



Archdiocese of Birmingham

St Ambrose Barlow Newsletter

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Newsletter No 6

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Dear Parents

May I remind you that the school closes for Easter following the afternoon session of Thursday 1st April and re-opens on Monday 19th April.

When children return from the Easter break, they should be wearing their summer uniform.

Summer Uniform

Boys	Girls
Grey school trousers (short or long) Pale blue polo shirt (with school logo) or short-sleeved school shirt & school tie Grey 'v' neck school pullover Plain grey or black socks Shoes*	School uniform checked or striped dress or Grey school skirt/trousers Pale blue polo shirt (with school logo) or short-sleeved open neck school blouse (with school logo) Grey 'v' neck school cardigan/pullover Plain grey or white socks Shoes or sandals*

I would ask parents to consider their children's footwear. Footwear should be suitable for school use taking into account that children have to negotiate stairs and are involved in informal games in the playground.

*Shoes must be black in colour and have a Velcro strap/buckle strap or laces. Trainers or boots may not be worn.

It is school policy that polo shirts should display the school logo. Summer school uniform polo shirts and blouses with the school logo are available from our uniform suppliers, Early Years.

Please also check your child's PE pumps to ensure they are still a comfortable fit.

Marking of clothes

All items of clothing (including school ties) should be clearly marked with your child's name. This will help to prevent parents having to replace lost garments, as we are all aware of the considerable cost of clothing our children.

Contact Details

Have your contact details changed? Please do not forget to update us.

Pupil Medical Conditions

If your child has an existing medical condition then it is important that, *if applicable*, you update the information that you have provided. If your child has been diagnosed with a medical condition and you have not informed the school, then please do so as soon as possible.

Dates for your diary

APRIL	Friday 23 rd - Non-uniform Day
MAY	Thursday 6 th - Polling Day School Closed Sunday 15 th - Year 3's First Holy Communion Monday 24 th - School photographer - Year Group photos Friday 28 th - Teacher Training Day School Closed to Pupils
JUNE	Friday 18 th - Year 6's Confirmation Friday 25 th - Teacher Training Day School Closed to Pupils

Prayer

A whole industry seems to have sprung up around Mindfulness and Wellbeing. As Christians, we enjoy a long tradition of prayer and meditation; which we can use to connect with God and centre ourselves in our day. During Lent you may like to pray more as a family. In school we have been using the Pray as you Go website to pray the Examen (taught by St Ignatius); this is free and is also available as an app on several platforms.



How to Pray the Examen (from Training Happy Hearts)

- Be calm and peaceful: breathe.
- Think about all the things you are grateful for today.
- Concentrate on how you are feeling in this moment.
- Pray: talk to God and ask for what you need. Ask his help.
- Look ahead: how can you make things better? What will you do differently?

Traditional Prayers

During RE lessons and collective worship at school we are continuing to develop pupil's knowledge of the traditional prayers of the Church. Your support with this at home would be greatly appreciated. Please find below the prayers pupils should know by heart according to Year group:

Reception: Our Father & Hail Mary

Year 1: Prayer to the Guardian Angel, Glory Be

Year 2: Eternal Rest

Year 3: The Confiteor, Act of Sorrow, The Angel Us

Year 4: The Stations of the Cross, The Rosary

Year 5: The Magnificat, Nunc Dimittis, The Benedictus

Year 6: Prayer to the Holy Spirit, Apostles Creed

Lenten Prayer

God of goodness and mercy,

Hear my prayer as I continue this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me as I humbly seek to repent and return to your love.

May humility guide my efforts to be reconciled with you and live forever in your abundant grace.

Transform me this Lent, heavenly Father. Give me the strength to commit myself to grow closer to you each day. Amen

Lenten Fund Raising

As you are aware all classes have been taking part in a sponsored walk around the school grounds. Thank you for all the generous donations we have received so far. We ask that parents collect sponsorship monies from family members and then make a payment online via the School Money Website. Please also email completed sponsor forms to enquiry@sab.bham.sch.uk so that forms and donations can be matched up.

There is a 'Non-Uniform' day on Friday 23rd April, when children will be asked to contribute £1 or more on a voluntary basis for the privilege of not having to wear school uniform for the day. (Please pay through School Money) Your child's contribution will be forwarded to Fr Hudson's Society Appeal. Father Hudson's Care provides social care throughout the Archdiocese of Birmingham. They work in partnership with statutory services and third sector organisations to bring a greater coherence to the meeting of need within the community and has recognised that the Church has a very significant role to play in this.

It takes great encouragement from Pope Francis's vision of a Church that is, through its very nature, driven by a mission to reach out to those who are suffering:

"The Gospel tells us constantly to run the risk of a face-to-face encounter with others, with their physical presence which challenges us, with their pain and their pleas, with their joy which infects us in our close and continuous interaction."

Holy Week

This year the directive from the Bishops Conference in England and Wales is that our Holy Week is to be celebrated in its simplest form. We are in a better position this year than last year and for this we must be very grateful.

Fr Paul writes...

And so begins the holiest of weeks. The clue, to some extent, is in the name. This dramatic week is worth taking time out of your busy diary to really soak up the atmosphere and allow the Lord to work spiritually in your life. Though things will seem a little different this year it is a blessing to be either in Church in person or to join us online via the webcam. Sadly, all of the Masses and celebrations are now booked up for Holy Week, with the exception of 8am Mass on Easter Sunday. If you need to cancel, please let us know and do be mindful that you represent many, many more in the parish unable to be with us.

St Ambrose Barlow Church Holy Week Services

Wednesday Mass 9.30am (School will join online)

Thursday (online) School Mass 9.30pm
Thursday Mass Lord's Supper 7pm

Good Friday Solemn Liturgy 3pm
Good Friday (online) Stations 7pm

Easter Vigil (Saturday) Mass 8pm

Easter Sunday Mass 8am
Easter Sunday Mass 10am
No Mass Easter Sunday evening

Easter is the most important time in our Church's year; please try to attend the services. This year all of the services will be broadcast via the webcam.

On behalf of everyone working at the school, I wish you a happy and Holy Easter.

Yours sincerely

Mrs M. Winters
Headteacher