



# LENT

— 40 Days Of Renewal —



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## St Louis Catholic Academy Newsletter Lent 2024



Dear Parents and Carers

We have many plans for Lent this year and we hope that you join us in these preparations for Easter.

We focus on fundraising for CAFOD during Lent. We'll be walking and running during the weeks and reminding children of the Big Lent Walk intentions to help others. Families can sign up for this walk too and complete together at home [The Big Lent Walk 2024 \(cafod.org.uk\)](https://www.cafod.org.uk).

The money we raise by taking part in the Big Lent Walk will enable CAFOD to continue fighting global poverty and working through expert local partners to bring real life change to communities overseas.

Our Chaplains will be leading some of our liturgy and prayers and we are fortunate to have Father Leo, Deacon James and Deacon John to support us in prayers too.

God Bless

Sue Blakeley  
Headteacher

### Key Dates During Lent: Further details inside

#### Wednesday 28th February

Wear Fairtrade Colours (blue/yellow/black) and **bring Fairtrade goods** to sell at the Fairtrade Shop after school (Mini Vinnies will be selling you Fairtrade supplies)

**Thursday 7th March** World Book Day - **Wear pyjamas** – bring an age appropriate book to show and read

Chocolate Sale 50p. Drinks delivered to classes to snuggle down and read with. Please book by 5th March.

Children will enjoy buddy reading with class exchanges during the day. Older children will read to little ones.

**Wednesday 13th March** Ice-cream sale for Cafod 50p

**Thursday 21st March** Deacon John visiting KS1 for Lent reflections and prayers

**March 21<sup>st</sup>** is marked as **World Down Syndrome Day (Badges on sale from the office during Lent 50p minimum donation please)**

**Wednesday 27th March** Choir Concert for Choir Families

**Thursday 28th March - UKS2** Seder Meal for children led by our Deacons with All Saints C of E School Prayer Leaders joining us.

**Throughout Lent: Loose Change to Make Change CAFOD** Coins collections in classes - Prize is a fun PE afternoon session with Mr Mannell for the class with the heaviest jar

**Walk 200km with CAFOD across all classes** (totals will be published on the board out in front of school each week – weekly prize of extra break treat for furthest walkers that week.) Our walk will focus our prayers on families in need at home and across the world.



# Catholic life



the DIOCESE of EAST ANGLIA

Our school supports the work of Cafod  
<https://cafod.org.uk/>

As we prepare for Easter, we come together in prayer. During Lent we make the slow ascent to the holy mountain of Easter.

Lent is a time of preparation on two fronts. For those who will be Baptised at Easter, it marks the final period of intense spiritual preparation. For those who have already been Baptised, it is a time to focus on the promises made in Baptism and to seek Reconciliation, so as to celebrate Easter worthily.

The devotional practices of prayer, fasting, and almsgiving are disciplines to help us **make the ascent**.

RE in school: Our Gospel values this term are Truthfulness and Compassion for Spring 1 and Forgiveness and Friendship for Spring 2.

### RE Directory:

A new RE curriculum was released earlier this calendar with all Catholic schools across the country implementing it over the next couple of years. This will be rolled out termly: EYFS & KSI have started and we are currently on Branch 3: Galilee to Jerusalem. These branches are the same across all year groups with each new year diving deeper.



**CAFOD**  
Catholic Agency for Overseas Development

THEREFORE, AS GOD'S CHOSEN PEOPLE, **holy AND dearly loved**  
CLOTHE YOURSELVES WITH **compassion, kindness, humility, gentleness AND patience**  
Forgive AS THE LORD forgave. AND OVER ALL THESE VIRTUES **put on love.**  
*colossians 3:12-14*



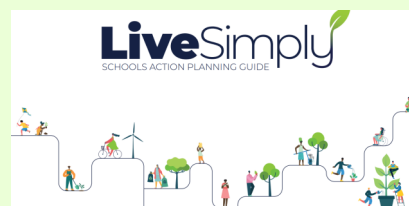
Thousands of women and men around the world face the same question: without a way of getting enough food throughout the year, how do you make sure your family can eat today and tomorrow?

This was the question that James, a fisherman in Liberia, found himself asking. And he wasn't alone. James's family hadn't eaten for two days. Their neighbours had helped them through hard times in the past, but they had nothing to give now. He risked losing everything to go out onto the water. Five fishermen a month - many he called 'brothers' - were dying in storms at sea. Just like him, they couldn't afford the life jackets, compasses and other equipment needed to stay safe at sea and get a good catch.

When he came back home 16 hours later - aching, exhausted, hungry - he would be empty handed. James knew - his family knew - it was becoming more difficult to survive. CAFOD works with families like James'.



"When the storm comes, it empowers the ocean," says James. "I can remember a storm not long ago, when we lost a lot of friends. The ocean was very rough. We got swept out far to sea. It took our friends from us. We survived by the grace of God."



We are working towards this CAFOD award led by Mrs. Brankin



# Wear Fairtrade Colours on 28th February

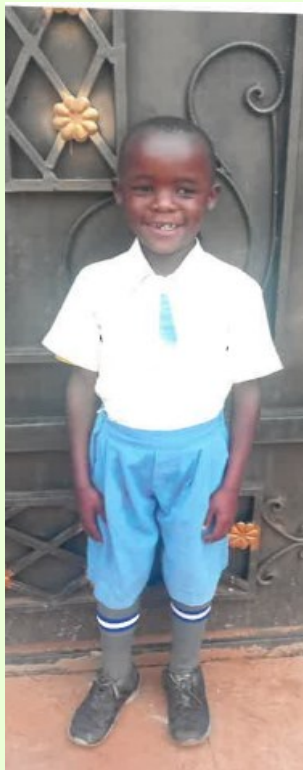


Mini Vinnies will be help run a Fairtrade shop on the Wednesday 28th February 2024. Come to school in non uniform on this day, wear Fairtrade colours and bring with you a Fairtrade product to sell in the shop.

The Fairtrade shop will be open at 3.20pm outside school. All proceeds go towards

Mini Vinnies joined residents at Brampton Lodge Care Home on Shrove Tuesday—Pancake Day to help them prepare, cook and serve pancakes. The elderly residents love to see our children and we had great fun meeting everyone.

Mrs Das and the Mini Vinnies also served over 300 pancakes to children with all donations of money going to the Lent CAFOD charity fund. Thank you Mrs Das and Mini Vinnies!



This is Patrick, a child whom we are sponsoring through school together with All Saints C of E Primary School. Your help has covered his fees for the first year. We raised money on the day when we wore the colours of Uganda and sold hot chocolate drinks. Children will be able to write to Patrick and we look forward to hearing about his family and school too. To find out more, please visit: [www.evcuganda.org](http://www.evcuganda.org)

## Patrick Kato Nsubuga

**Date of birth :** 9th September 2016

Patrick comes from a family of nine children, all of whom live at home with their parents. He is the youngest of the children.

The family lives in a two roomed brick built house and their only furniture is a small table and two chairs. This means that, at night, everyone has to sleep on the floor, the children in one of the rooms and the parents in the other.

The house does not belong to them but to their family's clan. They have a small piece of land on which they grow crops for food. Patrick's parents have no other job than farming this land. Once the family has been fed there is never anything left over to be able to sell it to generate some income. Consequently, there has not been the money needed to send Patrick and his siblings to school.

# World Book Day

## Thursday 7th March

### Dress for bed and bring a bedtime story book to share

This year St Louis World Book celebrations are a little bit different. We are spending time together enjoying books for bedtimes and using the day to share books across classes. Our older children will read to younger ones and there will be opportunities to read in pairs and groups. Please send your child to school in their pyjamas with an age appropriate book to share (they'll bring it back at the end of the day).

Hot chocolate for 50p will be delivered to class. Please order your bedtime drink to sip whilst reading together by 5th March 2024. The hot chocolate sale is for CAFOD.

### CAFOD Ice-Cream Sale Wednesday 13th March



Mini Vinnies and Mrs Blakeley will be serving ice-cream cones on 13th March, for 50p each. All proceeds go to CAFOD. Please order yours by 12th March.

Benefits, money and debt advice - Suffolk County Council

<https://www.suffolk.gov.uk/care-and-support-for-adults/help-to-stay-at-home/benefits-money-and-debt-advice>

**Newmarket Foodbank:** The Racing Centre, Fred Archer Way, Newmarket, CB8 8NT. To contact The Foodbank call (01638) 561711 during opening hours or leave a message on the voicemail. Alternatively, email: [foodbank@newmarketopendoor.org.uk](mailto:foodbank@newmarketopendoor.org.uk)



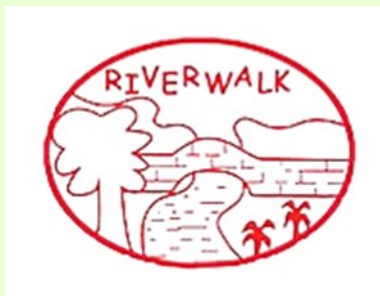
#### Meet the Governors

Governors attend seven meetings of the Local Governing Board each year, undertake training, attend school to conduct reviews and take part in external

Bethan Byrne Co-chair Parent Governor	<a href="mailto:bethanbyrne@stlouisacademy.co.uk">bethanbyrne@stlouisacademy.co.uk</a>
Marc Walker Co-chair	<a href="mailto:marcwalker@stlouisacademy.co.uk">marcwalker@stlouisacademy.co.uk</a>
Karen Varma Foundation Governor Safeguarding lead	<a href="mailto:karenvarma@stlouisacademy.co.uk">karenvarma@stlouisacademy.co.uk</a>
Charles Dore Foundation Governor	<a href="mailto:charlesdore@stlouisacademy.co.uk">charlesdore@stlouisacademy.co.uk</a>
Kofi Atuah Foundation Governor	<a href="mailto:kofiatuah@stlouisacademy.co.uk">kofiatuah@stlouisacademy.co.uk</a>
Fr. Leo Foundation Governor	<a href="mailto:stetheldreda@btinternet.com">stetheldreda@btinternet.com</a>
Kiri Wyatt Staff Governor	<a href="mailto:kiriwyatt@stlouisacademy.co.uk">kiriwyatt@stlouisacademy.co.uk</a>
Ann Sugrue Foundation	<a href="mailto:annsugrue@stlouisacademy.co.uk">annsugrue@stlouisacademy.co.uk</a>
Clare Clark Deputy CEO	<a href="mailto:cclark@olow.org.uk">cclark@olow.org.uk</a>
Sue Blakeley Headteacher	<a href="mailto:sueblakeley@stlouisacademy.co.uk">sueblakeley@stlouisacademy.co.uk</a>
Antoinette Jones Clerk	<a href="mailto:Antoinette.jones@stlouisacademy.co.uk">Antoinette.jones@stlouisacademy.co.uk</a>

For enquiries about becoming a Foundation Governor, please contact Jane Delph, Secretary Diocesan Schools' Service, at the Diocese of East Anglia [ssc@rcdea.org.uk](mailto:ssc@rcdea.org.uk)





**Thursday  
March 21<sup>st</sup>  
World Down  
Syndrome Day**

In support of families in our school, we are selling badges to wear on World Down's Syndrome Day. Proceeds from the sales of badges will help Riverwalk School in its fundraising towards a therapy pool for children.

**Badges are on sale from the office during Lent 50p minimum donation please.**

Please see below information regarding why we believe this is such an important aspect of the curriculum we could offer if there was a pool on site. Thank you in advance for your support and thank you to the parents and staff who started this pool journey.

**Kirsty Musgrove Assistant Academy Head (Curriculum)  
Riverwalk School**

Hydrotherapy is the therapeutic use of a pool to promote motor skills, body awareness, coordination, and communication as well as building tolerance to new environments and experiences. It would form an integral part of the curriculum for our pupils.

Benefits of Hydrotherapy: Hydrotherapy offers tangible benefits to the health and wellbeing of children and young people with a range of disabilities and health conditions:

- The warmth of the water has an effect on muscle tone and decreased spasticity.
- The pupil being able to float in the water assists in the movement of their joints – which is either more difficult or painful on land.
- Water pressure and the movement of the child or young person through the water helps to reduce residual lung capacity. This enables more efficient lung function and reduces the risk of chest infections developing
- Interaction within the water can help children to tolerate touch and engage in more eye contact.

**ALONE WE CAN DO  
SO LITTLE**



**TOGETHER WE CAN  
DO SO MUCH**

Email [friendsofstlouis2020@gmail.com](mailto:friendsofstlouis2020@gmail.com) for more info on how your parents/carers voice can be heard and what you can do to help raise funds so we can provide more opportunities for our children.

Registered Charity Number: 1129123

## PTA Class Cake Sales

Proceeds from cake sales go back to the class for items that the teacher requests from the PTA

Year 3: Thursday 28th March

Year 4: Friday 26th April

Year 5: Friday 24th May

Reception: Friday 28 June

**THANK YOU FOR YOUR SUPPORT**

## PTA Calendar of Events

### Friday 22nd March 2024

Quiz night for parents and carers

£10 per team: bring your food and drink—further details to follow.

### Friday 19th April 2024

Lego fun after school

### Friday 9th May 2024

Plant and garden sale 3.20pm

### Friday 5th July 2024

St Louis Summer Fair 3.30pm