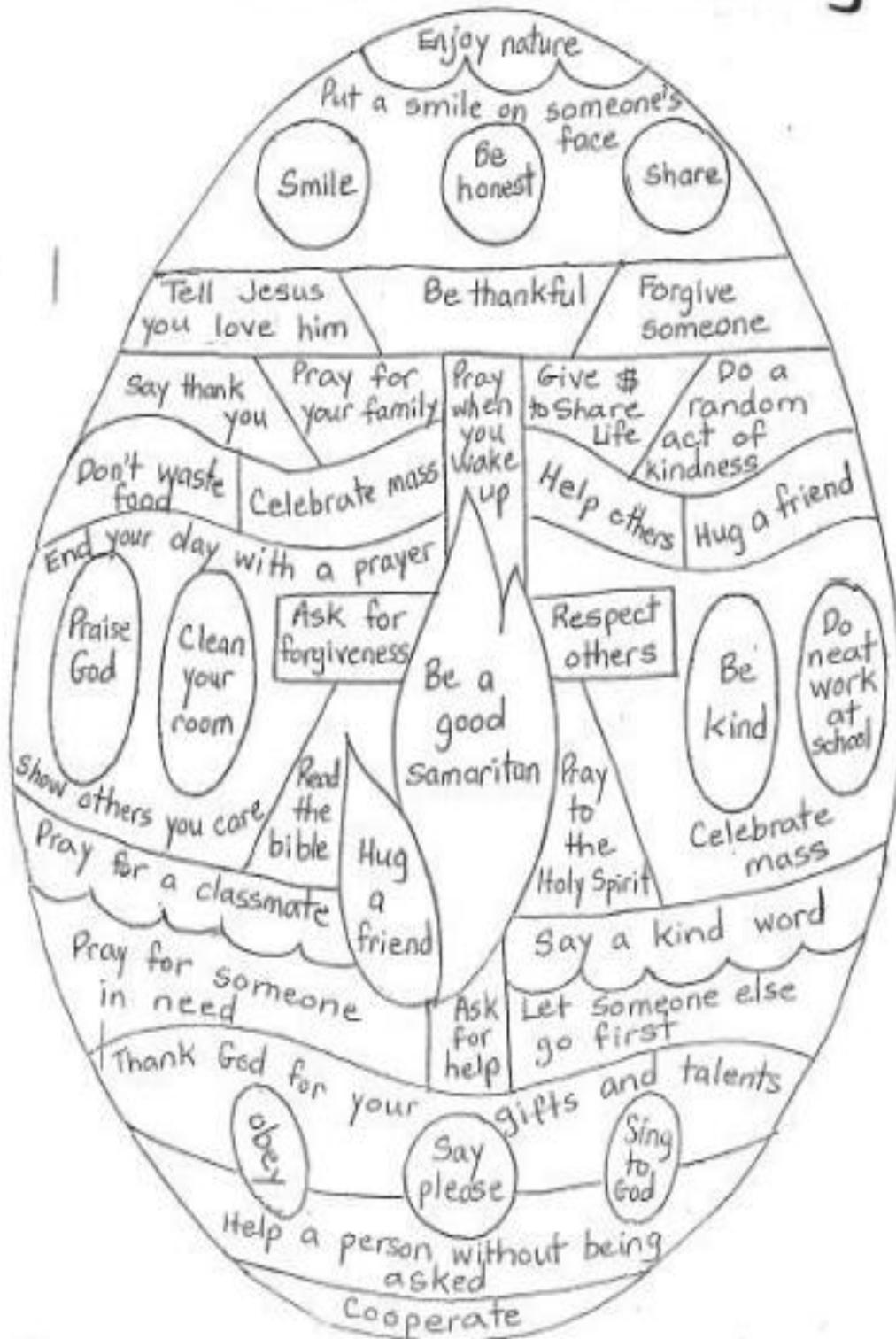
Thank you for your continued support in nurturing your child's faith journey. May this Lenten season be a time of grace, reflection, and renewed hope for all our families.

With prayers and blessings,

The St John Fisher Staff Team 



Lent is For Loving



Spirit of God, fill me with Jesus' life