

Value for this half term: **Love**

Theme for this week (20 Feb - 26 Feb 2023): **Love for ourselves**

Life Skills theme for the week: **We can manage our feelings**

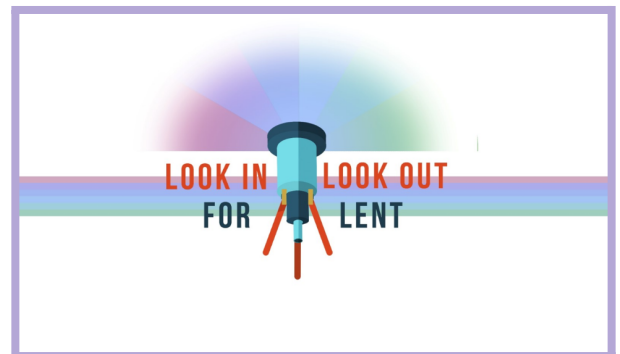
This week, after Shrove Tuesday's pancakes, Ash Wednesday marks the first day of Lent. Ashes made from palm crosses are blessed and are used to make crosses on people's foreheads. The custom dates back to the middle ages. Ash Wednesday church services set the tone for Lent, with sombre readings and hymns, minimal decoration and a focus on penitence and prayer.

Lent is a time to 'Look IN'

Many Christians use the time of Lent - from Ash Wednesday until Thursday 6 April, three days before Easter Sunday - to reflect on their faith and the Easter story. Some people choose to give up things during Lent, like certain foods or habits. They may use this action to remember the time Jesus fasted for forty days in the desert as a test of self-discipline.

Lent is a time to 'Look OUT'

Many Christians also use Lent as a way of giving to others, making a fresh start, or taking on a new challenge.



Also, it is a time to focus on looking outwards to others in need in the community and wider world. Jesus' death was the ultimate sacrifice that inspires us to be generous, to be compassionate, to give to others and to show love in our own lives.

During these six weeks before Easter, we will consider the ways in which we can Look IN and Look OUT this Lent. Using resources from the Archbishops' Young Leaders Award, each week we will focus on a different community that our students are part of: Family; Friends; School; Local Community; Country and World.

This week's AYLA resources can be found [here](#) (slides 3-6).

The resources encourage us to reflect on words from the Bible, and then to look outwards, to speak, give, act and pray.

In this poem, 'The Other', [RS Thomas](#) calls to mind the power of prayer, a key part of the Lenten season.

Random Acts of Kindness

You may also find inspiration to look outwards in our 'Random Acts of Kindness Calendar' ([here](#)).

The Other

There are nights that are so still
that I can hear the small owl calling
far off and a fox barking
miles away. It is then that I lie
in the lean hours awake listening
to the swell born somewhere in the Atlantic
rising and falling, rising and falling
wave on wave on the long shore
by the village that is without light
and companionless. And the thought comes
of that other being who is awake, too,
letting our prayers break on him,
not like this for a few hours,
but for days, years, for eternity.

from **Destinations**, 1985

A Prayer for Lent ([The Church of England](#))

Holy God,

Our lives are laid open before you:

Rescue us from chaos and sin

And through the death of your Son

Bring us healing and make us whole

In Jesus Christ our Lord

Amen.

Attendance Matters

Before the half-term break I wrote about the importance of excellent attendance and the key role it plays in helping every student to flourish. Regular school attendance is an essential part of giving children the best possible start in life.

We know that some parents and carers have to work very hard to support their children's school attendance. The webpage [here](#) is designed to help parents and carers to support children who have concerns about going to school, known as EBSA, or Emotionally Based School Avoidance. Please contact your child's form tutor if you have any queries or concerns.

Key events

w/b 20 February: Y11 Exams 2 commence

23 February: GCSE Preferences Evening for Y9 students and their families - Main Hall, 18:00-19:00

24 February: Y10 Revision Conference - Studio, P4 & P5

The [school website](#) is a useful source of information. Please also visit the Harleston Sancroft Academy [Twitter feed](#) for photos and updates.

School Clubs

- [Here](#) is a list of lunchtime and after-school clubs.
- All clubs are FREE and students do not need to sign up - they can just turn up on the day.
- For any lunchtime sports clubs, students should put on their trainers (they won't change into full sports kit). For after-school sports clubs, students will need to be fully changed into their PE kit.