

**HEADTEACHER:** Mr S. Chiswell, BA Ed (Hons) NPQH  
**DEPUTY HEADTEACHER:** Mrs L. Waldram, BSc (Hons) PGCE

**Email:** stmaryscadd@cbc.beds.sch.uk

**Website:** www.stmarysprimary.org.uk



6<sup>th</sup> February 2018

Dear Parents/Carers,

### Lent

As we prepare for the Christian Season of Lent, we think about praying, fasting and giving alms.

In prayer, we put aside time to get to know God better and to let God love us.  
In fasting, we give up something we want, so that we can be open to what God wants.  
In almsgiving, we give generously to others, as God has been generous to us

To help and support you and your children in the above, we have attached the following:

- a calendar with ideas and activities to support you and your children in prayer
- an A-Z of CAFOD's fasting ideas 'Give it Up' to support your children
- children are encouraged to come to school on Friday 23<sup>rd</sup> February in their own clothes and for this privilege we are asking for £1.00. All monies raised will go directly to CAFOD.

During the Season of Lent, our children will learn about the work of CAFOD in an assembly.

Yours sincerely

A Dowling  
RE Subject Leader