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Holy Rood School Newsletter



Healthy Schools

Also published weekly on our web site!

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Dear Parents,

Last Wednesday we began our journey into the Lenten season with a beautiful liturgy of ashes. Many thanks to all of you who came and to Father Boyle for giving up his time on a busy Ash Wednesday.

Lent of course is a time of preparation for the great feast of Easter. A time to reflect and take stock of our lives. An opportunity to put God's values back where they belong and in so doing find the peace that only God can bring.

The three main themes of Lent are **prayer, fasting and alms-giving**. As well as prayer books that you probably have at home it is always worth reading the Bible as there are a wealth of prayers to be found. The book of Psalms is a good starting point as well as the Gospels and the letters of Saint Paul. If we just spend 10 minutes each day dipping into the Holy Bible during Lent we will be richly rewarded. Encourage your child to say a simple prayer before they go to bed each night. In school we will be having our Lenten prayer group every Wednesday lunchtime.

The two days set aside by the church for fasting (just having one main meal) and abstinence (no eating of meat) are of course Ash Wednesday and Good Friday. During Lent, we also take fasting in the wider context of 'giving something up' which does require will power! Something tangible for children to give up include things like sweets or playing on their favourite computer game.

Giving alms is giving assistance in time to someone who needs our help as well as financial contributions to our chosen charity or good cause. In school we always give to Bishop John's 'Good Shepherd Appeal' which supports so many good causes here in our own Hallam Diocese and any proceeds from class three and four's Easter production will go to this appeal.

easysearch.org.uk

Search the Internet and raise money for school by using the link below as your search engine!

<http://holyroodbarnsley.easysearch.org.uk>

Lenten Calendar : There is an excellent Lenten Calendar for children with simple ideas for each day available free to download on the homepage of the Mission Together Website:

<http://www.missiontogether.org.uk>

Bark chippings : We would like to say a really big thank you to one of our parents, David Corbett, for bringing 16 big bags of chippings from BQ and taking them up to spread around the Pirate Ship and FS garden area. People's goodwill in freely giving up their time like this is one of the main reasons why Holy Rood is such a special and wonderful school.

Blessing of the Ashes

Let us ask Our Father in heaven to bless these ashes which we will use to show how sorry we are. May they be a sign that we belong to you and that we love you. Help us to keep faithful and true to the Gospel.

