



Aiden 125

Bede 145

Chad 110

Columba 135

Finding Our Rhythm This Lent

Please accept our apologies that this week's newsletter is going out later than planned. This was due to a technical issue on Friday; thank you for your understanding.

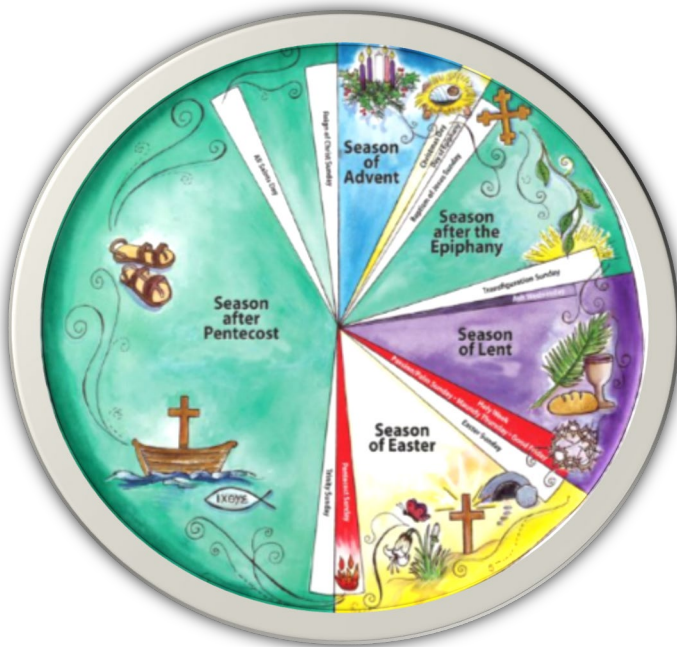
The Christian year has a rhythm, with the same celebrations coming round each year.

During Lent, Christians prepare for the celebration of Easter, recalling Jesus' death and resurrection. This year, as part of our Lenten journey, we are exploring the rhythms of our own lives and the habits that can help us live well.

Throughout Lent, we will be focusing on **seven habits** that can form part of the rhythm of our daily lives. Each day, we will reflect on one of these habits as we journey through Lent, alongside hearing stories from the Bible about Jesus' life. We are reminded that every habit is important; including the habit of rest.

This week, we began with the story of **Jesus' baptism by John the Baptist**. Each day, we then take time to reflect on our own lives. Lent is not just about listening and thinking; it is about reflecting, taking action, and learning how to live a better life.

Mrs Berry



Be *Strong* and *Courageous*

Do not be afraid; do not be discouraged,

for the *Lord* your *God*

will be with you wherever you go.

~Joshua 1:9

Seven Habits

These habits help us to flourish and to understand ourselves and our lives better. Throughout Lent and Easter, we are learning how to live out these habits in our daily lives, helping us to grow as thoughtful, caring, and reflective individuals.

Celebrating

Christians believe that God loves every person just as they are. We do not need to do anything special to earn that love, and even when we make mistakes, God continues to celebrate us because of who we are.

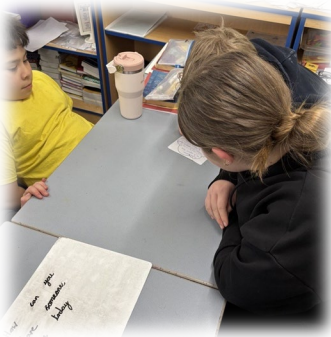
Albie in Year 3 was thinking about celebrating and shared that he will be celebrating his mum's birthday on Sunday — and needs to think of a present quickly!



Sharing

Sharing in someone else's experiences can be a powerful thing. It shows understanding, kindness, and a willingness to stand alongside others in both happy and challenging times. Sharing can transform situations, bring people together, and help create friendships and bonds that last.

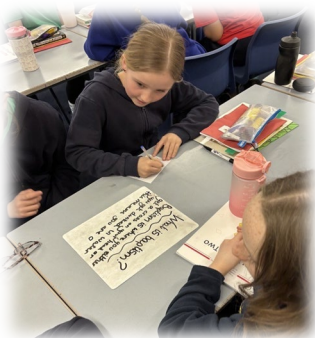
Freddie, Tabitha, Niamh, and Lilly have been thinking about how they could share their time differently. They suggested: *"Eating our tea with our families and spending time with a different friend at breaktime."*



Reflecting

Reflecting helps us recognise what truly matters in life. It reminds us that showing off or seeking power does not make us special. Instead, it is how we live and how we care for others that helps us to shine.

When reflecting on baptism, Amelie, Emilia, and Beau in Year 6 shared their thoughts: *"Baptism is where holy water is placed on your head in the shape of a cross. This brings you closer to God and commits you to the Christian faith."*



Praying

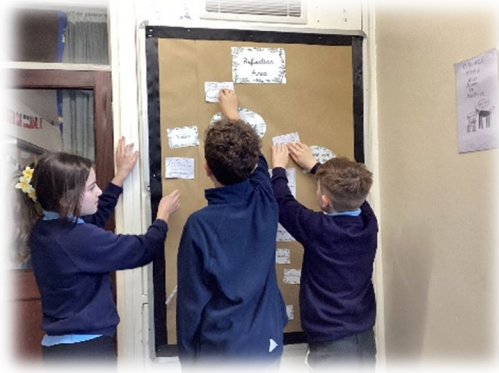
Christians believe that prayer is an important part of life. Prayer can help people think about important things, ask for help and support, say thank you, or share worries with God. Prayer helps people prepare for whatever challenges they may face and reminds us that no one is ever alone.



Encouraging

God promises to be with each and every person throughout their life, loving and encouraging them to be the very best they can be.

Year 5 have been using our reflection areas following Worship to respond thoughtfully to the 'reflections' and 'actions'. When thinking about how we can put encouragement into action, Frankie in Year 3 shared that he encouraged his Nana at tea by sitting next to her, supporting her, and telling her jokes.



Creating

As humans, we have incredible imagination and creativity. However, we must choose how we use these gifts. Creativity can be used to help or to harm, and this choice is something we make every day.

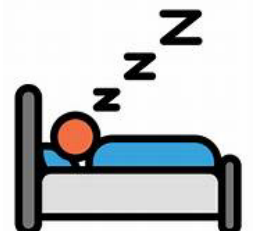
Year 3 have been reflecting on the seven habits, and Mack and George said they could use creativity by "creating drawings after our tests this week."



Resting

Time spent resting is time well spent. Rest is essential for our minds and bodies to relax, restore, and revive. Without rest, we cannot be at our best or strongest.

At the same time, rest needs balance. If we only rest and never take on challenges, we may not reach our full potential. Rest has an important and valued place in our lives, helping us grow stronger and wiser.



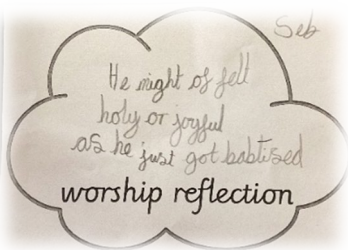
Making Waves By The River Jordan

This week, we explored the **Seven Habits** through the story of **Jesus' baptism in the River Jordan**, led by John the Baptist. This moment marks the beginning of Jesus preparing himself for the important events that would come later in his life.

Christians see baptism as a special sign that a person has joined **God's family**.

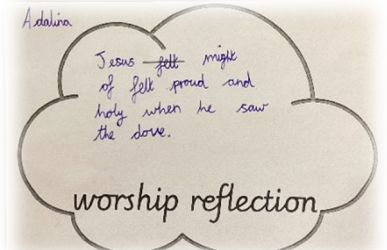


Art Detectives In Worship



During Worship, we also looked closely at different artworks showing the baptism of Jesus.

Blake in Year 2 was listening very carefully and spotted an important detail:
"All the pictures have water in them!"



Real, Colourful & Full Of Meaning

Stanley in Year 2 liked one picture of Jesus' baptism because "it is realistic."

Lilah in Year 3 was drawn to the colours in one of the artworks and liked the fact that it included *lots of nature*.

Jolie-Mae in Year 5 thought that one picture reminded her of *churches and stained-glass windows*, linking the artwork to places of worship.



Looking Ahead To Easter

Some children also reflected on what they already know about the **Easter story**.

Elsa, Brooke, and Adam shared their understanding:
"The Easter story is where Jesus rose from the dead. The next day the stone was rolled away and Jesus was resurrected."