

### Lent

This week we have prepared ourselves for the start of Lent through our Ash Wednesday Liturgy, Assemblies and Thoughts for the Day. We have thought about the symbolism of ashes and why Christians mark their foreheads with it as a reminder that 'we are from dust and to dust we shall return'. Together we have discussed why Christians give up something for Lent, as a reminder of Jesus in the desert for 40 days and how he was tempted by the evil one three times. We have shared what we could fast from over this preparation time as we move towards Easter such as unhealthy treats and taking up more exercise but also about giving time to others; to help, talk to or simply listen to them.

### Half Term

Next week is half term and we hope that you all have a restful period with your family and friends. I would like to remind year 11 and 13 that they have their PPEs when we return so should also be revising and preparing themselves. All students return to school on Monday 26 February.

#### **Upcoming Events**

Tuesday 5 March will be Year 7 and 12 Parents Evening. The school will close for all students at 2pm on this day.

Kate Pereíra

# Ash Wednesday



Ash Wednesday services were attended by the whole School, followed by the opportunity to receive the Ashes. As always, our Chapel was available at break and lunch for private prayer. Our drama students gave a short performance on understanding sin, repentance, forgiveness and reconciliation. Many thanks to all

the students for their respect and prayerful manner and to our readers who reminded us that Lent is a time to **give** – both to charity and of our time, to **fast** from unhealthy treats or behaviours and to **pray** – for each other and all who are in need.

Mrs Goodfellow, Lay Chaplain



### **Cambridge Charity Day**

Last Friday, as a House we looked to Support our Charities as a school, Water Aid and The Cambridge Nazareth Trust. These are the two charities which Cambridge House have supported over numerous years. This year we raised a



grand total of £702. This money will go a long way to support various people and make a massive difference. A huge thank you to the Cambridge Tutors, Mrs Roe and all the Cambridge students for their help throughout the week leading up and on the day. *Mr Cayley, Head of House* 



# St Thomas More Science Primary Visit

Year 5's from St Thomas More students came over and visited SJF for some additional Transition Opportunities in the Science department. This was an opportunity for the primary students to work in the Science labs using some of the Science equipment. A massive Thank You to both Issac Heppell and Claudia Rodrigues Pires who supported with this as well as Mrs Davis who led the sessions. We will also be welcoming St Thomas More's Year 6's for some Drama Workshops next half term.





Rochester

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# **Extra-Curricular Activities 2023-24**

### Monday Lunchtime

All Years – Maths Help Club All Years – Boys Basketball All Years – Film Club All Years – Chaplaincy Ambassadors - Chapel

# Monday After School

Duke of Edinburgh activities All Years - Boys/Girls Football All Years – Girls Netball All Years - Homework Club Study Centre

### **Tuesday Lunchtime**

All Years – Keyboard – Room 102 All Years – Maths Help Club All Years – Girls Football

# Tuesday After School

Duke of Edinburgh activities All Years Homework Club Study Centre

# Wednesday Lunchtime

All Years – Maths Help Club All Years – Indoor Mixed Cricket

# Wednesday After School

Duke of Edinburgh activities STEM Club - Lego League All Years - Badminton – Sports Hall All Years – Homework Club Study Centre

# Thursday Lunchtime

Key Stage 3 – Art Club All Years – Choir – Room 102 All Years - Maths Help Club All Years – Girls Benchball All Years – Girls Basketball

# **Thursday After School**

Duke of Edinburgh activities All Years – Fitness - Gym All Years – Homework Club Study Centre

# Friday Lunchtime

Years 8 & 9 - Inter Catholic Quiz Team All Years – Gardening Club All Years – Maths Help Club

### **Friday After School** Duke of Edinburgh activities All Years – Homework Club Study Centre

# **Breakfast - Free Bagels**



Why not start the day with a filling breakfast. Our Breakfast club runs every day between 8.10am and 8.30am all students are welcome to come and join us in the Dining Hall for a free bagel.

# YDP News



Last week we travelled to Haverhill for our latest league fixture for the boys. A strong performance from the lads helped us to an 11-1 win, seeing us gain

3 more crucial points as we look to win another successive league title. As happy as we were with scoring 11 goals, we were very disappointed not to keep a clean sheet because that is something we pride ourselves on. All in all, a good week's work and now we look to push on in the next few games.

Connor Peters, AllStars Manager

# Free School Meals

Is your child eligible for free school meals? We are keen to make sure they get the support they need, both short term with meals / vouchers but longer term in terms of



schools support via the pupils premium. If you think you may be eligible please complete the form online at www.cambridgeshire.gov.uk/freeschoolmeals.

Claiming Free School Meals not only provides your child/children with a meal allowance each day of  $\pounds$ 2.70 but also brings in valuable additional funding to the school.

Your child is entitled to Free School Meals if you are in receipt of one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit your household income must be less than £7,400 a year (after tax and not including any benefits you get).

To apply for Free School Meals complete the Free School Meal Application Form on the website below **www.cambridgeshire.gov.uk/freeschoolmeals**.



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