

Saint Ninian's High School



Centenary of Catholic Education

1918-2018

Primary

Essay

Competition



Dear Parent(s) & Student

During 2018 the young people of P7 from our associated primary schools, Our Lady of the Missions, Saint Cadoc's, St. Joseph's and St. Clare's, submitted an essay on one of the titles below as part of our commemoration of the '1918– 2018 Centenary of Catholic Education in Scotland'. The topics were:

1. The motto of Saint Ninian's is "Floreat Iuventus" which means "Let Youth Flourish". How has your Catholic education helped you to flourish?
2. Describe a teacher who has cared for you and inspired you to become a good person.
3. Why is it important for us to learn about Jesus and the Church?
4. Growing in responsibility.
5. Why I pray.
6. How I put my faith into action.

This booklet contains the essays submitted by the young people of your Primary School. I hope the booklet will be for the Primary school, and for each young person, a memento of their contribution to the life of their school. My deepest thanks to each student for your thoughtful reflection which I enjoyed reading and which reminded me of the importance of how our faith influences our life and work.

Our Catholic school should always be a "school of prayer", where we turn with humble trust to the one Teacher, the Christ, and ask Him: "Lord, teach us to pray" (Lk 11:1). By our intimate and constant conversation with the Lord through prayer we learn to deepen our relationship with the Lord. In developing our knowledge and deepening our understanding of our faith we give our life a new horizon and a decisive direction, helping us to become the person God is calling us to be.

May your experience of Catholic education be "for each one of you, as for the apostles, the encounter with the divine Teacher who calls you friends. May it be the beginning of an extraordinary venture: that of becoming apostles among your contemporaries to lead them to live their own experience of friendship with God, made Man, with God who has made himself my friend." ***Benedict XVI.***

With every best wish

John Docherty

Head Teacher

June 2019



Competition Winners

Well done to all Primary 7 children at St Cadoc's, St Joseph's and Our Lady of the Missions Primary Schools and Primary 6 children of St Clare's Primary School for their participation in the St Ninian's High School Essay Writing Competition which marked the Centenary of Catholic Education. All pupils received a special certificate to reward their efforts.

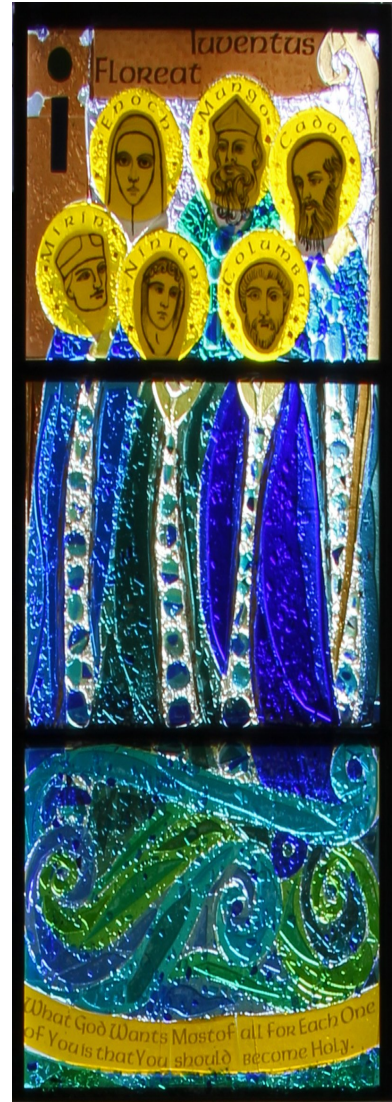
Special well done to the following pupils who were selected as Winners and worthy of Commendation.

Winners

- David Creighton (St Cadoc's)
- Dominic Shevlane (St Cadoc's)
- Serafina Green (St Joseph's)
- Rebekah Cent (Our Lady of the Missions)
- Erin Donaldson (Our Lady of the Missions)
- Francesca Dunn (Our Lady of the Missions)

Commended

- Leo Adam (St Cadoc's)
- Daisie Bowers (St Cadoc's)
- Ava Hannah (St Cadoc's)
- Josh Inglis (St Cadoc's)
- Patrick Mackie (St Cadoc's)
- Enya O'Donnell (St Cadoc's)
- Lara Stefani (St Cadoc's)
- Ryan McNaught (St Clare's)
- Suwilanji Nachalwe (St Clare's)
- Hannah Boyle (St Joseph's)
- Aimee Dalton (St Joseph's)
- James Dalton (St Joseph's)
- Luke Dunseath (St Joseph's)
- Neve McGlashan (St Joseph's)
- Emily Darroch (Our Lady of the Missions)



OUR LADY OF THE MISSIONS PRIMARY SCHOOL



Francesca Dunn

Floreat Juventus

'Floreat Juventus' in Latin means 'Let Youth Flourish'. Flourish means to grow and I will grow into a young lady wearing the burgundy St Ninian's blazer. Many people will help me to flourish such as my parents, teachers and my parish community. As John Donne once said, "No man is an island" so no one can flourish alone.

I will be helped in many ways to Flourish. People will help me to flourish and some of these people are; my parents, teachers and also figures in my parish.

My parents are my first educators and I need them for; love, care and warmth. They take me to Mass and we pray together, they are role models and teach me; respect, honesty, truthfulness and manners. They will help me to grow and achieve all my goals. Last but not least they will show me how to build a relationship with God and show me how to build relationships with friends through Catholicism.

In school my Catholic education helps me to flourish by learning about the gospel and learning about the saints and knowing that we are all called by God to be saints. My school also prepares me for the sacraments including; Reconciliation, Communion and Confirmation. Moreover we set aside time to pray for our families, our friends and others who may need our prayers. Furthermore, we have assemblies which extend our knowledge about Catholicism and other world religions such as; Hinduism, Judaism and this means I know more about other World Religions. We also learn about the liturgical year and we learn about the clothes that the priest wears during these times. My Catholic education helps me to grow by being able to attend mass for feast days such as; St Patrick's Day, St Andrew's day and so on. As well as this, my Catholic education has helped me to grow due to relationships with staff and pupils. In addition to this I grew in many ways by taking part in the Primary 6 Cantata which gave me a greater understanding of the pain that Jesus went through to save us all from sin.

Most of all my church, I go to church as often as I can. I volunteer for charity work and I go out with my choir to sing to the elderly in my parish. I also participate in the PFFA, and I go to reconciliation every second Sunday.

I will continue to flourish and will follow Jesus throughout my life.



Rebekah Cent

Floreat Juventus

In August 2018 I will be wearing a St Ninian's blazer with the motto, 'Floreat Juventus' meaning 'let youth flourish' on the badge, which I will proudly be displaying. To flourish means to thrive and reach my true potential and I personally believe that this can only be achieved through social, academic and spiritual fulfilment.

I believe one of the key parts of fully flourishing is through the social part of being a Catholic. I attend the local youth group at St Joseph's parish with my friends every Saturday morning. This helps me grow in knowledge, which in turn helps me flourish as I am learning about the gospel in a fun and interesting way which makes me want to learn more about the Lord. Patiently I feel I am growing closer to my friends but more so to the Lord every single day and I feel this is definitely helping me become a better person and helps me to flourish.

Another way my catholic education helps me to flourish through the study of the gospel as I have been learning about the saints and that everyone including me is called to be a saint. Moreover reading and learning about the Gospel has helped me grow and learn how to live my life more like God wants me to. This in turn will help me flourish to be the best that I can be and reach my true potential. My Catholic Education also helps me to flourish through the preparation for the Sacraments. Furthermore I am making my Confirmation soon and I believe that this will help me flourish even more. My Catholic Education helps me grown as I have time set aside each day for praying. I always say a prayer at night just before I go to bed and we pray 4 times a day in school. We pray in the morning, before lunch, after lunch and before we do home. The ethos of our school always reminds me that we are a catholic school and always reminds me to be the best I can, it always reminds me that God is all around me as there are crosses all around our school and that is another reminder that my Catholic education helps me flourish.

In conclusion, I feel I will continue to flourish as my home, school and my parish community will help me on my journey as I flourish, I can't wait until I am wearing my new St Ninian's blazer in 2018, yet another reminder.

Christopher O'Reilly

How I put my faith into action

I put my faith into action at home by helping my parents around the house. I always recycle and say grace before we start eating dinner. In the same way I pray before I go to sleep. I also use the talents that God gave me by playing musical instruments. In addition, I also play with my brothers to stop them annoying my mum when she is trying to make dinner and if she has had a hard day I will make the dinner so she can relax. I also try to behave and not fight with my brother and do things when I asked instead of arguing. When my parents say I can't do something I try to not get annoyed at them because I know that it is for my own good.

In school I put my faith into action by being respectful during prayers and being reverent during mass and if someone is telling me to do something that I know isn't right I don't do it and if I have been mean to somebody I will apologise to them and try to make them feel better. My faith helps me to choose good friends that will be loyal and trustworthy and when it is a wet play I look after younger children.

In my parish I use my faith by altar serving and putting money into the collection. All of this shows that I continue to put my faith into action for the benefit of others.



Erin Donaldson

Floreat Juventus

Education isn't just at school, education is taught everywhere and school is just one of the places. Home is where I am also educated, my parish is another place, I am educated everywhere.

At home I had my first people to educate me – my parents, they have taught me all the things that you can't just go out and buy. They taught me how to say please and thank you, how to always be kind to others and that's some things that will help me throughout my whole life. My parents have done so much more than that as they have cared for me, gave me countless opportunities to get better, they have made me a better person.

School has made me realise that Religious Education is more than praying and going to mass, there is so much more to Catholic Education. At assemblies I have been learning and extending my knowledge on Catholic Education and we always say the school prayer at the beginning of assembly. I don't just learn about my religion I learn about other religions and respect their feasts and festivals and I have learnt that being a Catholic means love and respect for everyone. Then we have RE lessons. Learning about saints and feast days which has all made me flourish into a better person. Learning about how saints have helped so many people and I want to grow into a kind, loving person like them. I really want to develop more knowledge and understanding through my Catholic Education and learn about other religions so I can become the best person I can be.

I have learned through my parish and community to share and give to everyone no matter who they are. I have tried to be as kind as possible and follow Catholicism through everything that I do and be the best person that I can be and always try because if I don't try to be better then I won't get better. I really do enjoy trying to achieve my goals in life.

All of the people that have helped me, taught me, cared for me they are the people that inspire me to be better and I will flourish and always try my best in everything.

Cameron Clancy

Why I Pray

I pray because my faith is my life. My faith is also what I do. I go to church near enough every single week but that's just a routine just like a lot of families. I pray because I have been brought up to follow the Catholic faith as my gran is very holy as she is always at mass and pretty much everyone knows her there because of how much she goes to mass. My gran's house is also very holy. I think my gran is very peaceful and calm she is also very patient.

I pray for God to guide and protect me through extremely hard times. I pray for God to protect us through our days on earth and protect my family and friends. I pray for God to look after my Uncle Thomas, Auntie Caroline, my gran and papa Clancy and my Auntie Anne as they are the kindest people I have ever met in my entire life but sadly are not with us today. I pray that everyone that I have just listed have a very good and very peaceful life in heaven.

I enjoy praying because I spend time with my family and God. I also enjoy it because it makes me really happy. That's why I pray and why it's important to me.



Emily Darroch

Why I pray

There are many reasons to pray and everyone has their own thoughts about what praying means to them.

My first reason for praying is that it gets me closer to God. I get closer to God because I feel special, loved and cared for. I pray at night when I go to bed because it gives me time for quiet reflection and time for myself to think about my actions during the day, how I have behaved to others and to my teacher and how I can improve in that. It also helps in my Catholic Education as I learn more about my faith.

Praying is a conversation and it also makes me feel good. As talking to God makes me feel cared for as someone is always looking down on me, and loved as God will always listen to me and when I am praying.

When I am struggling with anything I can pray to God and God will always help me and look down on me and it helps clear my mind and helps me look at things in a less confused way. Also when I fall out with my friends I always pray to God that night and in the morning everything goes back to normal. Not only when I'm struggling but when other people are going through a difficult time for example if they are sick or hurt I always say a Hail Mary and it can help.

I always like to thank God for listening to me when I need his help and to thank God that I know that someone is always listening. Not only that but to ask God how I should live my life and how to be a good person.

That is why I pray.



Aaron McKenzie

Describe a teacher who has cared for you and inspired you to become a good person

The teacher I have chosen is Mrs Pickering. I have chosen Mrs. Pickering because she always looks out for me more than anyone else and her knowledge of jokes inspires and how fun she is. She also inspires with her knowledge of French and her accent makes me want to learn it, plus I love her Pickering trickering so she has cared for me in more ways than any other teacher could think of. Mrs Pickering has called me and my classmates her children since primary 3. She has inspired me to keep on trying and never give up. There is no teacher like her. Mrs Pickering admires my work all the time. She is so lovely that in the lunch queue she always waves at us and says hello. She is a great teacher who does a lot for me.

Some more teaches like Mrs Pickering are Mrs Haveron and Miss Collins they are both enthusiastic and have a great sense of humour but really Mrs Pickering is the best teacher in the school, no offence to any other teacher but she really is the best teacher in the school and we have a brilliant relationship with each other which is brilliant and we even met in town one Saturday before Christmas in Princess Square, it was a happy Saturday and it was a brilliant and magical Christmas. That is why I chose Mrs Pickering because of who she is as a person and what she is as a person. Honestly she is magical because of the kind of person she is.

Abi Monaghan

Why I pray

I pray because I want to show loyalty and respect to the Catholic religion. I try very hard to say a prayer every single night for the people or animals for support, love or something just simple like comfort. In addition I also like to pray to God for guidance when I need it. I ask God for guidance because when something doesn't sound right or look right he is always there for support.

When I am at church I often go to children's liturgy to talk to God and share my emotions. I also like to take into consideration going to reconciliation to free my sins and to say to God I really am sorry.

The way that I show that I am being a good friend is to be understanding listening to their emotions and to show some decent respect. I like to be supportive so that they know I'm there for them. I also like to show comfort because if no one was comforted the world would be distraught and neglected.

The way that I show kindness is to do something like helping someone. Perhaps to make them laugh or help them up when they fall. Something as simple as this will make God proud and it could change the way that some people live.



Aimee Williams

Miss Bruce inspires me and is a kind and helpful person. Miss Bruce is beautiful and marvellous. She always has lessons that are fun and adventurous. I always look forward to them they are full of magic and sometimes she will add a wee game to them.

Miss Bruce is helpful, joyful and always has a big beautiful smile. She likes the class to work in silence. Miss Bruce's 3 favourite subjects are maths, science and music. Miss Bruce is a very talented singer and trained to be a forensic scientist and a teacher. Miss Bruce has super neat hand writing. She plans fabulous P.E lessons and is just so kind in general.

Miss Bruce made her Confirmation and Communion on the same day and is really good at sorting problems out. She is really happy and laughs a lot. Miss Bruce has been my favourite teacher and she was my last teacher. Miss Bruce is my teacher just now and it is going to be sad when I need to leave OLM but I will be really happy to start St Ninian's. I can't wait to go to St Ninian's.

Aisling McGeady

Floreat Juventus

Floreat Juventus means Let Youth Flourish. I flourish through school, home and my parish.

In preparation for Saint Ninian's I will be going to make my Confirmation at Saint Mirin's where I will also be reconciled. My parents help me flourish through loving and caring for me also by teaching me to have mercy, be honest and have respect for everyone and everything they also help me by being amazing role models. But my parents are not just the only wonderful role models for me, my Gran is one of the best role models there is. I hope to become a better Catholic through my school, home and in my parish. As well as going on to Saint Ninian's my Catholic education helps me to flourish in school at the moment particularly through Confirmation preparations which include the Pope Francis Faith Award and R.E. Some more things that help me is going to Mass on special events. In school we pray four times a day – morning, before lunch, after lunch and before we go home. We also have a school prayer that we say at assemblies. As well as it is also a wonderful year to be going to St Ninian's as it is the Centenary of Catholic Education this year 1918-2018.

In school we have been looking at a vast variety of different world religions, last year was also the year we acted out an Easter play called the Cantata which shows the real meaning of Easter which isn't just chocolate but Jesus coming alive again. In school we have gigantic amount of donation boxes like SCIAF, Mary's Meals and Macmillan cancer research and these are just a few! My parish helps me to flourish through Catholicism through praying, donating and teaching the Gospel through word and song.

Ultimately, through my Catholic Education, I strive to become a better student, family member and friend, with the help from my school, family, friends and Our Lord, Our God.



Alena Bhatti

Why I pray

I pray to ask God for help and support, but to also thank God for all the fabulous things he has given me and my family. I usually pray every morning and night and sometimes during the day when I need extra help to make an important decision.

I think praying is wonderful because it is a brilliant way of becoming closer to God and to ask him for guidance. I like to pray because it helps me to know that God is always looking after me and caring for me. Praying for me is an extremely important part of my life.

Praying helps me to realise what is right and wrong and what choice is the most beneficial for me and everyone else. Praying helps me to be kind and caring towards other people. I enjoy praying because it makes me feel really happy with myself afterwards and I feel more in control. Praying helps me to concentrate during my work and to be calm and peaceful.

I like to pray at my house, at the Gurdwara and when I am asking for advice.

All different religions pray and everyone likes to pray for different reasons. God helps me to achieve my goals and targets.

Alex Chan

Why I pray

I pray because I want to get closer to God as well as follow in his footsteps. The reason I want to do this is because Jesus was a fair man even if people were rich or poor or where they come from. He also respected everyone no matter who the person was or what religion they follow. Now it is my turn to treat everyone fairly and respectfully in my community and follow in his footsteps. I also pray to God so that I will make the right choices by not giving into peer pressure. In a bad situation, God will guide me to make the right choice and walk away so now I'll not give in to peer pressure in the future.

Another reason I pray is that God can help me and others take care of the community's environment. I take care of the community by recycling glass, cardboard, paper and plastic. Another thing I do to take care of the environment is by trying to use the car as little as possible. If we do that the environment will look nice and pretty. So I pray others do the same to look after the environment. Another reason I pray to God is so that he can guide me to be a kinder person to others by giving to charity, donating to charity and being respectful about what religion people follow.

The final reason I pray is that I grow further in my faith by listening to the Gospel and bringing it into everyday life. My prayer is a continued conversation with God.



Alfie Bree

Why I pray

I pray because I believe it will help me with my work also I try to go to 10 o'clock mass on a Sunday morning. This is because I believe that God will always be behind me. Also if something happened to my family or my friends then I will go and pray for them. Sometimes I will light a candle if we are early and pray. I will pray for anyone in need of my prayer. I go to church with my school OLM to pray on days like Ash Wednesday to get our ashes also the day that Lent begins. At the beginning of lunch, after lunch and before the end of the day we pray.

I pray for people who are less fortunate than me. I also pray for people who have to walk for hours, maybe even days for water. I will start to pray for myself when I have exams. I am not forced to pray, when I am up at 10 o'clock, I will go to mass. Sometimes I pray for the environment for the forests that we see are half of what they were. I pray to the Saints like St Anthony when I lose stuff. I also pray to St Mungo or St Andrew but the one Saint that I picked is St Isidore of Seville. He is considered to be the patron Saint of technology. I love technology. There are so many Saints I can't list all of them, I would run out of paper. I have prayed to so many I don't think you could pray to them all.

Aliya Ahmed

Inspiring Teacher

Miss Walker taught me last year in Primary 6. She inspired me by helping me become more confident with my work. Miss Walker was sharing, patient, loving and very generous. Miss Walker was amazing at explaining things and introducing new things, she would explain things, building on things we already knew.

She trusted me with monitoring the primary ones near the end of primary 6. I was also trusted with monitoring primary 3c although sometimes I was told to monitor 3b.

Miss Walker was also great at making up riddles and jokes they always linked to our work. She was able to make up games that also relate to our work and be educational although they would be fun to play, some would also be active and were good for when our hands got sore.

Miss Walker made the most boring of lessons fun and all of the tests fun to be involved in, as well as the Cantata. The Cantata was lots of fun working with Miss Walker and all the other kids from our year group.

She helped us get better at our talents and this will help us all through our lives and in high school. Miss Walker inspired me by being kind and helpful also by showing us how to work faster and be more confident with my work. She's a true inspiration!



Amna Hussain

Describe a teacher who has cared for you and inspired you to become a good person

My teacher Miss Collins is caring, funny, motivating, nice, kind, helpful and smart. My teacher is inspiring because she helped me so much to prepare for tests. She is caring because she cares about getting good marks and she has also prepared us for high school. She also uses her time to solve our problems that mostly happens at cages.

So far through the year Miss Collins has taught me a lot about being a good person and looking out for each other. She has made me a good person by having us monitor, buddy and being nice to people in our class. At first she made us pick a name from a box with everyone in the class's names and whoever you get you have to be nice to them and at the end of the week we try to guess who got who. Miss Collins has taught me how to be a good person on social media by telling us to be careful what we say online. She also told us not to delete messages if you say something on the internet because the police can track it down somewhere. She has told us stuff about cyberbullying and how to stick up for other people or reporting the bullies. My teacher has inspired me to work hard and not to give up. She is very funny and she makes me and my class laugh all the time which is mostly where I get my humour from.

She has done so much for me and my class. She has taught me so much through the year so far. She has inspired me and showed me how to be a good person. Honestly I wouldn't have made it this far without her.

Anthony McParland

Why I pray

I pray to talk to God and to ask for guidance and help when I need it. When I pray, it makes me feel safe and comforted because I know that God is there to help and guide me when I am in need. Praying, as well as all of those things, makes me a better person and helps me to live better and more joyful life.

Being a Catholic is about being a loving and generous person and following in Jesus's footsteps. Being a Catholic is also about praying to God, going to church to practice Catholicism and just being a caring person in general. In church, at home and in school is where I pray. Praying is not a boring thing to do though. I enjoy praying to God and practising my faith. To me it is very important.

Being a good person is not about going to church every single day of your life, it is about having peace with everyone around you and being generous and charitable. Giving money and items to charity is also a way to be a good person. Helping people in need to help them achieve their goals in life as well as yourself.



Amy Dean

In my school journey a lot of teachers have helped me to become a better person and helped me to grow up in my 7 years of school. There was one teacher who really inspired me, she was kind and really cared for everyone. She inspired me to become a good person. I think I have definitely learned so much during my school years.

They definitely helped me to do a lot of subjects. I think she helped me to do bigger and better maths questions. Her name is Miss Bruce. Even though she is a new teacher she is really good at teaching and looking after her pupils. She has also helped us to be young adults and spread our wings and fly into the journey ahead of us.

Miss Bruce has helped me feel better when I'm down and comforting me and supporting me, that really makes me happy. She's very understanding and generous as well. When someone is bad she deals with it sensibly and positively too. I've learned so much in primary 7 all because of her and also a lovely teacher called Miss Kane. One thing Miss Bruce is really good at is singing and also reading. She is a kind, nice teacher.

Annabelle Nordmann

How I put my faith into Action

I think I put my faith into action every day. In this essay I will tell you how I think I put my faith into action in my home, in my school and in my community.

Every day I think I put my faith into action by praying at school in the morning when we come in, before and after lunch and before we leave school and before I go to bed at home.

In my home I think I put my faith into action by being helpful around the house for example tidy my room, sometimes help with the dinner, help and play with my brother and sister and look after my pet rabbits.

In my school I think I put my faith into action by taking part in the Pope Francis Faith Award. I also buddy the Primary 2's by giving them toys to play with in the playground, play games with them, make sure no one falls out with anyone, that no one hurts anyone or no one gets hurt. At Christmas Primary 7's prepared an enterprise day, we made arts and crafts and sold them. We raised £2500 for charity. As part of Lent my friends and I have gone to mass every Tuesday at 8.25 at St Ninian's.

In my community I think I put my faith into action by helping in my church's Children's Liturgy every Sunday. I also prepared a bake sale with my sister in St Cadoc's Church hall. We sold lots of cakes, biscuits and ginger bread loaves. We raised £210 for Spred a charity run by the Diocese.



Andrew Miller

Why is it important for us to learn about Jesus and the church

I think it is important to learn about Jesus and the church because I am Catholic and it is important that I know about my faith.

I share my faith in school by doing the Pope Francis Faith Award and praying in school by praying in the morning, before and after lunch and before we go home. We sometimes say our school prayer in the mornings. During the month of October every Thursday morning I would go to the Rosary Club.

I share my faith in my community by going to mass every Saturday or Sunday at St Joseph's Parish in Clarkston.

In my school Christmas time we did an Enterprise Day to raise money for various charities such as Mary's Meals and SCIAF. On that day we had groups and every group made different things for the day. All the money that we raised went to Mary's Meals and SCIAF. Over the course of the day with all of the stalls from the Primary 7's and some parents helping out by doing the raffle, selling toys, cakes and cookies as well as cups of tea and coffee, burgers, hot dogs and shortbread. Over the course of the day we raised just over £2000. Recently we went on a school trip to Schoenstatt. At Schoenstatt we heard a story about Jesus and one of the stories he told. We also did some activities outside where you had to go and find sticks and the gifts on the back of them. One of the activities we were in a small church with Sister Margarita.

Anthony Afsharpour

Why I pray

There are lots of reasons I pray. I pray for the world, for my friends, for my family and for myself. I got taught to pray from my family and my church, my family are protestant so I am Christian I pray just like everyone else. I start praying by thanking God and then asking God to keep people safe like my family, my friends and everyone in the world. I pray for diseased people and basically anyone. I pray in school, out of school, church and when I am having food.

I pray for the world, I pray for everyone struggling or people that are going through a hard time, I pray for the wars that are going on and peace. I pray for global warming so it does not get so bad and I pray for no more murderers or bad events.

I pray for my family so they stay safe during night and day, so they can be wise with their choices, so they don't get in arguments I pray that when my family go on trips or holidays they have a safe journey and I pray that they don't get ill and if they do they have a safe operation.

I pray for my friends that they act like they always do; I pray that they stay safe and that they have a safe life and lastly that they don't get ill.



Aoibhinn Inglis

Why I Pray

First, my faith is important to me because if I am going through a hard time I always know I can turn to God to ask him for help. The reason I pray is because if something happened to my family or friends I can pray to God and ask him to help me and to also help my family.

Another reason I pray is if I have a test coming up I pray to God and ask him to help me through the test and to help me to use my knowledge. Every morning at school we pray to bless and protect us through the day. Before I go to sleep I say a quick prayer to protect me during the night and the next day. I also pray for my family to protect them during the night.

When I pray I think about the people who are in war zone countries and the homeless people, who are sitting out on the street, freezing cold. I ask God to protect people that are less fortunate than me.

God helps me when I pray and I know that he is always here for me. I asked God to protect my great gran when she was in hospital and God listened to me, he protected her. A couple of days later she went home.

In my parish I pray for different people. I pray for my family and friends. God hears me and looks out for me, my family and friends.

The last reason I pray is because if I pray or if I forget to pray, I will always know God is here for me and he always looks after me and my family.

Amelia Macdonald

Why is it important for us to learn about Jesus and the Church

It is very important to learn about Jesus and our religion so we know how to become a Christian and it is important to go to church to pray and ask God to look after us and forgive us, His spirit is always with us. You are able to describe Jesus in the future and talk to people who believe in Jesus and you can talk about being a Christian.

Church is very important and to lots of people, especially me because in church I am a Welcomer and if you don't know what a Welcomer, is, what you do, when people come to church you give them a sheet of paper about the Mass. Then I go and get the offertory and give it to the priest and then bow and go back to my seat.



Ava Flynn

How I put my faith into action

I put my faith into action by going to Church. I went to Rosary Club in the month of October every Wednesday. I have also done readings whilst I was there. I am also planning to go back in May. My favourite part of going to church is singing hymns, since it is so joyous and happy. During Lent I will also be taking part in going to Mass every Tuesday and Thursday at 8.25 a.m. in St Ninian's. At the end of a service I enjoy lighting a candle to pray for people. I also pray during school, before we start, before break, before and after lunch and when we finish.

I also give to charity. I put money in boxes at receptions and at school. I have also done bag packing. During Mass when people come round with the collection plate my family and I contribute by putting in a couple of pounds each. As part of Lent I am going to try to be a nicer person and also, I have a neighbour who is now living on her own so I am going to try and go in just to talk to her and give her a little bit of company, especially during holidays. I will also take this time to reflect and pray more often.

I also do small things like picking up litter or just putting my own litter in the bin. When my friends are hurt or upset I help them and make sure they are ok. I also buddy on a Tuesday, which means I play with the Primary 2's so they are not lonely or left out and we have toys and equipment to play with as well.

I will continue to put my faith into action and to be a good person.

Beth Armstrong

Why I pray

I pray because it leads me in my faith and I get closer to God. I pray so that God can help me and my family when we need it. I pray when I am at church throughout the whole time especially before and after communion. If I go to Confession I say sorry to God for sinning and I try to be a better person.

I go to church so God can understand that I want to be like him and all the saints. I pray to God to help me while I prepare for my confirmation this month. I pray to God so I can follow in his footsteps. I pray to him in the morning, before and after meals and in the evening.

I pray to God when I need help so he can guide me. I pray to God to help me when I am finding things hard like in school. I pray to the saints when I need help with things like: finding something so I pray to St Anthony.

I say the Our Father or the Hail Mary when I need extra help if not I make up a prayer. I ask God to help me be a better person and be as kind as I can and not scream at my brothers. So I pray to make me a better person and to help other people in general.



Brodie Lothian

Responsibilities

Over the past few years I have grown and gained more responsibilities. Since I have been a very young boy my family have kept an eye on how much my sisters and I have grown by marking it down with a permanent marker on the wall in the past six months I have grown an inch! I really like this idea because every time I pass the wall it makes me realise how little I used to be and how now I'm more grown up and soon I'll be taller than my mum and I will get to pat her on the head.

When I'm eating at the table with all my family my meal portions are now as big as my Granda's, I think this is because I'm growing fast, not only in height but my weight and appetite too. One of my responsibilities are to make sure that I don't fill myself up too much (which I always do) anyway also to make sure I am keeping fit and healthy by exercising and carrying on playing football five times a week.

Recently I have been made responsible for making tea and coffee for my family when they are relaxing after a nice meal, I like when I get asked to make it because it makes me feel older and it makes me feel that I am trusted a lot more.

My favourite part of growing up was being allowed to have my own phone. I got this as a present on my eleventh birthday. First I got my dad's phone that he wasn't using anymore but then after I got a new phone that I still have now. When I got it I felt extremely overwhelmed and over the moon to have my first phone. This made me feel a lot more trusted by my mum and dad because I know that they trusted me not to send anything bad or inappropriate on any social media that could perhaps come back to haunt me in later life.

I am also responsible for my own personal hygiene and my own well-being such as; showering every day and night and brushing my teeth. I now wear deodorant and put on aftershave which makes me feel cool and manly.

Hafsah Shoab

Why I pray

I pray nearly every single day of my whole life. I have been to church and I love the beauty of it. Inside and outside I admire all of it, from the stained glass windows to the calm and peaceful silence of the Eucharist. We go inside and dip our hands in God's holy water and say "in the name of the Father and of the Son and of the Holy Spirit. Amen." As we walk inside we can see the sun's rays flashing through the stained glass windows and hymns being sung as the priest and altar server walk in. During the hymns I try to sing as loud and as beautiful as I can. Remembering to keep all those who have passed on in my thoughts. Then we say a prayer according to Luke, Matthew or John. Luke is my favourite, all of his stories are quite interesting. Now it's time for the Eucharist, everyone goes silent and we are kneeling down and praying.

I pray for me to succeed in life, to become a doctor, have a nice family. I would like to pray that I behave myself and never be disrespectful to my parents and my teachers. I also pray that my parents have a good life and succeed with their jobs. I pray that all my friends will be rewarded as they strive to do their best but as we all journey together in peace.



Christopher Tunn

Floreat Juventus

August 2018 will be a proud time for me because I will be proud to wear the St Ninian's blazer with the motto 'Floreat Juventus', let youth flourish and to flourish means to thrive.

My first educators are my parents they give me physical and emotional needs. They give physical needs such as food, clothes and provide a warm home. They give me love care and attention. They give me support, faith development and nourishment too. They help me build relationships with friends and family. All of this helps me to thrive in my faith.

In my Catholic school I learn about God in many different ways which helps me to build my relationship with God. We pray together and do lots of interesting things together relating to my Catholic faith which is so special and unique and I couldn't learn anywhere else! This year I will make my Confirmation so this is a very holy year because it is the Centenary as well, my teachers and my family are helping me to prepare for the gifts of the Holy Spirit.

In my parish I am a PFFA helper where I give out bulletins and I do the offertory and tidy up the church after Mass. We help charities by putting spare change in the wee box. I was in the choir where we went to sing for the elderly.

I have helped in my home, school and parish in many years and I am so lucky that my school have such close connections to my parish. I felt very privileged to be making my confirmation of the centenary of S.C.E., I would like my fellow Catholics to help me any way they can. I am proud to soon be wearing the Saint Ninian's blazer.

Ciaran Boland

Why I Pray

I will start this off by saying that the soul reason I pray is so the Lord our God can listen to my prayers and answer them.

I pray for my loved ones and family to give them hope that they will do well in their life and also to give any who are unhappy happiness so they can live their life to the best it can be.

But of course that's not all of the reasons why I pray. When I go to mass I say some prayers to all the people that are suffering in this world. I pray to help protect the weak and the wealthy from starvation and over-confidence.

Praying is very important to many religions for example Hindu. I think prayers help the world by praying for each other. If we pray for each other we can survive together in peace, no fights, no wars, all I want is for everyone to live in peace helping each other in our everyday lives.



Ciara Gannon

Describe a teacher who has cared for you and inspired you to become a good person

I've had many amazing teachers in my primary school years. Every teacher has been inspiring but one stood out, her name is Miss Bruce. Miss Bruce is lovely she is also a believer of the Catholic faith. Miss Bruce is incredibly generous and outstandingly caring.

My belief for Catholicism has grown with Miss Bruce's help and kind attitude. If you fall she will pick you up, if you're sad she will cheer you up. Miss Bruce is so understanding. When I'm older I would love to be just like Miss Bruce because she is my favourite teacher ever. If anyone in the class is finding something hard she will help you with it.

Miss Bruce taught me a lot of things including everyone deserves a second chance. In my class everyone is friends with everyone. A good friend is just like Miss Bruce. A good friend is also a good listener no matter what. Miss Bruce respects all beliefs and religions because everyone should be treated the same. "Be proud of who you are" – Miss Bruce.

And that's why Miss Bruce is such an amazing teacher.

Conor Boyle

How I put my faith into action

I put my faith into action by doing things like taking care of the environment, praying every night and respecting everyone in the world around me. I also give to charity when my old clothes are too small for me and I will either give them away to a charity shop that will give them to people who need the clothes more than me or I will give them to friends that are younger than me who could do with some more clothes.

My Catholic education has helped me to use my God given talents such as things like football, running and Maths. I pray every night to God to thank him for all the talents and skills he has given me and to help me flourish in my faith by using them as often as possible. I say a Hail Mary and an Our Father every night and ask God to bless everyone in the whole world and especially those who need it most. I ask God to bless all those in need of food, water, an education and a place that they can call home. I also pray for the homeless, children who will be setting very important tests such as exams and to all those that are sick.

I always try my best at everything and my Catholic education has inspired me to be the best I can in all that I do and to be a good person by respecting everyone, no matter who they are, what religion they follow, where they come from and how they act.



Cooper Todd

Floreat Juventus

In August 2018 I will be proud to be wearing a St Ninian's blazer with the strong bold badge saying Floreat Juventus which means in English let youth flourish. To flourish means to thrive and teach my full potential and I believe that this can only be truly accomplished through social, academic and spiritual awareness.

Through my parents I get taught my starter education, they also teach me about my religion and beliefs. My parents feed me, clothe me and give warmth to me.

In my school I learn about Jesus Christ and God. Every day through the Pope Francis Faith Award and in my lessons which I record in my RE jotter, I write about the main events that happen each year about Jesus and God and reflect in relation to my own faith. I also get the opportunity to share information with my peers about my own faith.

In school we pray in the morning, before lunch, after lunch and at home time. We also have lots of Catholic symbols around the school such as crosses which remind us what Jesus gave up for us.

To summarise, I talked about going to St Ninian's and getting my blazer and how proud I will be when I receive it, how my parents care for me and how they help me through life, how we learn about the Catholic religion and how I show my own Christianity. I hope to eventually reach my full potential and learn more about my religion and other faiths which will help me to flourish and interact positively with others.

Eliza Mohsin

Growing in Responsibility

Growing in responsibility is all about being responsible and growing up all the time. Whenever you get in trouble you can either grow up or be responsible and make up. It's very easy to be grown up, just don't get yourself into bother also growing up and having responsibility leads to confidence and communicating with people from different classes. When you build up your confidence then your teachers or whoever is at home are going to realise.

Whenever you are joining another school or going into high school that's a fresh start as well. That will also show growing in responsibility because you are showing people that you want to come to school. You will show them a first good impression. It is also about being kind and generous to friends, teachers and normal people all around the school. Whenever you grow up if you do anything bad it would be on your record which stops you from getting a job that's why you should learn how to be responsible and grown up.



Eesa Khan Din

Why I Pray

I pray because someone is sick or dead or a test is coming up for someone I know because I do not want them to be sick and I want someone to be good in heaven. I would not like it if someone did bad in a test.

I really like to pray for the woman next door because she is very sick and she is really nice so I pray extra for her. I pray in the car because I really would not like it if the car crashed.

I pray quietly when I am climbing because I do not want to fall and get taken to hospital. I also pray when I am high up because I am scared of high heights and I really do not want to fall and hurt myself.

I always pray for my gran because she has come out of hospital and they have operated on her heart and I pray for her because I want her to live longer.

I love to pray for my cat because he has recently had an infection on his head so I pray for him because I don't want it to get worse.

I pray for prophets and hope that they are doing fine in heaven because I want them to be happy. I also really like to pray to God because I would like him to be really happy with me.

I always pray for the job that I want because it is really fun and I enjoy it. I hope I get that job. I like to pray because it is part of my religion and I want to follow it. I pray for my cats because I don't want them to be really bored.

Finn McLachlan

I was very lucky to go to Lockerbie Manor and the whole year went and I got in with friends. I think being away for five days made me more responsible. I now go and do things myself it has made me more grown up.

My mum and dad say they can see I am more responsible. I liked Lockerbie Manor because you had the responsibility to keep everything safe and what to wear and when to go to sleep and to do other things. Lockerbie was so much fun and then we had Enterprise Day, we raised about £2000 and we sent the money to charity I am very proud of this. Then we did the Provost Debate and that was fun. I think I am more responsible. I have a lot more fun because I can do a lot more. I can go out with my mates and do stuff that I could not do a long time ago.

I like monitoring and I did things for the assembly. Sometimes I look after my cousin, we went to show and tell, it was so much fun I wish I could go back, you learn about your religion. I loved Lockerbie very much and the people there encourage you to do stuff. Monitoring was fun I really liked it. I would not change it for anything.



Daniel Whyte

I put my faith into action by altar serving each week. The reason I started altar serving was because I wanted a role in the church and it always looked nice to do.

I also pray every day at morning, noon and night and go to mass every Sunday.

In school I put my faith into action by doing the Pope Francis Faith Award which I need to cover topics in by helping people, doing good things, helping in the parish and more.

In the parish I am also a Pope Francis Welcomer so I give out sheets and leaflets about the parish. I sometimes do the offertory it is a very big responsibility.

I put my faith into action in the community by doing good deeds, helping people and giving homeless people money and helping charities by doing fundraising events like the Enterprise Day. I have also fundraised in Scouts by having a Bake Off.

In my home I put my faith into action by doing chores, being kind, helping my siblings and saying my prayers. I sometimes would help my brother with his homework. I play with my sister at her dolls. I also tidy my room, set the table, clear the table, do the dishes and help with the problems. I also clean out a fish tank and take care of my tropical fish.

I put my faith into action at school by helping others, listening, working, behaving and not chatting during work.

I also put my faith into action at church by singing out, being respectful and listening throughout the whole time of the mass. I also enjoy helping the community as much as I can.

Frankie Bradley

Floreat Juventus

When we talk about education it is not just at school it is at home as well. I also cannot wait until I get the new burgundy St Ninian's blazer with a badge that has Floreat Juventus printed on it. My first educators were my parents who taught me how to use manners and how to spell.

School has helped me to learn about my Catholic education, maths, literacy, French and Science. In maths we learn about decimals, fractions, percentages, times tables and many more. In literacy we learn about adverbs, adjectives, verbs, pronouns and nouns. In French, we learn how to count to 30 and we learn how to put words that are in French into sentences. In writing we do recounting and word art. In art, we draw with patterns the lightning war. Our topic is WWII and we are also reading the boy in the striped pyjamas which relates to WWII.

Parish community helps me to share and respect others and each time I go I learn more.



Eva Terry

Describe a teacher who has cared for you and inspired you to become a good person

I will describe my amazing teacher Miss Collins. Miss Collins inspires me every day to become a better person. She teaches me about God and my faith. We walk to church on special occasions and we also do fun activities that help us learn. We learnt all about the Good Samaritan and that inspired me to be nice to everyone no matter where they are from, what religion they are, and even if I don't really like them.

Miss Collins does so much stuff with us. Since Miss Collins is a good person it makes me want to be as good as Miss Collins. Miss Collins explains everything from Maths to Comprehension and is always happy to help us whenever we need her. Miss Collins also cares for us all the time. She cares for us when we are hurt or upset. In the morning when we do prayers, Miss Collins says the Hail Mary with us so we can pray for anyone we know who is sick or sitting exams.

Since it's lent Miss Collins encouraged us to go to mass at St Ninian's High School on a Tuesday and Thursday in the morning. I put myself forward for this because it helps me to become closer to my faith. It's also good since it's the lent period in the year. Miss Collins told us that lent is not all about giving up sweets and chocolate but it's also a time for praying for the sick, helping family members and going to visit elderly people that you know. You can also donate old clothes and toys to charities to give to people who don't live the luxurious life that we live.

Overall Miss Collins has been an amazing teacher and has taught me so much about my faith.

Freeja Nolan

How I put my faith into action

I put my faith into action in many ways such as helping out at my parish with readings or saying my prayers. Our school, Our Lady of the Missions, is always helping you to put your faith into action.

At school I am always signing up for opportunities to put my faith into action. During the Pope Francis Faith Award I am voluntarily welcoming at my parish St Joseph's. I believe that when you are putting your faith into action it is important that it is voluntarily and not just because you want extra points on paper.

During the Lenten period I attended your schools mass in the morning which was a beautiful service by Father Stephen Baillie. It was a nice different start to the day.

A few weeks ago me and a few others from my class read at 10 o'clock mass. We also gave out the mass bulletin at the door. I read the bidding prayers. My other classmates read readings. Again it was a lovely service.

I hope you have enjoyed reading my essay on how to put my faith into action.



Finlay Spooner

Why I pray

Every day I pray for many reasons. In the morning, when I arrive at school, we say our morning prayer. We say it because we want to ask God to have a good day.

Just before we have our lunch, we say grace. After lunch, we also say a prayer. At the end of the day we say another prayer to thank God for the good day that we had.

We also say the Hail Mary for all of our special intentions. Like if someone was ill or we had an exam. We say the Hail Mary to ask Mary to help us get through all of our hard times that we struggle to get through. We also say the Our Father sometimes when we are in church. I quite often say a prayer like the Hail Mary or Our Father when I am worried or concerned about something. I also say a prayer at the beginning of a holiday before we go on a trip so that we have a safe time. Sometimes I also pray to thank God for everything that I have because some people in places like Africa barely have anything. After a terrible accident, when people have passed away, even if I don't know them, I say a prayer for them and their family. I usually say another prayer just before a competition, so that God will be there with me.

During the months of October and May we say the Rosary for Mary.

In conclusion I pray a lot of the time for loads of different reasons, including when I am worried, when someone has died, but mainly when I need God's help.

Evie Deehan

Floreat Juventus

My Catholic education helps me to flourish by leaving time to pray every day and displaying the gospel message and be the best person I can be. I pray for my own needs, my family and others who need my prayers. This all helps my relationship with God to grow and flourish. During assembly, our teachers talk about extending our knowledge about the gospel.

My Catholic education helps me to grow at home by attending Mass every Sunday and listening and doing all of the things God asks of us. Moreover, I also try to do what my mum and dad ask of me and expect from me. I use my parents as role models and I respect them and trust them with lots of things.

My Catholic education helps me to learn at school by being around lots of role models that motivate me to learn more about God. We find lots of fun ways to raise money for lots of different charities such as when all of the primary 7 classes made Christmas ornaments and sold them to make money for different charities. Furthermore, we learn about different role models in life. At the moment we are learning about Malala Yousafzai who stood up for girls having the right to an education everywhere in the world.

My Catholic education helps me to meet new people at my parish by being in a public area and talking to different people. I also go to a youth group called Sentry and that also helps me to meet loads of new people and become friends with them.

In conclusion, my Catholic education helps me to flourish and become a better person through home, school and in my parish.



Grace Docherty

How I put my faith into action

In school I put my faith into action by praying in the morning, before lunch, after lunch and at the end of the day. I find praying in school important because we are thanking God for everything we have today. Also in school I try my best to hold doors for anyone walking past, pick up any litter I see on the ground and tidy up anyone's desk if needed. Me and the rest of P7 had a Christmas Enterprise event to raise money for charity. We ended up raising £2000. The charities we chose were Mary's meals, Children's Hospital and Mission.

In my community I go to church every Sunday, I also go to church on Christmas Eve. On Wednesday after school I go to one of my family friend's house and talk to her about her day. I find doing this very nice. I also walk her dog for her too. When I'm in town I try to give the homeless my loose change. I used to go to sentry at St Joseph's Church.

At home I sometimes bake with my friends which we sell at bake sales. The things we sell at the bake sales are cupcakes, juice, water, cookies, brownies and ice lollies. The money we make from the bake sales we usually send to Cancer Research. On the weekends I always help my mum around the house by feeding my cat (Millie), folding up clothes, doing the dishes and hoovering up. Doing this I feel it helps my mum out a lot around the house and I hope that me helping her out makes it easier for her.

Grace Whyte

Why it is important for us to learn about Jesus and the church

I think learning about Jesus and the church is important because it shows how we are and what our faith is. Firstly if we didn't learn about Jesus we wouldn't know about Christmas and the journey to Bethlehem. We also wouldn't know about Easter and Good Friday. Jesus is one of the most important people in our faith. He has done so many miracles and over the year of going to mass and doing R.E. in school I know all these miracles.

Learning at church is amazing as well. If we didn't know or learn about church we wouldn't go there every Sunday and learn about Jesus, Christmas, Easter and everything that happened in the bible. The church has so many beautiful features like the stain glass windows, the tabernacle, the trees, flowers and the cross. The church is the place where we learn about Jesus and his disciples and everybody else in that time. When we go to church Jesus and everybody else is there with us when we go and visit God. If the church wasn't here we wouldn't know our faith, we would grow up not knowing about Christianity.

Jesus is a very important part of our faith and he has done so much like sacrificing himself just to save everyone, but that didn't stop him as on Easter Sunday he rose again. If we didn't know about any of this our faith wouldn't be the same because we would not know about the church and that we wouldn't have the gospel or reading from the bible and then we wouldn't get told about Jesus, the Old Testament or the New Testament.



Hannah Moore

Floreat Juventus

Floreat Juventus means “Let Youth Flourish”. To flourish means to reach my full potential and I will be able to flourish through social, academic and spiritual fulfilment.

“No man is an island entire of itself; every man is a piece; every man is a piece of the continent, a part of the main.”

In the area of faith in a social group, I attend Youth Group on a Saturday with my friends Evie, Meghan, Emily, Hayley and Orla. We all grow together in our faith by learning about the gospel in a fun and creative way. Also I am on a rota with friends and fellow pupils from my school along with other Catholic schools in East Renfrewshire Council all participating in The Pope Francis Faith Award where we hand out leaflets at the start and end of mass and also do the offertory. Last but not least whenever my close friends come over we say a prayer to God to thank him for our beautiful friendship group. I feel closer to God when I express my faith in a social way.

Now I move on to how my Catholic education has helped me to flourish. In school I am shown the true ways of Jesus through RE teaching and First Friday Mass but also through my calling of God to aspire to become a Saint and be as committed to God and my faith as I possibly can be. Every day we say numerous prayers as well as special intention prayers. I am especially trying very hard during this time of Lent to pray a decade of the rosary every night. Every week on a Friday we have assemblies and we always include a prayer. I feel these assemblies have educated me further in my faith and have helped me to prepare for my own class assembly coming up. I attend Guides on a Wednesday and by taking part in this organisation I am playing a part in my community. My mum is also a strong part of my faith and always encourages me to attend mass on a Sunday.

In conclusion I feel my strong faith will benefit me in my future years to stay close to God I will continue to help my community and my church and to continue to help my community and listen to what Jesus and God want me to do and then I will have flourished.



Harris Haq

Growing in Responsibility

For this essay I have decided to write about growing in responsibility. For example, being a big brother, I personally am a big brother and a big cousin as I am the first born child, all of my cousins and siblings are younger. When you are an older sibling you must look after and take care of your younger siblings. So this gives me a lot of responsibility.

Another responsibility is having a pet. I have a rabbit called Buster and a cat called Tyson. I would say that the rabbit is the hardest to look after because I must clean the cage and give it clean water and hay and I must give it food daily. As for the cat I only need to clean out the litter tray, feed it, give it water and play with it, this gives not just me but my family a massive responsibility.

In the past year my mum and dad have given me a lot of responsibility of being able to go to the shops by myself. My mum has expectations that I will cross the road carefully and not to speak to strangers, she also expects me to be mannerly to the shopkeeper and get the right stuff I have been sent to get. If I follow these rules this trust and responsibility will be extended.

Before the summer I am responsible for cleaning the garden such as raking up the dead leaves, taking the dead fruits off the trees and tidying the garden so that my mum can get the lawn mower out and cut the grass and my mum and I like to plant new flowers every summer.

That is some of my responsibilities and I am planning to grow on them to have more responsibility as I prepare myself for high school.

Iain McMillan

Why is it important for us to learn about Jesus and the church?

I think it is important to learn about Jesus and the church because you should be involved in your church and know about Jesus and all the miracles that he performed and all the people that he helped.

Jesus was a good person and because of all the things he did for us that is why we go to church and pray and take Communion and drink the blood. It is important to know what Jesus did for all the people in need of help.

My faith is important to me because I do things like the Pope Francis Faith Award welcoming people into the church and sometimes I take up the offertory and then give it to the priest.

I use my faith when I am in church and school and in my house. My faith is an important part of my life because I use it most of the time. By helping my friends and family and the people in the church. I help by doing chores and helping people. I go to church and sometimes I help by standing at the front door and giving out leaflets to the people that come to church.

Our school donates money to lots of different charities, SCIAF and all the other ones. P7 enterprise raised a lot of money for charities. You have to go to church if you want to learn about the gospel and learn about God and Jesus. Jesus will make me kind and generous, good, smart, and intelligent if I ask him. Jesus is always there for everyone and he helps us try everything and is right beside us. This is how I follow my faith in church.



Hayley Dolan

Floreat Juventus

I am so excited for August 2018 as it will be such a privilege because I get to wear my St Ninian's blazer with the motto "Floreat Juventus" meaning "Let Youth Flourish" and to flourish meaning that I am ready to flourish into my new High School. I am going to flourish and meet my highest potential!

My parents are my first educators, they helped me with my emotional needs by caring for me and giving me as much attention as they could. My parents guided me to make relationships with other young pupils too. The most important thing they have done for me has made me a true Catholic. There are so many different things I do to make Catholicism a bigger part of my life, for example every Saturday my friends and I go to a youth group called Sentry where we talk about many different ways we can be closer to God and always make the right decisions. Another thing that helps me in my faith is my Pope Francis Faith Award, most Sundays but not every Sunday at Mass I give out leaflets and do the offertory for the priest, even though it's not the most exciting thing in the world, I still enjoy doing it because I know that my parents are very proud of me and I'm making good decisions.

At my school we try our hardest to raise as much money as we can for any charities and for us to raise money we have to do some sort of fundraisers so this year in Primary 7 we did an enterprise and it was so much fun, we raised so much money for the charities and I really enjoyed it. The thing I love about my school is that I've made so many friends and they are the nicest friends I could ever ask for.

My Catholic Education has helped me flourish through assemblies which have helped me understand more about how lucky I am and how we can help the people in foreign countries who are less fortunate than us. It also helps us have a better idea of what we are going to talk about in class assemblies. I never forget to set aside some time for praying for myself and my family and friends, also others who need to be in my prayers. In class we have been learning about a lady called Malala Yousafzai who stands up for girls' rights and wants girls to have an equally good education as boys.

In conclusion I feel like my Catholic education has helped me grow in faith through the support of my teachers, family and friends.

Laura Colognori

In my school journey a lot of my teachers have helped me to become a better person and helped me to grow up in my 7 years of school but there was one teacher who really inspired me. She was kind and she really cared for everyone. She inspired me to be a good person. I think I have definitely learned so much during my school years.

They definitely helped to do a lot of subjects. I think she helped me do bigger and better maths questions. Her name is Miss Bruce she has helped me feel better when I'm down, comforting me and supporting me, that really makes me happy and feel much better.



Ismail Salim

Floreat Juventus

I am very excited for August 2018 when I get to wear a St Ninian's blazer. The colour of the blazer is burgundy with the St Ninian's logo on it. The motto of St Ninian's is in Latin and it is: Floreat Juventus which means 'Let Youth Flourish'. For me, to flourish means to thrive and reach my full potential not just academically but socially and spiritually too.

A friendship is a bond in common and a friendship should always be a strong and secure one. The strongest friendships are probably between me and my parents. Not only did they care for me, but they're also my first educators. They taught me how to walk, talk, eat and drink. Also, they were my role models. They taught me most of the things that you can't buy.

School is a really big part of my life. I try to do my best in school as I know that it will help me in later life. School is also one of the main places I can flourish. I am very excited to move into high school, where I can flourish even more, not just in normal education, but in religious education as well. It is really amazing that I am lucky enough to learn about other people's religion. I have learned from Catholic Education that Catholics have similar targets to Muslims. I have learned that Catholics like to help the community. When I pray, I am sure that God will answer my prayer because I am sure that God does not just leave that prayer alone. He will probably grant it in some way or another. Occasionally, our school sometimes invites a person to talk to us about other world religions. Also, in Primary six, we performed an Easter Cantata as part of our Catholic Education which tells us the story of Easter. Overall, Catholic Education has really helped me to flourish in knowledge.

I try to help the community as much as I can by trying to complete my Pope Francis Faith Award and sorting through my things and I give the things that I don't use to charity. Once, my friend Jack Gormley and I went to the old folk's home and I played the piano for them and I try to help others when they need help.

In conclusion, I am really excited to move into St Ninian's and when I get to wear the amazing blazer which says Floreat Juventus.

Taha Hafeez

Why I pray

Prayer – a vital part of our life. It is also a powerful tool, but what is prayer. How can it be used. We use it to help us with our lives. It also can keep us really happy. Prayer is so powerful it can also bring a divided nation together. We can use it to get guidance and support. We pray before sleeping and before we wake up. We can also pray before and after sleeping. We pray to ask for help or compassion. Prayer can make our lives more holy so we can live them more like Jesus did. Prayer can change our thoughts so then it can change our deeds and therefore our lives. There are so many reasons for praying one would never be able to list them all.

You can pray anytime, anywhere and for whatever reason.



Jack Gallagher

How I put my faith into action

In April this year, I am going to receive the sacrament of Confirmation. I am excited about this occasion and my nanny and granda are coming over from Ireland to help me celebrate.

When I receive the sacrament, I will receive the seven gifts of the Holy Spirit including Knowledge, courage, Understanding and Right Judgement. I am going to discuss how these gifts will help me put my faith into action as I look forward to starting St Ninian's in August.

Knowledge will be key for me because there are many more subjects at St Ninian's than primary school. I will use the gift of knowledge to help me learn and do my best.

I will meet lots of people when I start St Ninian's, including new friends and teachers. I will use the gift of courage to help me get to know the new people.

I know there will be many difficult situations ahead, when it will be important for me to know the difference between right and wrong. I always try to my best to do the right thing and receiving the gift of right judgement will help me to continue this.

It is very important to have respect for God and apply this in everyday life, the gift of reverence will help me to do this and ensure that God continues to be important in my life.

In conclusion, I have described some of the gifts I am going to receive from the Holy spirit and how I will use these gifts as I start St Ninian's this year.

James Lawson

Why is it important for us to learn about Jesus and the church?

Learning about the Catholic religion has helped me flourish, as I've grown up going to church and believing in God and believing in Christianity has given me something to share with my family. It has helped me flourish by giving me a subject in school to learn about, by showing us the Old and New Testament stories of the bible, opening a new gateway to learning.

Learning about the Catholic faith has also given me a deep respect for Jesus and all Saints and icons of the faith. I've gone through reconciliation and communion and later this year I will be going through the process of preparing for my confirmation and I have chosen St Peter to be my Saint's name, because of all the great work he did in his life including building a great church for Jesus. It is important to learn about Jesus and the church because you will be able to discuss and understand when people want to talk about the church.



Jack Gormley

A teacher who cared and inspired me

Mrs Bilsland is my class teacher. She is loving, caring and nice because she is helpful and spends time with me and makes me feel like I can accomplish anything life throws at me, especially when that is hard divisions. She challenges me to be the best version of myself by helping me to understand how to type on the keyboard, pay attention and focus and finish my talks more quickly, specially writing and mental maths, she always says practice makes perfect or she calls this PMP for short. My mum now uses this expression.

Mrs Bilsland always acts in a no nonsense style, so she commanded respect from all pupils in class, but she combines with being friendly and fun.

At Lockerbie Manor, a favourite moment was seeing Mrs Bilsland with a rifle and target shooting. I never thought I would see Mrs Bilsland with a GUN! It sure made me realise not to ever cross her as I'm sure she hit a bulls eye every time.

Mrs Bilsland is consistent, she is always polite and caring when I'm hurt and listens to what I say. She appears to value my opinion and conversation which makes me feel good. She made me laugh at Lockerbie Manor when after climbing the crates she joked, 'That was just a crate time' and 'I had a crate time!'

When I go to high school, I will miss her support and kindness and hope I am lucky enough to meet a teacher half as good as she is at encouraging me to do my best.

In the future, I can visualise bumping into Mrs. Bilsland and telling her I have a great job, that I got high marks in my exams and that a lot of my success is due to the way she taught me in Primary 7 by being patient, explaining things clearly and when I don't get it right the first time, PMP!.

Jack McFadden

How do I put my faith into action?

There are several ways that I put my faith into action. One of them being saying my prayers when I go to bed at night and when I say my prayers in the morning and in school. I say my prayers so that God can keep me safe during the night and during the day in school.

Another way I put my faith into action is by helping out at church every week by giving out the bulletins and other leaflets. Last week me and two of my classmates all said readings at the 10 o'clock mass at St Joseph's. I also put my faith into action by praying to God when I'm at church. I pray that God will keep me and my family safe. Aside from that I also put my faith into action by being kind to other people. I also went to confessions very recently and admitted to God what I had done wrong. I also enjoy helping the poor. If I see a homeless person I will usually buy them something to eat or drink. Me and my family have also been donating a lot of money and food to a food bank in a church.

This is our second time donating. When I have just consumed communion I will go back to the aisle and kneel down and thank Jesus for sacrificing his life for us.



John Anderson

Growing in Responsibility

I grow in responsibility when my parents let me go out with my friends and I show they can trust me because they trust me to be safe and they also trust me to walk to school by myself. They also trust me and my sisters with a puppy. They trust me to do my chores and brush my teeth. The school trusts me not to fight at the caddes. God trust me to fulfil his plan for me.

God trusted me when he gave me talents and to grow in my faith. I have the responsibility to be nice to others. I have the responsibility to get off my Xbox when I am told to get off and also get food. When my gran comes I help her to look after my little sisters. I go to bed when I am told. I try to solve arguments so my parents don't have to. I read my book and stop when I am told to even when I don't want to go to stop reading my book. All of this shows that I am growing in responsibility.

I trust myself to not do anything stupid and do what I need to do instead. I have the responsibility to work hard and try my best to finish as much work as I can and study hard for high school.

Johnny MacMillan

Why I pray

People all have different reasons for praying. In this essay I am going to talk about why I pray and how it affects my daily life.

My main reason for praying is to speak to God and to become closer to him. I do this by going to church every Sunday and praying every day. This makes me feel connected with God and this connection grows as I get older and understand more about my faith.

Another reason I pray is to ask for God's forgiveness, I do this as part of my daily prayers and when I go to confession.

I am thankful for all the good things in my life like; my family, my home, the opportunities to go on lovely holidays etc. My parents have always told me it is important to thank God for all you have as others who are not as fortunate.

My grandad had an operation last year – I prayed that the operation would go well and that he would recover. This is another reason why I pray, to ask God to help those who are sick especially the children who live in war-torn countries and that God will stop the wars going on so they can live a happy life again, sometimes it's hard and I feel like he isn't answering my prayers. I still feel that they are helping though.

The last reason I have for praying is when I am worried about something, talking to God about my worries helps me feel calmer and able to deal with anything worrying me with a bit more confidence.

These are some reasons why I pray and how it helps me in my daily life.



Jamie Bowes

Describe a person who has cared for you and inspired you to be a good person

I'm going to describe someone that inspired me to be a better person. She taught me a lot about the Catholic faith and taught me how to be a better person.

First of all she taught me how to incorporate the Catholic faith with my normal life by teaching me to take a minute out of my day to say a quick prayer. After I started doing that I started to find myself having better days which made me happier which made me a better person. She took me into a life of happiness.

Now I'm going into high school and I feel as though this person has helped me prepare for high school because she taught me that following Jesus can help you get through such things as high school. After all of this time since she taught me I still remember her and what she taught me.

She was a very kind, supportive and funny teacher. If you were going through a hard time she would help you. If you needed cheering up she would cheer you up, if you needed help she would help you, just like Jesus would.

This teacher has changed my life forever and I will remember her.

Joseph Chrystal

Floreat Juventus

In August 2018 it will be the first time I wear the burgundy Saint Ninian's blazer with Floreat Juventus which means Let Youth Flourish. I think you flourish through social academic and spiritual behaviour.

In my faith God is our number one priority we pray before we eat, we pray in the morning and we pray at night before we do to bed. We were mostly told to pray by our parents and our first teachers. Our parents are the whole reason we can walk, talk, read and write, they can also be my role models for life.

In my parish we use Pope Francis Faith Award booklets to keep track of our growth as followers of Jesus. People from other religions come to talk to us about their religions and how different they're religions are to ours.

In school we are also encouraged to pray, support everyone and love God and Jesus like friends or parents. After all Jesus is our saviour around our school and I can see crosses and altars all over the school.

Being in a Catholic school is a chance to let me learn about what I believe in and flourish in Catholic education and a good example of this is Pope Francis Faith Award which teaches me to be more like Jesus as well as everything I learn at school and at home. In the end, I continue to flourish and this will be even more developed when I go to St Ninian's.



Joseph Davidson

Why I pray

Why I pray? I pray because prayer helps you get closer to God, and then God helps me get friends, closer to family and a great general life.

I pray for my friends and family if they feel sickly or even if they have a rough day. My mum and I don't like flying so before the plane takes off we say a prayer together.

I pray at church. I pray to Our Lady asking her to help poorer families and children in poorer countries. Once I receive communion I always say a prayer thanking God for the good life I have. Sometimes I take it for granted.

I usually say a prayer to Jesus before bed just thanking him for the day and asking Jesus for a fresh start in the morning.

When I pray of course it would be no use if I didn't carry them into real life. So if I see someone alone I will talk to them and have a laugh with them. If someone is being picked on I will help them and tell the bullies to stop it.

They are all reasons I pray and how I carry my prayers into real life. Of course if any of my friends or family go into hospital without a doubt I would pray for them.

Joseph lafrate

Why I Pray

I pray because it helps lots of people in different circumstances. When I pray I think of people that are hurt or are sad. I like to pray because it helps me through the day. I like to pray to St Anthony because I lose my things a lot and he helps me find them. I go to church sometimes on the weekend. In school we pray for the food we eat and thank God.

When we pray at church we thank Jesus, God and all the Saints for assisting us through our journey of life. When I go to high school I will sometimes go to the morning mass to pray. I try to pray every day to help other people including me. My favourite prayer is the Hail Mary because it is easy to remember. When I get to high school I will pray before I do my exams. I will continue to pray during the days. I like to pray when my family are sick so they get better faster. Some prayers I like but I forget them sometimes. The Our Father is another easy prayer to remember and you can use it in a lot of situations. Sometimes in the school mornings we say the school prayer. The school prayer is a long prayer and it is easy to remember. I pray every day to strengthen my faith. To strengthen my faith I pray and do good deeds for different people and pray for the poor. I pray for the poor because they are less fortunate than other people.



Joshua Nolan

My faith is important to me because it gives me something to believe in and shows me the right way.

I think that in our faith we believe in Jesus and the church because Jesus sacrificed his life for us and to go to church and thank him because he spread the word of God so going to church we learn and spread his word.

So believing in the church community and even going once will show you how beautiful it can be. I would definitely recommend and also encourage everyone to try to go to mass at least go to somewhere that teaches you about God and Jesus, so learning about Jesus but also God will show us the way.

We learn about the church because it is our faith and as Catholics we all should try to go very often. We should learn about the church by our teachers by our parents, brothers, sisters, guardians and all family members even friends. We all should learn about the church so when we go we are not completely puzzled about what is going on.

Our celebration called Lent is also an example of Jesus, for the 40 days and nights where he had nothing so we as Catholics will give up something that we love e.g. I gave up chocolate just to show appreciation for what he did. Then there is Easter where we will all go to mass on Easter Sunday to commemorate his death to save us from sin which shows us how unselfish we should be and how we should do what he did.

Juwairiyah Rahmat

A teacher's description

When I came into this school I was a bit worried since I was not a Catholic. I am a Muslim, but now I don't worry about making friends, because of every one of my teachers. Out of all of them my current teacher Miss Collins stood out. She made me grow more mature and grow with my friendships.

It is not an overnight thing and Miss Collins knew that. She had to take things very slowly. She did just that and because of her actions I am who I am at the end of the day. Most teachers when you get into a fight don't investigate but mine does and even the person that's guilty realises it and owns up.

Although Miss Collins is funny, understanding and fun she is not afraid to apply discipline. She knows when it's right to take and apply privileges. She also knows how to apply and take punishments. She is always fair to both sides of the story no matter what happens.

Overall Miss Collins is a joy. A great person to work with and lot of fun. No nonsense is tolerated with her. A great problem solver and loving person. She is also training to be a police officer so she is very multi-skilled.

With my teacher understanding is a whole new level. Even if you did something really bad and owned up she wouldn't pay as much attention to the crime she would care that you owned up.

After all that you can see that I love my teacher with my whole heart not a half and not a quarter. She is a great teacher and understands me. She is fair and true and she does the right thing. So all I can say is thank you Miss Collins.



Katie Callaghan

Why is it important for us to learn about Jesus and the Church?

Learning about Jesus is important to us. So we can follow him and respect everyone around us and to know how to treat other people around us like Jesus did with his disciples.

It is also very important to learn about the Catholic Church because that is where we pray and learn about Jesus. The church is where we go to get baptised, make our Reconciliation, Communion and Confirmation.

In church we pray and the priest will say some prayers and tell us stories about Jesus and Saints. During the Hymns we go up for Communion and you can get the wine if you want. Then you can go back and kneel on the pew and say a prayer. You can pick what prayer you want to say and who the prayer is to. Usually Mass is on a Sunday.

Jesus guides us to be the way we are and helps us to live our lives the way he did and to be as kind and respectful just like him.

Kyle Callaghan

How I put my faith into action

I put my faith into action every day like in school, I hold doors for people and help people when they are hurt and pick up litter in the playground to help the school. I pray in the morning, after lunch and at night. We are thanking God for what we have.

In my community I go to church every Sunday to pray and I light a candle to pray. I give money to SCIAF, Mary's Meals and bag packs. I clean my room and my brother's room in my house. I unload the dishwasher, I go to the shops every Sunday to help my gran with her shopping and my papa. I help with my gran's washing because it's hard for her to bend down and get stuff like clothes and I help with the dishwasher. I babysit my cousins every three weeks on a Saturday from 1.00 p.m. to 2.00 p.m. and sometimes after school for an hour or so on a Wednesday.

In my house I feed my dog Oscar and I fill up his water every morning, afternoon and night and I make his bed. I sometimes go dog walking with my uncle and auntie to the park. I take my neighbour's dog out walks too. I wash my dad's car and my uncle's car because they get dirty very easy and I unpack the shopping every Saturday.

In school I did P7 Enterprise to help raise money for charities and to help the poor. In P7 Christmas Enterprise all of us had our own stalls in groups of 4 to raise money and we also had a class stall.

In my house I make my bed every morning and I hang up my brother's clothes in his wardrobe and I put his shoes in the wardrobe.



Katy Drummond

Why I Pray

I pray to my Saint that inspires me which is Saint Catherine of Bologna and I pray to other Saints too. The reason why I pray is because I do it within school, home and my community. I also like to go to church to hear the priest talk about the Gospels and I like to sing the hymns. I like to pray for people who have died and who are very sick. I also like to pray at bedtime with my dad, my mum and my sister. At church I like to pray at the Candles that have been lit by lots of people for people in their families who have died or that are very ill. I also pray for the girl that died from my sister's high school. I like to pray every day and every night. I pray when we say a Hail Mary, grace before meals, morning prayer and grace after meals.

I pray to St Anthony when I lose or can't find anything. I pray to God when I feel angry or sad. When I listen to music I pray to St Cecilia. When I travel places I pray to St Christopher. When I am sleeping I pray to all of the Saints and on the weekend I pray to Saint Catherine of Bologna which is going to be my Confirmation name. I like to pray everywhere like at my friends' houses, my gran and grandad's house, my gran and papa's house, at church, at a restaurant and at my own house too. Praying helps me strengthen my faith and helps others and me when we pray to Saints or God.

Kerr Campbell

The teacher I have chosen to write about has definitely got to be Miss Collins as she is the nicest teacher I have had and she really inspires me and always cares for us at all times.

Miss Collins helps us practise our faith in many ways for example throughout Pope Francis Faith Award in the school section and she can give us advice for the home section and she can give us advice for the home section. Miss Collins does all of this because she realises how important our faith is to us and how it can guide us through many things in life.

Miss Collins teaches us that our faith is so important to us and how much it helps, guides and influences us through our life and the choices we make. We also do lots of Religious education lessons and Miss Collins explains them very well which means we know all about our and other religions and how we practise them.

Now that we know enough we can practise our faith in our community for example by going to church, praying and listening to other people what their religion and sometimes even my own by listening to all of the stories in the Bible during the mass and when I hear them I would always try my best to act upon them to spread the word to others who don't know as much as I do about my faith. This is all thanks to Miss Collins great teaching in the class.

To summarise I just want to say that Miss Collins is a great teacher and all because of her teaching I am more knowledgeable about my faith than I would have been without Miss Collins. I am definitely thankful.



Lucy Moynihan

Why is it important to learn about Jesus and go to church?

It is massively important to learn all about Jesus and church because it can create a big impact on people's lives and how they act.

I go to church to reflect on my bad actions and to pray for people who are troubled. There are many reasons to go to church. I love to go to church because it is so peaceful and it's a place of respect.

I sometimes help out at church. I light a candle after mass on a Sunday. I also go to church on a Tuesday and a Thursday during lent at St Ninian's.

Church is a place to forget about the worries in life and to ask God to help us with problems. It is important to go to church because you hear the Gospel and you can reflect by having the bread and wine.

It is also important to learn all about Jesus and his life story. If you learn about Jesus and follow in his actions it will help you to spread the word of God. He reminds us to be thankful for the world we live in. It is good to learn about all the miracles that he performed and how praying can help people in different situations.

When I learn about Jesus I think about the times that I did or could have followed in his example.

During Lent I make sure to pray before every meal to bless it and thank Jesus and God for all the things we have in our lives.

I pray for St Anthony if I lose something. It is good to pray to Saints because they help you with exams and other situations that you need help with in your life.

Nathan Tait

How I put my faith into action

I put my faith into action by going to church, reading a bible or saying a prayer. Other faiths put their faith into action a lot for example Muslims go to a mosque and pray five times a day. Other people put their faith into action such as Jesus performing miracles as well as being kind and caring.

If we were all to put our faith into action the world would be holier and such a kinder place to live in.

We all pray in different ways in a chapel everyone is together but in the mosque they split the boys and girls up. We all pray because we are faithful.



Madeline McNee

Describe a teacher who has cared for you and inspired you to become a good person

I have chosen Miss Collins to be my teacher. She is always kind and makes sure everyone is treated fairly and respectfully. Miss Collins is more than just our teacher, she acts like your mum but not as embarrassing as your mum is. She always finds a way to make you laugh. Miss Collins inspires me every day to try my best and work very hard.

Miss Collins helped me through Lockerbie Manor. She looked out for me as she does every day. She helps me to choose the right path and not the wrong one. Even the littlest things she does means a lot to me and the whole class.

If I am stuck on any type of question, Miss Collins is there to help me (without giving me the answer). The way Miss Collins copes with the class is remarkable. She manages to keep the class under control when we misbehave. There is only one of her and thirty three of us, and we can be quite a handful sometimes (most times).

Miss Collins has showed how to be a good person and demonstrated me to follow my faith and believe. Miss Collins doesn't give you piles of work. If we are good Miss Collins will sometimes put Goodnight Mr Tom on for ten to fifteen minutes. Miss Collins helped me during the standardised test time. I got lots of tips to help me for the real standardised test. She helped me a lot.

When I am older I want to be just like Miss Collins, kind, caring, fair, friendly, funny and always have lovely nails. Miss Collins has been the best teacher yet.

Matthew Jackson

Floreat Juventus

In August 2018 I will receive my St Ninian's blazer, it is such a privilege to go to St Ninian's. The motto of St Ninian's is Floreat Juventus. Floreat Juventus is Latin; in English it means Let Youth Flourish. To flourish means to thrive and reach my full potential – social, academic and spiritual fulfilment.

Currently, I am preparing for my Confirmation. My parents help me to flourish which I appreciate, also I feel that flourishing is more than just the academic part. My parents help me in a lot of things, manners, respect and truthfulness.

My Catholic education helps me to flourish through the study of the Gospel, I have learned about Saints. As I have time set aside each day for prayers. Praying for my own needs, my family and others who need my relationship with God to grow and flourish. Assemblies have extended by knowledge and also preparing for my own class assembly. Learning about the Liturgical year and having a clear focus in class of our altar helps me flourish. The positive influence of others as witnesses of Catholic faith and relationships with staff and pupils have all helped me to thrive.

In school, home and parish I'm doing the Pope Francis Faith Award which is helping me to learn more about my faith. Every year in my house we do a summer bonfire for charity we sell cakes and do a bonfire and all the money goes to charity which helps me to grow. When I get my St Ninian's blazer I will be very proud to wear and promote Floreat Juventus.



Matthew McCargo

Floreat Juventus

I am so excited to wear my St Ninian's blazer with the motto, "Floreat Juventus" which means, "Let Youth Flourish". I am ready to flourish even more at my new high school. I can't flourish on my own however and I believe that this can only be truly achieved through help of school, home and my parish to help me develop socially, academically and spiritual fulfilment.

Parents are our first educators, they helped me by feeding me and keeping me warm, they also have loved me and cared for me. My dad and mum have taught me how to be closer to God and Jesus, my friends and I all help out at mass which means I am closer to God within my social group.

Our school helps us through our sacraments, they also take us to Mass on special days and First Friday. When you walk through our main entrance you can see a big cross in the Mensa. In RE we have learnt how to be like a saint and also different religions. Through school we can pray for our friends and family who are having a rough time and feel sick. In class we learned about Malala and how she loved her school and religion, she is an inspiration to a lot of people and she wants all girls of her age to be in a school. We also learn about religion in assembly and sometimes RE specialists and Priests visit. By having Feast Days means we can have a closer connection.

To help out at my parish I helped with PFFA duties and passed out leaflets and helped with the offertory. I helped my uncle to set up a charity event for kids that are less fortunate than us in South Africa and we raised a lot of money and the kids in South Africa were very happy. So, through the help of my home, school and parish I continue to flourish.

Moosa Sheik

Why I pray

Prayer helps me get closer to God, my friends and my family. The more I pray the more I will be rewarded by God. I try my best to respect others and to follow Jesus Christ. Praying improves my courage and confidence to make good choices. Pope Francis has encouraged me to pray and to use my talents.

I try my best to go to church regularly to improve my religious faith and to value other people's faith. I want to be a priest when I grow up. I feel like my progress has been quite good. I try to treat my community very fairly. I attempt to give £1 to charity every week or two to help the poor and the unfortunate to become a better person. The more I pray the more peace I find in my heart. Being rich isn't everything. I believe praying is a lot better than wealth. God is always with me and is reliable so whenever I need help I pray.

I also explore other places of worship like the Mosque and synagogue etc. I also pray in my school by taking part in awesome religious activities and praying in general. I pray in my house by taking time off my games and having peace with God. When we go on holiday I don't like planes so I say a prayer with my family before the flight. I pray for the sickened and the unfortunate.

For me, prayer is a communication with God which I will continue with in my life.



Maya Hussain

The teacher I have chosen is definitely Miss Collins because she is the best teacher I have had and really inspires me to work as hard as I can and she is the most caring person in the world.

Miss Collins helps us learn about the Catholic faith using the Pope Francis Faith Award. Miss Collis tells us tricks to help us remember a rule in our subjects. Miss Collins tells us all that our faith is very important I our lives.

When I first started Primary 7, I was worried that it would be too hard for me but Miss Collins and all my peers encouraged me and everything was fine.

At Lockerbie Manor we all had an amazing time and Miss Collins told us funny stories and jokes to make all of us laugh. When she tells us stories about certain things she remembers the funny things that happen in her life and they are so funny. Miss Collins also encouraged us all when we were scared or worried while doing an activity.

If someone is ever upset then Miss Collins will cheer them up because she is such a loving person. She explains everything clearly and if someone doesn't know or understand something she will adapt it in a different way so everyone understands. When I walk in to class the atmosphere in the room is warm and happy and because the atmosphere is warm and happy it makes everyone work harder. Miss Collins inspires me to believe that I can do anything and when I believe something that I think I can't do in class, I am able to do it.

To summarise Miss Collins has influenced me to be such an amazing person she is kind, caring, pretty and funny.

Megan Ward

Let youth Flourish

My Catholic education has helped me to flourish and become a better person. It has taught me life lessons and the better, kinder person I can be. It has taught me to think about others before myself, and respect every single person on the Earth equally and to never judge anyone before I get to know what their interests are or if they might be different and unique.

Because I fortunately have Catholic education in my life I donate all the objects I don't use or it doesn't fit me anymore to charity. Sometimes I even donate the things that I do like or it still fits me because I know that somebody might enjoy or use it more than I did. I donate often to charity and it makes me feel like every time I donate I'm getting closer to God. It has taught me that every person should get treated the exact same no matter what race, religion or sex they may be. Catholic education has also taught me to help the poor and less fortunate instead of acting like they don't exist or I am better than them. What has also inspired me to be a better person is the trip to Malawi that you can go on when you are in the older part of St Ninian's and I would love to go on that trip one day.

I have realised through the Catholic faith that everyone has different talents and gifts and we should all use them to the best of our abilities because God has a plan for each and every one of us. We have to take very good care of the environment as it is only on loan to us by God, and that is how the Catholic education helped me to flourish.



Meghan Burns

Floreat Juventus

My Catholic education has helped me to flourish through, reading the gospel in school where I can learn to mature and grow, about saints and how I can strive to be a Saint. This year I have been preparing for my Confirmation in school by completing my Pope Francis Faith Award and choosing my sponsor and my confirmation name.

I pray roughly five times a day, during those prayers I pray for my friends and family to stay safe and happy and for those who are less fortunate than me. I also ask God to help me to be the best that I can be, think of him in all that I do and make good choices.

During school and class assemblies I have learned more about my faith by listening carefully to the stories about different saints and feast days. Secondly we always say our school prayer at every school assembly and all of this helps me to flourish. In my class we have a beautiful altar. It has a SCIAF box, flowers, candles, a statue of Mary, calendars and a Cross. The coloured cloth on our altar changes colour when the liturgical calendar changes, the colour right now is purple.

I attend Mass every Sunday at twelve o'clock at St Joseph's Parish, but especially in school we get the opportunity to go to Mass on feast days and First Friday Mass and Ash Wednesday. At my parish youth group Sentry, other Catholics from America come to learn more about how we profess our faith and spread God's word of the gospel.

My Catholic education has helped me to flourish in all that I do in school, at home and in my Parish. Praying helps me to feel closer to God and my faith. That is why I am very grateful for my Catholic education.

Millie McEnroe

Why I Pray

I pray to let God know how much I appreciate my life, I have one lovely brother, one amazing sister and a caring mum and dad and I am also very lucky to have a funny, loving and caring Gran. I love family so much that is why I thank God for the living family I have. My cousin and I are very close as well, my cousin lives just down the street from me so anywhere we go, we will always go together. We go ice skating every Saturday now that I have my own figure ice skates. These are just things that I appreciate in my prayers.

My mum and dad have taught me the values of my Roman Catholic religion. I enjoy learning and hearing all about my religion and when my family and I go to mass, I always feel better, maybe even warmer when I come out of mass, maybe the reason for this is receiving the body of Christ. As much as I say prayers in bed at night, I also pray at mass. I recently prayed a lot for my Gran's friend who was very sick, but sadly her illness was so severe, she lost her life, we all know she is now an angel up in Heaven so I now pray that she takes care of me and my gran.

There is a big celebration coming up, "Easter Sunday". To many children including myself this is very much about chocolate eggs and Easter hunts but I know this is when Jesus sacrificed his life for us. This I won't forget in my prayers.



Mia Davidson

How I put my faith into action

I put my faith into action by going to church every Sunday with my mum and saying my prayers for those who may be sick or unwell in my family. My family and friends and I also hold dinner parties at the end of the month but before we have our dinner we all say a prayer to thank God that we have food to eat and water to drink. My gran tells me to bless myself before I go to school so I can be closer to God. I am also taking part in the Pope Francis Faith Award which we learn about religious education and to show signs of love of God, friends and family. There are also other ways I put my faith into action like helping my mum clean, set the table, help with dinner and because she sometimes does not know how to use the computer I help with that. There are also lots more things I do to help my family which shows my faith in action.

The reason why I want to put my faith into action is so that I can overall be a better person and to be more like Jesus every day. I also want to be more faithful so I can help the common good and get to know more about Jesus and God and to know more about my friend's religions like Hinduism, Jewish religions and lots more religions. It is important to me to show respect to all my friends, no matter what religion they are. I also try to show kindness to all my peers not just my closest friends, and always try to include everyone in class games. Over all I just want to be the best person that I can be and reach my full potential and to grow more in faith everyday out with school and in school too.

Millie Harvey

Growing in Responsibility

I have grown in responsibility by helping the earth grow and taking care of the environment. I can walk to the charity shop and donate some of my toys. By growing in my responsibility I can become a better person.

I can become a better person by helping my mum around the house and looking after my cats and playing with them. I am also a peer mediator and try to resolve somebody's arguments for their good, not mine.

I never judge anybody by their appearance I get to know them and their personality and we could become best friends. I am supportive in my friends' decisions whatever they are. I can engage with all age groups so this shows that I have grown in responsibility.

I have a nephew and a niece plus another nephew on the way. My dad, sister and I went on holiday and my brother and his girlfriend went too with their five year old boy Geordan and 1 year old girl called Ava. I grew in responsibility by helping Geordan swim better without his float and helped hold Ava. I grew in responsibility by helping Geordan swim better without his float and helped hold Ava. I got my oldest sister a babygrow, a pillow and a blanket for her baby boy me and my sister are very excited about it even though they won't tell us the baby's name until he is born. He is due to arrive on the tenth of August.

I really think that I am continuing to grow in my responsibility every day.



Morgan Purdie

My teacher inspires me to be a kind, caring person. She encourages me to want to learn more and more about my faith every day. My teacher shows me respect and in return I show her respect. My teacher's knowledge and sense of humour is unbelievable. She is so funny, kind, caring and helpful.

My teacher inspires me to be the best I can be. She always puts others first and inspires me to do the same. My teacher is also very understanding when you don't understand something she helps you and encourages you to keep on trying. My teacher inspires me to never give up. She tells me to stop bringing myself down and be more confident. She inspires me to be close to God and just be myself. She is one of the kindest people I have ever met. All she does is care for you and encourage you to be holy and pray to God and be kind to others and care for others. I feel so much closer to God more than ever. I feel like I am included in my own faith and in other people's faiths. My teacher doesn't just inspire me she also inspires others too.

My teacher is also very fair, holy and faithful. I am interested in the Catholic religion. My teacher is really influential, when she teaches us R.E. She teaches us really amazing things that I didn't know about God and things. My teacher is also very religious and is also a very good person that is so close to God and Mary and Jesus. I really do look forward to coming to St Ninian's to learn more about God and R.E.

Nathan Shaw

Floreat Juventus

August 2018 will be a momentous time for me when I will be privileged to wear a St Ninian's blazer with the motto, Floreat Juventus meaning Let Youth Flourish. To flourish means to thrive and reach my full potential and I feel like this can only be achieved through social, academic and spiritual fulfilment.

My Catholic education helps me to flourish because, through the study of the Gospel I have learned about Saints and that I am called to be a Saint. Through the preparation for sacraments, I am very lucky to have the very special atmosphere at Our Lady of the Missions which encourages me to grow in faith by helping others in the wider community. Apart from this I have the opportunity to celebrate diversity through welcoming speakers of other world religions and studying our faiths. As I am able to be part of committees and serve others as well as help with charities. A friendship is a bond in common and I have a lot in common with my friends as we all like football and we all like video games, we also pray together as well as play together.

School supports all the good work my parent shave done. School helps me to prepare for sacraments prayer/mass. We need to all stay by the Catholic ethos and that it permeates all we do. Also about my parents they've helped me out a lot over the years in primary school.

I have done some volunteering at my parish and we have tried to get a wider parish. I have also persuaded a lot of my cousins into coming to mass and sometimes I go to old folks homes and help out there.

I am looking forward to wearing the legendary St Ninian's badge and the motto Floreat Juventus is a reminder that I'll always flourish!



Niamh Lawell

Growing in responsibility

Today I am going to be writing about growing in responsibility.

Everyone is growing and becoming more responsible. Growing in responsibility is a very important thing because at times people just need to grow up and be a bit more mature.

I am going into high school very soon and that is when I will start to become a young adult, also a teenager. When you are growing in responsibility you must grow up and act your age.

Growing teaches you to grow up and responsibility teaches you to be kind and patient. At some points in your life you just need to think about being responsible. When I am going to St Ninian's I will have fully matured.

Nuala Houston

The teacher that inspired me

The teacher that inspired me to be a better person in life is Miss Collins. Miss Collins has taught me to be a better person by being a better person herself. Not only has she taught us Maths and Literacy she's taught us about how to be or do a loving act of kindness or be a better person.

Miss Collins inspires me because every morning when I walk into the classroom she is always smiling and saying good morning to everybody as she does in the register too.

In school when we learn about RE there is always talk about what you can do to become a better person or some ideas to do an act of kindness and all those talks and thoughts just remind me of Miss Collins because she always thinks of others and if anyone is ill or in danger she always says "Let's do a Hail Mary".

Miss Collins from day one of primary seven has always just been one of my favourite teachers because she's always so loving to me and my classmates, she always helps us when we need help and last of all she's taught us how to be better people.

I'm really really happy that we got chosen to have Miss Collins as our teacher and if we had a different teacher I might not have been sitting here today writing this exact essay.

Last time we were doing RE we were told to think about what we could do to become a better person and I said help more people and help more around the house.

Miss Collins inspires me because she has such a loving heart and from day one she's let me and my classmates into her heart. We are always having fun with Miss Collins at PE and most of the time she lets us pick our teams or our partners and sometimes she picks our teams or partners but they are still good teams.



Niamh Markey

Why it is important for us to learn about Jesus and the church

It is important because if you are Catholic that you know all about your religion just like every other faith. You also should know because if none of us know how can the religion be carried on, it would be extinct and probably forgotten.

Also we wouldn't be able to teach or become nuns or a priest because the only teaching source would be a bible which might be a bit hard to find if no one learned the religion. It is very important that we all are very kind, caring and always looking out for others in everyday life.

It is important because if you are scared, nervous or sad you can say a prayer and hope for the best. You can also say a prayer for those in need and that is another reason why it is important for us to learn about Jesus and the church.

Orla McIlwham

Floreat Juventus

In August 2018 a huge milestone in my life will be reached. I am moving on to high school, and luckily for me, it all comes along with a burgundy blazer with one of my favourite Latin mottos 'Floreat Juventus' which means Let Youth Flourish right there at the front of my new blazer, right next to the legendary ... Saint Ninian's school badge. Personally, when I think of the word flourish I think of blossoming, becoming my own person but most of all achieving my goals and I can only fully do that with the help of my peers, teachers, parents but really with Jesus Christ and my amazing parish I am so proud to be a part of it.

I feel the need to mention what amazing educators my parents are. Education is not just what you learn in school like your times tables or how to spell, it's also learning how to be mannerly, respectful, how to love each other and to love God, which my parents are extremely good at. They always encourage me to be kind and respect every single person I meet.

In school I learn so much about my Catholic faith but also how to show respect to my teachers, depute head teachers, the head teacher and I learn a good work ethic which I will use for the rest of my life. In my class discipline is a huge thing and having self-discipline is an amazing and such an admirable skill I am positive it will come in handy a lot.

One of the biggest things that has grown throughout my life is my relationship with God and my parish. I attend weekly, the parish youth group 'Sentry' with some of my close friends Hayley, Hannah, Evie, Emily and Meghan. I really enjoy going to Sentry where I spend quality time with my friends while expanding my relationship with God.



Oliver Smeeth

Floreat Juventus

In August I will be privileged to wear a Saint Ninian's burgundy blazer. I will be leaving behind my blue blazer. This has the saint Ninian's badge which means 'Let Youth Flourish' and this is somewhere where I can continue to grow in faith.

My parents are my first educators, they are very loving and caring, help and protect me, feed me, provide, clothe me and help me grow up.

My Catholic education helps me to flourish because through the study of the gospel I have extended responsibilities of monitors and I have been doing a lot more with junior road safety and helping the primary 1s. I have set aside time each day for praying together and learning new prayers. Around the school there are symbols and signs which are very interesting but also tell me how to act around others. By learning about the liturgical year in summary I hope to flourish spiritually by helping others in the school and community by having the opportunity to go to Sunday mass and learn about God. Because of the influence of others as witnessing and trying to live out the Gospel message helps me to live a good life due to the special atmosphere at Our Lady of the Missions and me to grow in a wider community due to relationships with staff, friends and families. This is also the chance to celebrate world religions and studying other faiths.

In summary I hope to continue to flourish spiritually by helping others in the school and my community.

Orla Markey

Why I pray

I pray so that I can become closer to God in the right ways and he can make sure I make the right choices throughout life. I pray four times a day, in the morning, before lunch, after lunch and at night time and I pray for the sick and that everybody will be safe and happy and my family.

God gives everybody a talent so that they can all have something to enjoy but with a talent comes a lot of responsibility. I do Irish Dancing and in Irish Dancing I need to make sure I am always on time and I need to always remember my shoes and remember all my other stuff. Irish dancing also takes up a lot of time because you are always at class and when you're not you have to practice so you have to be dedicated and God has taught me to be dedicated. So sometimes I pray to God that it will all happen and go in the right way.

God has also taught me to make the right choices in and out of school and choose the right friends. Sometimes if you have had a fallout with your friends you can pray to God that they will become friends again. So I can thank my priests in the community and friends and family for teaching me how to pray in the right way.



Orla McLaughlin

An Influential Teacher

Although I did not name this teacher because I liked all my teachers, but this one stood out the most because, she helped me in my work since I am dyslexic. She has shown me how to be a better person.

This teacher saw I struggled in Maths and Literacy. She helped me and moved me and moved me to the correct group, that I was able to do the work at. She knew the work I was able to do in Maths and Literacy. She was patient with me when I took longer than the others to do my work.

She is a great role model to me and to others; she is also a great person. She told us about bullying and not to do it. She is a great person and inspired me to be a better person through my life and told me what is wrong and how I can change myself.

This teacher is definitely one of my favourite teachers through school. This teacher makes work easier for me and told me how to make it easier. I am happy she told me to write on a computer and to make writing easier for me. Although I struggle I try my best to show she has helped me and not wasted her time, when she could have helped someone else with their work.

I am happy to say I enjoyed all my teachers. All my teachers helped me to be a better person but this one helped me the most and inspired me to be a better person. I will always remember this teacher.

Paul Lyons

Floreat Juventus

I am looking forward to wearing the St Ninian's blazer with the motto "Floreat Juventus" which means "Let Youth Flourish". The blazer also has a fantastic colour which is burgundy. I will get this amazing blazer in August 2018 as that is when I move from primary school to high school. To flourish means to thrive and reach my true potential. I believe this can only be achieved through the help of my peers, teachers, family and parish.

My Catholic education helps me to flourish because I have learned about the Gospel and the Bible. Also I have learned about Jesus and Saints and anyone can become a Saint and everyone is called to be a Saint. Catholic education also helps me to flourish through preparation of sacraments like confirmation. Sacraments help because it makes me closer to Jesus Christ and God. In school we pray four times a day and sometimes even more when we say; Hail Mary and Our Father. I am always encouraged to be the very best I can be and remember that everything is for the glory of God. The influence of others as witnessing and trying to live out the Gospel message helps me to do the same and therefore thrive and flourish. Due to the relationship with staff and pupils in school, I can flourish and learn about God.

My parish and community help me to see my gran more because I go to church with my mum, dad, two sisters and gran. Sometimes I do charity involvement with my community and church. I light a candle when I need to pray or someone else needs a prayer. In conclusion, I feel that my Catholic education has helped me grow in faith through the support of staff, friends, family and God.



Philippa Taggart

How I put my faith into action

I put my faith into action by going to school every day, making good choices, giving to charity, taking care of the environment and being closer to God.

In school I use my faith by making good choices like staying focussed and staying out of trouble. During school we pray three times a day to thank God for what we have and to ask for guidance. I like to think that I behave maturely when I work and that I always have a good attitude.

God gave me talents like playing musical instruments. I use my talents by learning how to play the piano, guitar and writing songs.

I give to charity to become a better person and help others. Some people in the world have no food or water or basic things like shoes. This is because they are judged for where they live or what they believe in so giving to charity can really support them.

I help at home by walking the dog every morning and evening, helping my brother with homework, cooking dinner, and coming down the stairs dressed and ready. This helps the people in my house because they don't have to continually ask me to do things whilst they are busy with the jobs they are dealing with.

Pragna Aluri

The teacher I chose was Miss Collins, she is funny and kind and she is different every day – but in a good way. She explains everything clearly and if someone doesn't know or understand she adapts it for everyone. She is very active and when someone isn't doing anything or standing about during P.E she makes them active. I think Miss Collins is the best teacher I've had so far. Every time when someone is upset she comforts them. When we were at Lockerbie Manor she was really, really funny on some of the activities.

When talking about certain things she remembers funny things that have happened in her life and makes everyone laugh a lot. Miss Collins is the best teacher in the world!

Also during Lockerbie Miss Collins encouraged us to do activities we were scared of.

When I first started primary 7 I thought it was going to be very difficult but Miss Collins helped me until the end she is very kind, helpful and pushes me to do my very best (my class is the best).

Miss Collins is nice, helpful, caring, kind, supporting and pretty. When I go to class the classroom is warm and happy because of this I work harder.

Miss Collins helps us learn about the Catholic Faith using the Pope Francis Faith Award and tells us tricks to help us remember a rule in our subjects. Miss Collins tells us that our faith is very important in our lives.

Miss Collins is going to make me the best person I've ever been by the end of P7, I will miss her when going to St Ninian's. I will miss the school and the teachers so much.



Pranav Aluri

Why I Pray

Over the years I have prayed a lot. The reason I pray is to give God and message. I pray to thank God for a good day and not a bad one. If I have had a bad day, I would still pray anyway for a good day the next day. When I pray, I ask God to guide me in all that I do especially when I need help. I also pray to God to ask to help other people that are in need around the world. I see that many people are in need, which is why I pray to him.

I also pray quite a lot in church. Even though I am not Christian, I do say prayers of my own religion. They are mostly like Christian prayers, like the Hail Mary and the Our Father. It is not like I only pray in church I also pray for my own religious festivals, which are kind of like the Christina celebrations of Guy Fawkes Night, Christmas and Easter.

Reece Ness

My football coach has inspired me because he is always happy and smiling.

He is always very encouraging and a very good coach. He is always very happy to help us get better and we have lots of tournaments and we all respect him very much and he respects us all the time. I am a goalkeeper and he is always trying to help when most other coaches don't.

I always see him out on cycles. In the beginning I thought that he was a bit strict and unfair, now he is a very good coach.

Right now he is my favourite coach I have ever had. He is really good at keep ups and I can't do them yet so watching him do them is really inspiring.

He is always inspiring us to get fitter and he will help us to do that by doing fitness drills like running and fast feet, it really helps. I am much fitter than before I started and much better at football. He is also very good at football.

At Christmas he gave us all a football which he didn't need to do. He makes football so much fun and we all enjoy having him there. He does the best goalkeeper training and it is good that he does the best training because he is my coach everyday which means I will be the best eventually. He is always trying to teach us to concentrate and focus.

He is also trying to teach us discipline and determination because he is always saying we need this to win.



Rehan Abbas Awan

My Catholic education has helped me flourish through assemblies which extended my knowledge and also preparing for my class assembly. Also I set time aside each day for praying together and learning about other prayers. Praying for those in need, my family, myself, my prayers all help my relationship with God to grow and flourish and learning about Jesus from assemblies and from class.

School teaches me about Catholic education and teaches me about Jesus and other prayers the parents support by going to First Friday Mass with our school and my school also goes to Ash Wednesday and feast of Our Lady's mass a couple of months ago. I felt my faith grew from the Easter Cantata which is the story about Jesus's death and resurrection and we also learn about sacraments of the Catholic faith. Also the liturgical calendar in school tells us about everything happening from August 2017 to July 2018. Due to the very special atmosphere at Our Lady of the Missions, this encourages me to help others in the wider community.

Parents are my first educators, they taught me manners and how to be respectful and how to be nice to others when I was young, they gave me my physical and my spiritual needs. They care about me and teach me and they are role models to me.

I do community support like I go to clubs, Pope Francis Faith Award, I also learn about other religions in school, my school and I rose above £100 to charities international and local charities and this is how I have grown in faith and devotion to God.

Robbie McEwan

In August 2018 I will be leaving the blue blazer. I will be proud to wear the burgundy blazer with the motto "Floreat Juventus" which means "Let Youth Flourish". To flourish means to thrive and become the best potential of myself.

My parents are my first educators in life, they provide me with food, clothes and warmth and they also care for me and give me attention.

In my Catholic school we learn about God every day by the Pope Francis Faith Award. In our F.E. jotters we write about the main events that happen each year about Jesus and God.

In school we do prayers morning and we go to church for special masses and in school there is a lot of Catholic crosses and signs, and in clubs it helps me to improve my strength and with my confidence it helps me to make more friends.

My Catholic education helps me to flourish because, through the study of the gospel I have learned to become a better person. As I have time set aside every day for learning new prayers and for praying together and praying for my own needs. It all improves my relationship with God and it will help me to flourish and become my best potential. As I am part of a community I help others and charities. In Primary 6 we did an event called the Cantata and through that it helps me to learn more about the Catholic faith. At school, I also have the opportunity to celebrate with others who are a different religion.



Rumish Ali

Growing in Responsibility

I grow in responsibility by working hard and to achieve my goals in school. My faith means a lot to me. I go to the mosque every day after school for one and a half hours. My parents trust me to walk to the mosque with my sister and walk back because they trust me.

I am trusted in school by becoming a peer-mediator, a monitor and getting trusted with younger students. I take care of myself in as many ways as I can. I have 2 siblings, I have a sister who is 8 years old and is in primary 4, and I also have a younger brother who is 2 years old. I usually help my mum by feeding my brother and helping my sister with her homework. In school I always try my hardest and try to be kind and helpful.

On the other hand my sister has something called 'long QT'. My parents do trust me with my sister but sometimes I have to hand my sister to my parents. I take my sister to school and I have to also take a big red box (that weighs a ton) called a defibrillator. We take the defibrillator to and from school.

And that is how I grow in responsibility!

Samuel Sheridan

How I put my faith into action

My faith is with me from the moment I wake up to the moment I fall asleep. Many people put their faith into action without knowing it by doing a good deed, such as helping a friend who has fallen or visiting a lonely elderly relative. So you do put your faith into action without knowing it. I personally pray every morning and every night.

Involvement in my parish.

I am a Pope Francis Faith Award Welcomer. I think being a Welcomer opens opportunities for you in your parish. I am an Altar Server. I became an altar server through welcoming, I got the opportunity and I took it. I arrive 20 minutes early for mass and light the candles, carry the cross and ring the bells. Altar serving is hard but is fun. At school we pray 4 times a day, morning, before lunch, after lunch, and at the end of school. During Lent we have the opportunity to go to morning mass at St Ninian's on a Tuesday and a Thursday. For Lent I prayed a lot more and stopped eating unhealthy foods altogether.

The Catholic faith has helped me through hard times and has helped me flourish as a good person and in developing my skills.

As a Pope Francis Welcomer I have met lots of people and made new friends and am encouraged to go to mass every week. Overall it is an amazing experience and I would recommend being a server or Welcomer to anyone.



Sarah Gallagher

This is why it is important to follow the Catholic faith. You learn to be kind and you find out along the way that everyone deserves respect and forgiveness. If we were all like Jesus in different ways but still be ourselves because if everyone was the same the world would be boring but still be a bit like Jesus then the world would become a better place. Jesus helped the poor and we can do that as well! If you see someone on the streets less fortunate than you give them some food out of a shop, you don't need to do it all the time but a wee sandwich could make someone's day. It's not much and could make someone's day. It's not much and it won't hurt you.

You can also give to charity or have a fundraiser but there is loads more ways to be like Jesus and help. Just remember that God always watches over you and if you sin it is ok because God has a plan for you and anything you do wrong God is teaching you something. So if you think where you are right now think about what you've done to get there and all the stuff you were upset about and now you are here. God planned all that for you and there is more coming your way. So if you're ever upset about something God planned that and he is not being evil because he has something better and bigger coming your way.

Sarah Lindsay

Why I Pray

I pray because it helps me be closer to God and my faith so I can follow in Jesus' and God's footsteps. God guides me to pick right not wrong. Praying has helped me to be better and respectful to other people more. God and my faith have helped me be kind, helpful and respectful. Praying has helped me to donate to charities and do charity runs.

I try to be the best I can and use all my talents. God has helped me find love in music and my musical instrument be telling me to play when I might not have played. He has helped me believe in myself and what I can do. Praying has helped me in more ways than one.

Praying helps me escape to another world. It helps me relax and get stuff off my mind. It can help me with my worries by letting me pray to keep me, my friends and my family safe and protected.

Praying helps me trust and believe in myself and my family also my friends. It makes me want to do right things not wrong. My family believe in what I want to do and God wants me to do. It helps me calm down when I am upset or unhappy.

If a family member is sick I can always say a prayer and hope they feel better. Like when my baby cousin was born too early, he might not have made it and I prayed he would be okay. When my grandad had a serious heart surgery I hoped and prayed he was okay.

This is why I pray.



Sarah McCargo

Floreat Juventus

In August 2018, I am looking forward to wearing a burgundy St Ninian's blazer, with the motto "Floreat Juventus", which is Latin for "Let Youth Flourish". I think to let youth flourish means to try to do and achieve my goals. I believe this can only be achieved through the help of my parents, school and parish.

I feel the need to mention how great first educators my parents are. They provide food and clothes for me and they have given me a roof over my head, they are role models and we all go to church together as a family along with my little sister. They teach me manners, respect and honesty. Luckily I have great parents because they love and care for me, these are the things that you can't buy.

My Catholic education helps me to flourish because I have learned about the Gospel and the Bible, I have also learned about Jesus Christ and the Saints and that everybody is called to be a Saint. I am also trying to be a Saint. My Catholic education also helps me to flourish through preparation for the sacraments, because I'm learning more about Jesus Christ and the Lord. I am becoming more of a Saint. Catholic education helps me to flourish by going to first Friday mass with my school I am singing hymns and there is meaning to those hymns because they are telling us about Jesus, the Lord and the miracles that he performed, therefore learning more about God. I feel my faith grow, through the involvement of the Cantata by acting out how Jesus had died and then had risen. Also learning about the liturgical calendar helps my Catholic education to flourish because I am learning about the different stages in a Catholic year. My Catholic education helps me to flourish through assemblies because most of them are religious and preparing for my own class assemblies.

My parish and community help me to flourish because I go to church with my family. I always light a candle for anyone who needs my prayers, like children without a home or I pray for people who have lost somebody, I guess everybody needs someone's prayers once in their lives.

Sean Bauld

Describe a teacher who has helped you

In my seven years of being at Our Lady of the Missions the teacher who has inspired and helped me to become a good person is Miss Fawcett. Before very long she was my favourite teacher ever.

She loved to teach in a fun way, e.g. we would do R.E. in an active and fantastic way. She was fun when she wanted to be as well as serious, when she wanted to be. Often she would let us watch animations of Jesus and the disciples about his miracles.

An important thing that she did was help me with my writing and comprehension, when I struggled with it as time went on. She has inspired me to do more and work hard in the Catholic faith and helped me with my conscience in speaking out loud in big crowds. I discovered that when we played the best games that Miss Fawcett loved as well as my class. This is why I chose Miss Fawcett.



Selina Martin

How I put my faith into Action

I put my faith in to action by praying to God in the morning, during the day and just before I go to sleep. I think it is very important to do that and to put your faith into action.

During the month of October once every week I would attend Rosary Club in the morning before school had started. I would read a speech from the Bible in front of parents and other pupils. I learned how to use by rosary beads so I could pray with them.

I also put my faith into action by helping out at my school. I hold doors for people who walk past. I pick up litter that I see on the ground at my school. I tidy up my desk at the end of the day and I help to tidy other people's desks if they need help with it. I think it is important to be kind to others because he was kind to others and we are followers of Jesus.

In my community I go to church almost every Sunday with my mum, dad, little sister and my big brother. I go to St Joseph's Church in Clarkston and pray with my family on a Sunday.

In my school during Christmas time all the primary 7's had to organise an Enterprise Day to raise money for three different charities. The three charities that primary 7's picked were, Mary's Meals, The Royal Children's Hospital and MISSIO. In my class we got into groups and with Christmas crafts we made and then sold at our stall. We ended up raising £2000 for charities and this is how I put my faith into action.

Shammi de Silva

Why I Pray

We pray to say thank you to God. We all pray to someone even if you don't go to church or wherever you pray. You are still in that faith, it doesn't matter what school you go to, it doesn't matter if you do not like to go to church because you are bored, well life is tough, you have to suck it up and follow your faith.

You have to help your family. You have to pass the Catholic faith onto the next family member so it will pass on and on and on and on it is the same thing with most faiths. If I was a different faith I would say the same thing. I love all the faiths, it is so much fun to know about more faiths even if you don't follow it. Even if you have a test coming up pray so you do good on the test. I prayed for my test and I think I did well. If you don't pray you do not have hope I just love all faiths, I don't know why I love it so much maybe it's because I play cricket, me and my dad.



Shivraj Singh Gupta

Floreat Juventus

I will be proud to be wearing the St Ninian's burgundy blazer and leave the OLM blue blazer behind. August 2018 will be a new leaf and momentous time for me. The St Ninian's blazer with the motto 'Floreat Juventus' which means 'Let Youth Flourish'. So I can't wait to reach my true potential and I believe that this can only be truly achieved through social, academic and spiritual fulfilment.

I believe that the main part of fully unlocking my true potential is through social, academic and spiritual fulfilment. I go to the Sikh temple with my friends and everyday my friends and I do a prayer when we cross our legs and close our eyes. I am glad that we grow together through life. With my friends we grow to God and get ever closer. I feel this helps me flourish.

My Catholic education helps me to flourish as I have time set aside each day for praying together and learning new prayers. Praying for my own needs, my family and others who need my prayers all helps my relationship with God to grow and flourish. Every day I pray in the morning and at night. When I go to the Sikh temple I learn new prayers by going to a class with other children and I go and learn about our religion. Moreover in school we pray together for all of our intentions, we pray four times a day every day. My education helps to grow because I have the opportunity to celebrate diversity through other World religions and studying other faiths. A few weeks ago a Jewish head teacher came in and talked to our class and 6c. Later on she talked about her culture and her faith. The lady also talked about her culture and her faith and she talked about how she was a head teacher of a Jewish school in Glasgow. We also learned in class the different types of symbols of the Jewish religion such as, the Torah and many more. This helps me to grow in faith.

In conclusion, I can't wait to teach the next generation what I have been taught and let it flourish too. As my home, school and parish help and support one another to help youth flourish. It's not long till I get my new St Ninian's blazer.

Sophia Stewart

Why I pray

Well there are lots of reasons I pray. I pray for the world, for my family, friends and myself. Actually the first time that I prayed was in Primary 1 and have done ever since then. The way I pray is by holding my hands together and closing my eyes, and I pray when I am going to bed at night and in school 4 times a day, in the morning, before lunch, after lunch and as we are leaving school.

I pray for the world, for the world to be a safer place and to for there not to be any arguments, also for help through tough times in life. Another reason I pray for the world is for anyone else that is in need of help across the world.

Another thing that I pray for is my family, I pray for them across hard times in our family, like when we lose someone that we love which I think everyone would do if that was the case in your family to.

The last thing I pray for is my friends and myself. I pray for my friends if they are upset about something or they are studying for a test in high school, college or university. I pray for myself if I am struggling through life or anytime in life. I also pray that I don't get really ill and if I am in a test that I will do well in it and I do well in high school.



Theresa Sawers

Growing up in Responsibility

Growing in responsibility gives me far more talents than I have ever had like being responsible, kind and being a good friend are talents but that is not all the talents that you are going to find out about. Talents - who gives us talents God does, he shows us what we are good at and bad at and he wants us to follow his footsteps in all that he does. Later on in life God will thank me some day for showing his gifts.

Growing up is also a hard thing because I need to show that I am responsible but everyone is responsible in their own way. For example now I am a bit older my dad thinks I am responsible enough to go out with my friends but my dad still protects me because he calls me to check if I am ok and ask what I am doing but that is what I like about my dad because he trusts me and trust is a very strong word. You might not think it's strong but it is a really powerful word and there are lots of different trusts and there is lots of trust in this world only if you show it and believe in it and then for once you actually feel like a better person in life, but it's not all about trust it's about me and what makes me happy.

We could all be a team and good people if you help pray to show that you are responsible and show your talents.

Zara William

How has your Catholic education helped you to flourish?

Luckily I have had a Catholic education all the way through primary school now going into high school. It has helped me grow into a better person. In school we discuss new religious things each week. I have learned a lot of things in my Catholic education, things like feast days and creation and the birth and death of Jesus. We learned that God is present in every human being.

In my early years of school we dedicated lots of our time to God. My favourite thing was to dress the altar. Later on we learned more important and serious things like the Assumption and the Apostles Creed and the Epiphany. When we started to learn about Reconciliation and communion we started to become fully committed to our faith.

While learning about all this we started to show it in our daily life. How to show kindness and to love others. Me and my family started to go to church more and I worked more in the house by helping my mum and being nicer to my sister. My faith has helped me grow.

Through my whole life in primary school, I have grown into the person I am now with help from my teachers and peers. I know now the power of the Holy Spirit.

With lent coming up we are starting to pay more attention to the death of Jesus. Each year when we go over this topic we learn something new. Also going into St Ninian's we have an even better chance to learn more about our faith.

To summarise I have turned into a better person from my Catholic education, it has influenced my life in a great way.



Zac Inglis

A teacher description

The teacher that I've chosen is Miss Collins because she helps me with work and makes me understand things better. Miss Collins talks with the whole class about being kind and having more responsibility. After we had those talks it inspired me to be a better person. In P7 I have taken on more roles like being allowed to read at assembly. In Lockerbie Manor we got ourselves up and got changed into the right clothing at the right time and were ready at the right time to meet the instructors.

Miss Collins has been a good and funny teacher this year. We have learned a lot more RE this year because of our confirmation coming up. If someone does something wrong Miss Collins will give a good punishment so that you know what you did wrong and not do it again. When someone gets into trouble she will listen to both sides of the story.

Miss Collins inspires me to be what I want to be in the future. She teaches me a lot more information this year for going to high school.

At Lockerbie Miss Collins got involved and Miss Collins was very funny. It was my birthday at Lockerbie and I had a cake with squashes and Miss Collins loves squashes. She asked for some and when I gave her them she was very happy.

Miss Collins is the best teacher I have had over the past 7 years of primary school. She is the best teacher because she helps you. She cares for you and she makes everything easier for me in primary 7. Just to sum everything up Miss Collins is the best teacher out of all my primary years.

Uzair Hanif

How I put my faith into action

I put my faith into action by praying five times to God every day asking for forgiveness, protection from bad and help through my life until my last day on earth. I also make Dua for my friends and family so that they can live a happy life.

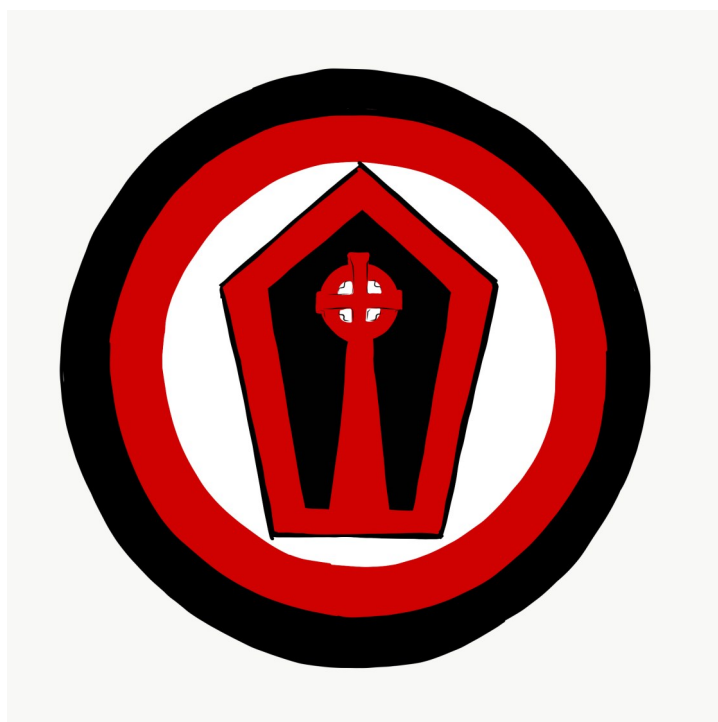
I put my faith into action by eating with my right hand and saying bismillah and also telling my mum stories that my mum might know or may not know. She would be so proud of me. I share my sweets and snacks with those who have snacks and those who don't have anything to eat.

Being in a Catholic school is really fun and especially when I am learning about the Catholic religion and learning what Jesus did to help those in need and that he would die for his own religion just because it was God's plan for him.

Every day I learn about my religion also about other religions. It is really interesting to listen and I go every day to the Mosque to learn and I love going to the Mosque to pray to God.



SAINT CADOC'S PRIMARY SCHOOL



David Creighton

Why I Pray

Praying is an action that we do every day. We pray when we go to mass, we pray when we need a favour and we pray to say thank you. Sometimes we pray without even thinking about it – we just say the words as if it were a chant. We should think about the words we say and when we do we understand them a lot more. Prayers are just like a talk. We talk to God about what we need and to say thanks.

These are some of the reasons why people pray but I would like to talk about why I pray. One of my relatives was very sick and I prayed to God to make them better and lately they have recovered. However if you have a friend who just asks for favours and nothing else then you will get pretty tired of them quickly, so we should also try to remember to thank God for favours or even just talk to him. I have thanked God a lot but very little compared to how much I ask him for. Therefore I should try harder to remember to thank God.

As a catholic I don't just pray to God, I pray to a lot of other important people like Our Lady, St Joseph (my confirmation Saint), St Anthony and especially to my guardian angel to "light and guard to rule and guide". In my family I have a special prayer that we say to look after the people that are close to me, friends and family who are in need of help and also people and countries in the world. The prayer started off small and as natural disasters happened, people fell ill, wars started and countries went into poverty it has grown into a much longer prayer. Now we pray for everyone and everything in the world that needs our prayers.

Prayer develops my relationship with God and all the saints. It helps us to get to know them more. The more time I spend with someone the more I get to know and love them and that is the same with God. In conclusion I pray for a lot of things but only for one reason ... to please.

Leo Adam

I like to pray because it makes me feel closer to God. I like to pray at night time before I go to sleep because it is quiet and I can think about my thoughts and feelings.

Praying is good because it lets me tell someone rather than my mum, dad or brother what I'm thinking of on that day. I like to pray that I will be a footballer one day and that I will make lots of money to help my family. I also like to pray for my friends and for people that are sick because sometimes you don't want others to hear you when you are worried about others so praying is asking for help but only God will know what I am saying.

Sometimes if I do stuff wrong I pray to God for forgiveness and it makes me feel better. I think praying is good for everyone because it makes you think of other people and if you know of any friends that are not very happy you can ask God for help to try to make them happier.

We pray in school for special intentions and I think that is good because it lets me know what is happening in my friends lives too and it's good to all pray together.

Overall I enjoy praying because it lets you talk to God in secret.



Dominic Shevlane

My name is Dominic Shevlane. During my school years many of my teachers have made an everlasting impression on me. However there was one particular teacher that inspired me and helped develop me spiritually to form me into the Catholic that I am today. This teacher was called Miss Kearns.

I was fortunate enough to have Miss Kearns for two years. It was during this time that she helped prepare me for my Sacramental journey of reconciliation and First Holy Communion. My mum often says that faith can be caught as well as taught. This was certainly true as during this time Miss Kearns was a bright shining light guiding me through my journey. She was able to do this by example, living the Gospel Values in her own daily life. She shared her own faith with the class and spoke about her role in her own parish.

One day she asked me "What does God look like?" and continued this by saying "Every time you say or do something like God then he looks just like you!" This inspired me to be more like God both in my words and actions. Also, I remember one day my teacher telling me that she often sat and chatted to God about her day. I couldn't believe that Miss Kearns saw God as a friend. Now I often chat to God and tell him all my fears and worries. Sometimes I am sure I hear God talking back to me and giving me guidance and encouragement.

On the day I made my First Holy Communion I was delighted to see that Miss Kearns had brought her mum and sister all the way from Greenock. She explained that it was such an important day when you receive the Eucharist that her family wanted to share the moment with us. This reinforced the significance of the day.

It was because of her love, patience and guidance I felt God's presence was always in my classroom. Miss Kearns taught me to read and write but she inspired me spiritually and helped to form my strong faith. As I go through life I will always have my faith and please God it will strengthen as my journey continues into St Ninian's.

Daisie Bowers

Faith

Faith, there have been many ways that I have put my faith into action since Primary 1. Beginning with trips to church with other classes in my school. I have occasionally volunteered to do readings at my local Church. I feel proud doing this; therefore, I am able to give myself confidence in talking to the members of the public, teachers and other peers in my year. Of course, I would love to have more opportunities like this in the future.

Other ways I have put my faith into action include taking part in the Pope Francis Faith Award. I have been able to do lots of tasks within this, my favourite, I would say, was probably working on a poster in class about how 'see, he makes all things new'. For this I drew a picture of my favourite place, Arisaig, where I visit, and talked about all of the different things I was able to do when I spend time there. The purpose of this was to give an example of the places God created, that you appreciate and love being able to go to and experience. I have also, as part of the Pope Francis Faith Award, written a 'newsy' letter to my grandparents to update them on what has been going on recently. This way I can connect to them more and always make sure that they are able to know what is happening in my life. There are many other ways to put my faith into action and I hope to be able to try them and have fun doing so. Being able to do these things makes you feel more proud and confident about yourself and your faith, helping you connect with others and help them as well.



Ava Hannah

The motto of St Ninian's High School is 'Floreat Juventus' which means 'Let Youth Flourish'.

Looking at the dictionary tells us that flourish means 'to grow or develop in a healthy or vigorous way, especially as the result of a particularly congenial environment'.

Even though I've only had limited experience of St Ninian's I can already tell that the school offers this congenial environment. In fact, I know that I have been lucky enough to have found a similar atmosphere in my primary school. A place where we can find and grow our talents for the benefit of everyone. This then leads me to believe that creating a community where we are all encouraged to grow and develop, to flourish, is a characteristic of Catholic Education.

During my time at St Cadoc's, I have grown not just as a person but in my faith as well. The links between the Parish and School are strong and we frequently join parishioners for morning mass, enjoy school visits from Monsignor, take part in a Confirmation Retreat and have also been lucky enough to join the Bishop at St Mirin's Cathedral. I was especially proud to read on this special day and also to represent my school when we celebrated Education Sunday. The importance of this link has been strengthened in the work I have done to gain my Pope Francis Faith Award by living the Gifts of the Holy Spirit every day. To help spread this message in our local community we often take part in community unity events and look to help those less fortunate than ourselves including the homeless.

The example I have gained from school is further enhanced by the strong belief my family and I have. We love being a part of our church community and look to help wherever we can.

In the year when we celebrate The Centenary of Catholic Education I am proud to be a part of this 'congenial environment' and I am looking forward to finding new ways to use my faith for the good of all when I move to St Ninian's.

Josh Inglis

Why I pray

When I pray I think of God, Jesus, those in heaven and the people around me. Praying is thinking about someone that is sick or that you want to remember. When you pray it is important to not just say the words but to mean them as well. It is important to think about the words you are saying every time you pray.

I pray because I have a religion and believe in God and Jesus. Other religions pray for example Muslims, Jews, Bahias, Hindus and more. I pray because I like connecting with God to discuss things that are bothering me such as those who are sick, talking about my sins and confessing them. When I go to confession I confess my sins to the priest and ask for my sins to be forgiven (absolution). The place I find best to pray is the Church as this is God's house and I feel I am with him. The main things I pray about are asking for forgiveness or asking God for help.

I pray in school a lot and at home too. My favourite prayer is a morning prayer as it sets me up for the day ahead to fulfil God's plan. At night I also say a prayer asking Jesus to guard me in sleep and to keep my family, friends and those I care about safe and well. Prayer is an opportunity to spend time with God and to really understand God, you must pray. Talking with God develops a better relationship with Him. I think it is important to pray if I have had a bad day and don't want to talk about it, rather than telling anyone I can talk to God and share spiritual things with him.



Patrick Mackie

Why it is important for us to learn about Jesus and the church?

Having a relationship with God is something very special and something which should be cherished. Growing up in a catholic family, Jesus has always been a big part of my life. Through RE lessons in school and Sunday mass I have developed knowledge on the life of Jesus and have been able to explore the sacrifices he made for us. The most memorable sacrifice Jesus made for us was dying on the cross to forgive us of our sin, learning about this allowed for us to be thankful as we now live in a world where forgiveness is possible.

It is important for us to be exposed to and learn about the different miracles that happened. It allows for us as children to learn different lessons such as the importance of listening to the word of God. Just like Peter was unable to find any fish but when he listened to the word of God about where to fish his nets were full.

Throughout his life Jesus was always fair to all and treated everyone with the same respect, this is a lesson that all should follow. Ensuring that everyone is treated equally is vital. Learning about this allowed for us as children to notice the effects of inequality in the real world and also potentially change the way we treated certain people. Jesus taught me that people should not be treated differently due to an aspect of their physicality.

These are just a few of many examples that have allowed for me to see the importance of learning about Jesus, appreciating and thanking him for everything he has done and continues to do for me.

Enya O'Donnell

The reason why I pray

The reason why I pray is because I love to speak to God and Jesus Christ by closing my eyes four times a day and ask for forgiveness of sins, to keep me safe and look after my family and friends.

I attend mass every Sunday to listen to the word of God and to receive communion because it's the body of Christ and the holy sacrament of God. We have the bread which is the body of Christ and we have wine which represents the blood of Christ. We receive this to remember the last supper which Jesus had with his apostles. I do this every Sunday in memory of Jesus and what he suffered and did for me.

Every Sunday I light a candle and pray for my friend who was so kind to me who has gone to an amazing place which is heaven.

I miss him very much but when at mass I feel close to him. I also light a candle for my great gran who is still alive which is a miracle as she has been so ill at times. She is an incredible, smart, strong person who is so inspirational. I feel a connection with these people when I look at my candle burning throughout mass. I love praying at mass because it is so quiet and peaceful.

Last summer I visited Knock in Ireland which is where Mary appeared in August 21, 1879 with a group of people where Mary was saying the rosary. This has been by far one of the most memorable places I have been too. It's a place everyone should visit. I got a very special set of rosary beads which I hang on my bed and pray at night before I go to sleep.



Lara Stefani

I put my faith into action by doing the Pope Francis Faith Award, which has 7 gifts of the Holy Spirit (Knowledge, Piety, Wisdom, fortitude, Fear of the Lord, Counsel, and Understanding). The Pope Francis Faith Award gives me task to complete at school, home, and in my parish which makes me closer to God.

I used the gift of knowledge by making a mind map of what I would like to be when I grow up. I realised that there are so many different jobs and how you need to have a certain skill to do them.

At school I used the gift of Piety by writing a friendship Prayer, which made me closer to my friends and made me feel very kind.

I used the gift of Wisdom by writing a letter to my gran. This made me realise that no one should be alone in their life and I started to visit my gran more often.

At school I used the gift of Fortitude by challenging myself to get better at comprehension. By doing this I got full marks on a test! I am very proud of myself for doing this.

At school I used the gift of Fear of the Lord by drawing the lifecycle of a butterfly. This made me realise just how beautiful God's creations are.

I used the gift of Counsel by making a card for my Gran and gave it to her. This has made me closer to my gran.

I used the gift of Understanding by making 10 Christmas labels for my school's Christmas fair. This made me feel happy to support my school.

Overall, The Pope Francis Faith Award has made me become a better person!

Emily Slater

My name is Emily Slater. I think my faith is important to me, because when you are helping and caring for other people in the world, you are also helping and caring for God. When I am at the chapel, I make sure that I am always respectful and I enjoy singing along to the hymns. My classmates and I have had the opportunity to take part in the Pope Francis Faith Award. In doing this, I realised that not everyone is as fortunate as I am.

A man from the SCIAF charity came to our class. He told us about a boy called Nulai. Although, he was a lot less fortunate than us, he was very happy. This shows that happiness is not dependant on material things, but family, friends and God.

God can always help us to make all the right choices, and guide us on the right path in life. Believing and putting our trust in God in everything you say and do and this will make you a better person altogether. We all compared our lives to each other and the less fortunate, and saw the differences and similarities. There was a lot more in common than different even though some live closer while others miles away. In the end this is all because we are all one big family.



Aila Javed

A teacher that has inspired me

My primary 7 teacher Mr McLaughlin has inspired me in many ways. He has inspired me to do more art which I thoroughly enjoy. I feel that this year I have explored more art than ever before.

For example, over the year I have shared numerous pieces of art to him. My favourite was my canvas oil painting of a yacht sailing on a sunset sea. The sunset rays were reflecting on the sea. His favourite was my cartoon character drawing diary. My favourite was Scooby doo.

Another inspiration was being more confident. I feel my teacher has increased my confidence by allowing me to express my strengths in class. For example some things are displayed on the class wall.

I also feel my teacher cared for me very much. If I was struggling during maths he would give me lots of examples until I got it right.

The best aspect about my teacher is that he is strict BUT he is amazingly humorous. He constantly makes me smile and laugh.

Finally, this has been undoubtedly the best year. This is due to my teacher being fantastic in every way. He has inspired and cared for me in every possible way and I will certainly miss his laughter and smile.

Areej Shaukat

How I put my faith into action

To be able to keep your faith existing and flourishing, you must render it with a purpose. I put my faith into action by participating in the Pope Francis Faith Award (PFFA). The PFFA is an award devised to help children demonstrate the seven Gifts and the nine Fruits of the Holy Spirit. Over a period of time, you must undertake specific faith actions, disclosing your use of each of these gifts at home, school and parish.

One of the examples of how I put my faith into action was by gathering a variation of old clothes and toys, delivering it to a regional charity store. This helped me realise that quite a few people in this world are experiencing unfortunate lives and an inadequate amount of money, where even a tender smile could console them.

Another example of me putting my faith into action was by creating three, thankful prayers for my parents, friends and the admirable creations conjured by God. I noticed how the world is so interesting and appealing, making me regret wasting food and dropping litter when I shouldn't have. I have resolved to show much recognition towards this fascinating world and strive to be careful and gentle towards the environment encompassing me.

I also put my faith into action by doing some chores, sustaining siblings, respecting other people and religions and also interviewing a priest. I believe there is an immense number of things that one could possibly do to supply their belief with a convenience.

I enjoyed doing this because it made me consider that I am becoming a better person and availed my actions towards others. It helped me realise and understand what I should attempt to do to enhance my esteem for all the people around me.



Amna Farid

How I put my faith into action

I have put my faith into action by completing the Pope Francis Faith Award. The Pope Francis Faith Award has helped me to become a better person as I completed a task and then reflected on it. It made me think on how I can do better things in my life.

The first gift is Knowledge. Knowledge is the gift that helps us to know ourselves. It is not just facts but also our map to know where our faith is leading us. One of the tasks I did was to compare my life to a poorer child my age. This made me think how lucky I am and I should be more grateful of what I have. Now I say thank you more often to people who do things for me.

Another gift is Piety. Piety is the gift that teaches us to treat our fragile world gently and respectfully, including the friends and family. A task that I did was to help my parents by doing chores around the house. It made me appreciate what adults do in my life and helped me to think about helping more.

Another gift is Fortitude. Fortitude is the gift that helps us to have the strength to stand up for what is right even if that makes us unpopular. I have demonstrated the gift of fortitude by explaining my opinion honestly whilst in an argument. This meant no one was fighting and we could resolve the situation easily. Now I don't argue as much.

These are only some of the many tasks and acts of kindness I have done. I have also used the gift of Wisdom, Wonder and Awe, Counsel and Understanding. I feel I have become a better person and now I put my faith into action more.

Bried McBride

The motto of St Ninian's is "Floreat Juventus" which means "Let Youth Flourish". How has your Catholic education help you to flourish?

I was baptised on 28 December 2005 by Canon Cunningham. My Godparents are my Aunty and my two cousins. It was after 12 o'clock mass so I know that some present day teachers and some of my future teachers would have been there during the mass while my mum and dad were trying to keep the new baby (me) quiet! Some things haven't changed.

My Baptism as well as welcoming me into the family of God and the church is a good example of Catholic education – as well as home, church and school. My first teachers in life were my parents from prayers before bed to morning mass while still in my pram, to trips to Lourdes and to Carfin.

My ancestors huddled around mass rocks and risked their lives for their faith. Jesus Christ and his Blessed Mother gave them strength. Their priests struggled alongside them and they worked together to endure the worst of times. I owe a great deal to these inspirational people.

In this centenary of Catholic education in Scotland I feel very privileged to have had the benefit of a wonderful Catholic primary school experience with caring and committed educators and a wonderful parish priest who is always in our school and seems to know everyone and everything about them.

As I prepare for my confirmation I am very conscious of the Gifts of the Holy Spirit. During difficult times, a recent operation, I received the sacrament of the sick and felt courage. My Catholic education at my home, school and parish helps me to understand the importance of faith.



Ailey Fraser

Why is it important for us to learn about Jesus and the Church?

It is important that we learn as this is part of our religion and who we are. Jesus is important as he was chosen to be our saviour and died for us. The Church is important as it represents our religion as it is our holy place.

Jesus is important to learn about as he is the most important person ever on earth. He is the son of God, the creator of heaven and earth. Jesus is the chosen one as he fulfilled the Old and New Testament Prophecies. His own personal prophecies came true as well, proving that he is the Son of God and that we must obey him. Jesus performed many miracles while on earth meaning God showed that everything He said was the truth. Jesus did sin but He paid the price by saving us from our sins. We start to understand the horribleness of sin when we realise the sacrifice God made in sending Jesus to die on the cross so we can be saved. These are only some of the reasons why it is important we learn about Jesus and how important He is to our Faith.

The Church is important to learn about as that is God's home and where he rested on the seventh day. The Church is the home of our religion, where we pray and confess our sins. The Church has so much history as it was there long before Christ. Many saints made their own churches for private prayer or to open it up to the public. Some of those Churches have now become famous due to decoration or its history.

These are some of the reasons on why it is important to learn about the Church and the history it holds.

Alexander Duncan

How I put my faith into action

During primary 6 and 7 we have been learning about the 7 gifts of the Holy Spirit. The seven gifts of the Holy Spirit are: Knowledge, Piety, Wisdom, Fortitude, Fear of the Lord, counsel and Understanding.

We were given a Pope Francis Faith Award journal and we had to write 3 paragraphs for each gift of the Holy Spirit. We also had to do tasks like helping our parents or giving to charity.

We have learned how to use the gifts in lots of different ways and how it will improve our faith. Here are some of the things I did. I put my faith into action when I researched archaeology for school work. I found it very interesting so I researched about it myself. I also talked to my mum about it after researching. When I did this I also completed one of my Knowledge tasks.

I have also put my faith into action when I played Auld Lang Syne on my flute to celebrate Burns' day in front of the whole school. This was an extremely hard thing for me to do but it was worth it because I challenged myself which was one of our tasks for the gift of Fortitude. I also helped my mum make Christmas gifts for the less fortunate people in her school. When I did this I felt really good because I was doing something nice to help others and completing one of my tasks for the gift of Understanding. I think that the Pope Francis Faith Award journal has really helped me improve my faith and put into action.



Alessandro Pesiri

How I put my faith into action

Throughout primary 6 and 7 we have been doing the Pope Francis Faith Award. This is when we focus on doing helpful things for home, school and parish. We do this from the Gifts of the Holy Spirit.

The seven Gifts of the Holy Spirit are – Knowledge, Piety, Wisdom, Fortitude, Fear of the Lord, Counsel and Understanding. For the gift of knowledge, at school my class and I watched a video about a poor boy's life. At home my class made posters about our hobbies and what we want to be when we are older. At my parish we interviewed the priest and asked him lots of questions.

For the Gift of Piety, at school we wrote a prayer about thanking God for all his creations. At home I have been obedient. At my Parish I prayed for a special intention.

For the Gift of Wisdom, at school I was setting an example to younger children. At home I researched a saint. At my parish I genuflected before I sat down.

For the Gift of Fortitude, at school I wasn't distracted by bad behaviour of others. At home I joined a new club. At my parish I did a reading at mass.

For the Gift of counsel, at school I turned off the lights and plugs to save energy. At home I spent a whole day without arguing with my sibling. At my parish I spoke to the priest about how to help out at mass.

For the Gift of Understanding, at school I made something to sell at the school. At home I congratulated my sister for getting full marks on a test. At my parish I noticed my sibling was behaving well so I complimented on her.

That is how I put my faith into action.

Charlotte Igoe

Why do we pray?

Prayer is the most important thing in our Catholic religion after Holy Mass and Sacrament. The purpose of lives is to know and love the Lord and to be close to him. Nothing else matters in life but friendship with God and prayer is the way to love him.

We have to pray little by little and the more you pray you will get better. Just like if you practise something. Prayer is the raising up to the mind and also the opening of his heart to us.

Prayer is also to spend time with God. To really understand the heart of him. Talking with God develops a deeper relationship with him. Prayer must be part of our life in him. We must talk to God and thank him for his Love, mercy and forgiveness through our lives. Prayer is the key heart of God. Praying must be done in our lives. Pray with thanksgiving for all the way he has blessed us. There is nothing we can't pray about.



Anthony Igoe

How I put my faith into action

I put my faith into action by doing the PFFA which is short for Pope Francis Faith Award. When you start the faith award you are given a booklet with pages that have three paragraphs of lined pages. On the lines you write what you did and what impact it had on you. Here are all the gifts of the Holy Spirit you use in the PFFA - Knowledge, Piety, Wisdom, Fortitude, Fear of the Lord, Counsel, Understanding.

Knowledge is the gift that helps us to know ourselves, God and the world around us. It is about more than just facts. Knowledge is our map to know where our faith is leading us and what our church is about. One of the things I wrote for this gift of the holy spirit is how we were comparing lives with poorer children around the world and this made me take part in more charity events.

Piety is the gift of the holy spirit that helps us have a deep sense of respect for God and the Church. Without Piety we can't have knowledge. It teaches us to treat our fragile world gently, including our friends and family. Piety helps us to pray with trust and respect and to see God in everything around us. One of the things I did for Piety was join in singing Hymns with my class during mass in our local Parish. This made me feel part of something.

Wisdom is the gift of the holy spirit that helps us to love God and spiritual things more than material things. It shines a light on God's plan in our lives and in the world. Wisdom helps us to say, "I understand how to love". One of the things I did in Primary 6 was present a power point on St Maximilian Kolbe to the class. I chose this saint because he was such a great man. He is such a great man because he took a man's place at a concentration camp because the man had kids and wife. I also listened to everyone else's power points on Saints.

Fortitude is the gift of the holy spirit that helps us to be confident to say we are disciples of Jesus. A person with Fortitude has strength to stand up for what's right, even if it means being unpopular. Fortitude gives us strength and stamina to walk out into the world and feel prepared. One of the things I did for Fortitude was spending some time out of my usual group of friends. This helped me to make new and more friends.

Fear of the Lord is the gift of the holy spirit that helps us become aware of the glory and majesty of God. Fear of the Lord is the beginning of Wisdom because it helps us see that God is the Father Almighty, creator of heaven and earth. One of the things I did was climb a mountain and admired the view. This made me feel grateful for what God has given us so we must look after what God has given us.

Counsel helps us to know the difference between right and wrong, and helps us to choose to do what is right. A person with Counsel avoids sin and lives their life in the way taught by Jesus. I took the advice given by my teacher on parents' night. The advice was to always try my best. After taking the advice now my work as improved a lot.

Understanding helps us to have an insight into what God is asking us to do and how we should live our lives. With Understanding, being a disciple of Jesus is always refreshing and life-growing to ourselves and room in our lives. One of the things I did was clear out my cupboard full of dvds and sent them to Yorkhill hospital.

I feel after covering these topics in the Pope Francis Faith Award it has made me become a better person.



Ava Bell

Growing in responsibility

During my seven years of being at school I have definitely grown in responsibility. I have nearly made all three of my holy sacraments and I feel proud to be part of them all. Being part of all these sacraments has helped me become a better person not just towards my family but towards all my friends. I am able to share what I learn with my little sister and others younger than me. Being able to be part of the church and to take part in other holy events has brought me closer to God and I am thrilled to be getting my Pope Francis Faith Awards as I have been working very hard for it over the past two years and I am ready for my Confirmation in April. I have noticed a change in myself over the years and I see how I have become more caring and respectful towards others around me.

Whilst doing my Pope Francis Faith Award I realised how much closer I have become to God over two years. I have made lots of posters, poems and stories about God for my award and I wrote three reflections of how doing all these acts for God has changed me for the better. Going to St Cadoc's Church has made me feel more responsible and mature rather than Monsignor Monaghan coming to our school. For my Pope Francis Faith Award, I was given about a dozen tasks to complete for each gift of the holy spirit and was then to write how some of these tasks has helped me whether it was at home, in school or at my parish and I am very proud of my work. Altogether I feel these tasks have made me a better person overall.

Aidan Donnelly

Describe a teacher who has cared for you and inspired you to become a better person

Mr Burns is an amazing teacher who has cared for me and inspired me to become a better person.

He is helpful, as he helps people when they are stuck, and he writes my homework down for me. He is fun loving, and lets us play cool maths games on the Chromebooks. He is nice and kind, as he hardly ever shouts, and sometimes lets me in to class at lunchtime to keep warm. He is intelligent – after all he is a teacher – and he is funny, as he laughs easily and makes jokes all the time. He is thoughtful, as he shares the extra sugar mice that he accidentally gets every so often.

He is likeable, friendly and an amazing teacher. He understands the whole class extremely well and understands each of our emotions. He also recommends clubs and competitions for people as he understands what they are good at and what they need to get better at. He is sincere too, as when people are sad, he cheers them up. He also stands up for people that not a lot of others would stand up for. He is also patient, and he waits on people that he knows are slow.

As Mr Burns (otherwise known as 'Burnsy') is such a good person, and everyone likes him, this inspires me to become a better person too. If I ever become a teacher (to teach science, obviously) instead of a scientist, I know which type of teacher I want to be. I think that being a good person makes 'Burnsy' very happy, so I want to be a good happy person too.



Claudia Hamill

It is important to learn about Jesus and the church. We should respect the religions of us and other people and we cannot deny what we do or don't believe in.

Going to church is important so we can thank God for everything we have and ask him to help us with things. We get a weekly boost by going to church because God helps us. We go to church to confess things that we have done in the past and God can help us not to make those mistakes again.

Jesus' atonement makes it possible for us to be resurrected and to repent and be forgiven so we can return to our daily lives. Jesus saves us from our sins and brings us peace every day. His stories help us to choose right and wrong. When we pray it lets Jesus help us to be lucky.

We learn about Jesus because we are Catholic and it's what we believe in. Jesus was a good impact because he suffered, for example during Lent we give up something because Jesus suffered in the desert.

Amaya Fee

Growing in Responsibility

My name is Amaya Fee and I am a Primary 7 pupil of St Cadoc's Primary. I am very privileged to have received a Catholic education which has taught me to grow in responsibility in my school and home life.

Jesus took ultimate responsibility for humankind by dying on the cross. In doing this, he gave us life and taught us the word of God.

In Primary 1 although knowing little, I learned to look up to others for guidance in my daily life. I grew by going to Mass and learning the lessons behind the scriptures. I realised by being responsible, kind and well-mannered, people have respect for me and give me their trust and responsibilities.

Participating in my first Sacrament of Reconciliation took courage. God teaches us that we shouldn't be ashamed to confess our sins. He will always offer forgiveness but we must take responsibility for our actions.

I work hard in school to be a responsible citizen. I was rewarded for this by being selected by my teacher to represent our class in a SCIAF talk. I felt proud as I know I set a good example to others, just as others set for me.

Reaching Primary 7, the staff put trust in me to monitor the younger pupils which I really enjoy. I hope they look up to me and strive to be a responsible citizen just how God taught me to be. I am looking forward to life at St Ninian's High School where I hope I will continue to grow in responsibility and set a good example throughout my Catholic education.

Proverbs 22:6 – "Train up a child in the way he should go; even when he is old he will not depart from it."



Eddie O'Neill

How I put my faith into action

I put my faith into action by doing the Pope Francis Faith Award. For each gift of the Holy Spirit we have to complete a series of tasks which help us to become a better person. The gifts are: Knowledge, Piety, Wisdom, Fortitude, Wonder and Awe, Counsel and Understanding.

The first gift we completed was Knowledge. For Knowledge, I compared my life with someone less fortunate than me. I also got my family to start recycling which I knew would help the world. I even interviewed my local priest! All of these tasks helped me to know myself.

The second gift we completed was Piety. For Piety I tried extra hard to demonstrate good manners. I also said thank you to my parents and listened to the gospel as it can teach us to be more like God. Piety helps us develop a deep sense of respect for God and the church.

The Third gift I completed was Wisdom. For Wisdom, I created a PowerPoint on Saint Patrick. I found out that his main virtue was preaching. I also visited an elderly relative, which helped me to realise how important family are. Lastly, I did not join in chatting during mass as it is disrespectful because we are in God's house.

All of this has helped me to become a better person and more like Pope Francis.

Daniel Martin

How I put my Faith into action

The way how I put my Faith into action is by doing the Pope Francis Faith Award. To achieve this award we act on a variety of different gifts the Holy Spirit bestows on us. There are seven different gifts and by using these gifts it helps me become a holier person.

The first gift that we learned of is the gift of Knowledge. This gift helps us to know ourselves. In this gift I compared my life to a child who lives in a less fortunate country. I learned that we should be grateful to God for all that he has given us.

The next gift is Piety and this gift makes you have a sense of deep respect in God. In this gift by praying every day this made me feel like I was getting closer to God.

Another gift I learned about was the gift of Wisdom. This gift helps us to love spiritual things more than real life things. With this gift I tried to entertain my family. The effect this had on me was I felt good making my family laugh and be happy together and felt how valuable this was.

After the gift of wisdom there is the gift of Fortitude. The gift of Fortitude helps us to be confident. With this gift I was able to help one of my new neighbours make friends. As I did it, I knew I was doing the right thing.

Fear of the Lord is the final gift that helps us be aware of God. With this gift I wrote a poem about summer. By doing this I felt as if I was reflecting on the good things God provides us.

With this gift I was motivated towards doing something good in return by making 10 gift tags for the school fair. I knew this was going to a good cause.

That's how I put my faith into action.



Conlaoth Smith

Why do we pray?

People pray for lots of different reasons. We pray as a way of talking to God and we can thank God for things. Some people have a favourite Saint they pray to. My family pray to St Antony a lot. He is the Patron Saint of lost items and we always pray for help in finding things.

We pray to God, Jesus, Mary, the Holy Spirit and the Saints. Some people pray to a family member who has already died.

- Some people pray to certain Patron Saints for different reasons:
- St Peregrine the Patron Saint of cancer for people who have cancer
- St Blaise the Patron Saint of sore throats
- St Jerome the Patron Saint of libraries
- St Jude the Patron Saint of hopeless cases.

When we pray we follow God's will – in the Bible it tells us to pray constantly and some of the saints spent their whole life praying. Some nuns spend all day praying for people.

When we pray we are acting like Jesus – he prayed all the time, he taught people the Our Father and he prayed on Holy Thursday night that he wouldn't be harmed while his disciples slept.

Praying can:

- Bring us closer to God
- Calm us down and make us feel peaceful and comforted
- Help us get into heaven
- Help with our exams
- Bring comfort to people who are sick or dying

We pray for the holy souls who need to get into heaven.

Some people like to pray to a family member who has already died.

Sometimes when a big thing is happening in someone's life they pray a novena. A novena is when we pray for 9 days or pray on the same day of the week for nine weeks.

So there are lots of reasons why we pray and lots of reasons for us to pray.

Isla Mulholland

Why I pray

I have been going up to church with my class since I was in P6. I have been going to church with my class and praying to God. He has been getting all of my prayers and helping me with my school work and doing stuff to help me.

I have been trying my hardest to go to church more often and going to confession. I have been talking to my parish priest Monsignor Monaghan and getting his opinion in my faith and how I put my faith into action.

Now I am in P7 and feel like I am confident in my faith. My faith is always in my heart and God is helping me work on that.



Samuel Sharp

How I put my faith into action

The reason why I chose this one is because I did complete the Pope Francis Faith Award.

The first gift I did was Knowledge. I demonstrated this gift by learning about a child the same age as me but in a poor environment. This made me more grateful for what I had and will help me in the future.

The next gift was the gift of Piety. I have shown the gift of Piety by bowing at church and praying respectfully. I enjoy praying to God, as I know he is always listening to me. This made me feel overwhelmed that he was listening to me.

The next gift is Wisdom. I used this gift by peer mediating this convinced me to treat everyone the same no matter what faith you are and what you look like.

The next gift was the gift of Understanding. I have shown this gift by helping a child much smaller than me. I cheered him up, this gave me a warm feeling in my heart. If someone is sad I will cheer him or her up.

The next gift is Fear of the Lord. I demonstrated this gift by drawing the life cycle of a frog and convinced me to be careful around other creatures.

I have shown the gift of Fortitude by sticking up for what is right this made me feel stronger and independent and will help me in the future.

The last gift is the gift of Counsel. I have shown this by looking after my dog such as washing him, feeding him and entertaining him this made me feel more responsible it will affect me in the future.



Edward McMenemy

Why I pray

I pray because I believe that God answers those who ask him for guidance and help. I believe that God shows us the way when we are lost in our Holy lives. I try to pray through rough or tough times and I still try to pray when life is great and everything is going well. I know that a Hail Mary a day or an Our Father is a way of us speaking to God directly through these prayer words. When life gets difficult praying helps me because I know that God is with me. God listens to the word we say in prayers.

How I put my Faith into action

I put my faith into action by learning the seven gifts of the Holy Spirit for the Pope Francis Faith Award, which are:

Knowledge, Piety, Wisdom, Fortitude, Fear of the Lord, Counsel and Understanding. I use counsel every day during prayers to God when I know I have made a mistake or done something wrong like arguing with my brother and sisters or talking back to my mum. Counsel has become a very important gift from the Holy Spirit because I use it every day. I also use Knowledge in my everyday life when I am telling my family about what I have done at school and I show them my work from school.

I put my faith into action around my family and friends by using these 7 gifts from God.

Eoin Duffy

I put my faith into action by praying for my uncle Neil, grandpa Denis and granny Iris so they can get into heaven. After Mass, every Sunday I light a candle and say a special prayer for them. I help collect the hymn books and leaflets after mass this is helping me to have more of a role at my church. I wanted to be like my dad and start reading at church so that I tell other people the wonders that God has done. I go to mass every Sunday and Monsignor Monaghan helps me reflect on my faith by listening to his sermons.

I try and be a good person by helping in the house such as keeping my bedroom tidy and helping with the dishes. I also try being kind to my family and friends and help someone if I think they are upset for any reason. I try not to gossip about anyone and stand up for them if I think they cannot defend themselves. I try to set a good example to my younger cousins and to the lower primary classes in my school.

I put my faith into action by trying to help raise money for charity such as SCIAF, by putting some of my pocket money into the wee box. I help my mum clear out my room and donate used clothes and toys that can be used again by other children who may not have much.

Overall I try to be a good person and putting my faith in God helps me with this.



Emma McCaskill

A teacher that has inspired me the most.

The teacher that has inspired me the most is my primary 7 teacher Miss Macdonald, she has inspired me in many different ways like when we are learning about something really boring. Miss Macdonald always finds a way to make the lesson really interesting and fun. Also, when I struggle with certain subjects like maths and language she will tell me to remember what we learned about it and sometimes will show me how to do it again, then I will be able to continue my work. Miss Macdonald is always very happy and cheery which makes our classroom a nice welcoming environment. I find Miss Macdonald very approachable and feel I could speak to her about anything that was bothering me in school and she will always help and support me.

Every year Miss Macdonald runs an after school dance class in school and I have been attending these dance classes for a few years which are really fun. Miss Macdonald has taught us various dance moves over the past few years and is always encouraging me to learn and praising me when I do well at learning new moves. She has been preparing us well for our dance show that will take place at Eastwood High School where we will compete against other schools. Miss Macdonald always cheers us on and will tell us all how well we did and if there's anything we need to work on together.

Miss Macdonald has been doing well at preparing us for high school. She has told us what to expect from the school work and has slowly been easing us into this by giving us a little bit more homework.

Colm Donnelly

Describe a teacher who has cared for you and inspired you to become a better person

Mr McLaughlin is the teacher I chose for this project because he has cared for me and inspired me to become a better person.

He is funny in class, because he tells jokes, does very cool flipcharts, does very funny flipcharts and sometimes does these things he calls 'jokeulations', a mix of a joke and a calculation (things like: 'it is impossible to say the letter P with your tongue sticking out' then 'put your tongue back in your mouth, you silly person').

He is very good at controlling the naughtier kids in the class and when I was sitting next to someone disruptive, he let me move to a new seat away from him and I am less distracted now. He is also slightly strict, which is a good thing.

He likes a bit of fun, and I've already mentioned everything you need to know about the 'jokeulations'.

He knows me and others in the class well. In fact, he even got science books for the classroom because he knows that I love science and they were on offer. This shows that he is very thoughtful as well.

Mr McLaughlin is patient. He gives us lots of time to do work and waits for everyone in the class to finish.

He looks out for me and encourages me to do my best because he knows I can do better. For example, he let me re-do part of a test that I didn't complete to my best.



Eva Drummond

Why is it important for us to learn about Jesus and the church?

I believe Jesus and the church are very important in my life for multiple reasons. Jesus is very important in my life because he is the centre of our Catholic faith. The church is also very important as we go there to show our respect to our Lord Jesus Christ.

As we start to learn more and more about Jesus it makes us closer to him. This year I'm receiving the Sacrament of Confirmation. This will help me to learn more about Jesus as I become more understanding of what God has done for us. This year St Cadoc's P7 have been doing the Pope Francis Faith Award. Using the gifts from the Lord I've been putting them into action at my church. From using the Pope Francis Faith Award, Faith Journal, it has helped me realise what wonderful gifts the Lord Jesus has given us, I feel that is another reason why it's important to learn about Jesus.

On special occasions we walk to my church and when we are there our teachers tell us more about the church and now I know quite a lot of items round the church. So it's really important to learn about the church and Jesus, if we didn't we wouldn't be proper Catholics like a Centenary ago so that's why we are celebrating and why I am writing this piece.

Eva Reilly

My primary 7 teacher is the greatest teacher I have ever had. Mr Burns helps me learn a lot more about my faith and how I can follow God's example and try to push myself to the best of my ability. Mr Burns encourages all of my class to go to church every Sunday and go to confession every two to three months. While teaching us the Catholic faith, he also tries to use different prayers for different times of the day, instead of using the same exact prayers that other classes and primaries use. This allows us to find a prayer that's meaningful and relevant to each one of us.

He gives up his own time to teach us different prayers, for example he taught us the Memorare and all of my class loved it and thought it had some really kind words. He taught us that God always forgives you even if you have done wrong and that Jesus is always by your side even in the loneliest and anxious of times; this will be very helpful when transitioning to St Ninian's.

He wants us to contribute to what we write in our religious education jotters; for example, if we were reading a verse of the Bible and we had to write the meaning of the passage, he asks us to write our comprehension of it. Instead of him writing it down and us just copying it. This shows that Mr Burns wants us to have our own opinion on the passage to explore what we think it is about. Mr Burns has given me the confidence to do readings and the offertory at mass and to contribute more with my parish.

Thank you Mr Burns.



Eve Lawson

My primary 5 and 7 teacher is the best teacher I have ever had. He is called Mr Burns. He is very kind and caring. When I was sick he called to make sure I was alright and I think he inspires a lot of people to be a better person. Every day he inspires a lot of people to be a better person. Every day he inspires me to be a better person.

Mr Burns has cared for me a lot and helped me a lot with my work in class. He was also my older brother Sam's teacher in Primary 6 he was also his favourite teacher. Mr Burns also taught me more about our faith by using different prayers and reading from the bible. He makes it very interesting and makes me want to learn more about our faith.

He has been a role model for me and is someone that I admire. Mr Burn's type of teaching is also fun. I feel he understands me like no other teacher has. He has helped me in my learning and helped me in my education and also in my faith and as a person. His positive attitude as well as his caring nature is something which I hope I will be able to have not only in my family and school life but also when I am an adult.

I hope that in the future I will be able to inspire someone to be the best person they can be just like Mr Burns has inspired me. Even when I leave St Cadoc's I will always have great memories of Mr Burns and remember how my favourite teacher has inspired me to become a good person.

Ewan Menzies

Why I Pray

When I pray I communicate directly with God. It is a conversation with the Lord in private or out loud. Sometimes I seek guidance, support or courage. Sometimes I say sorry but I know God will always forgive me. It is like going to church in our house or at school.

Sometimes when I am feeling sad I ask God in my prayers to help me. Before a Judo competition I say a prayer to God to give me the strength and skill to win but if I'm disappointed with the result I'm reassured that it is all part of God's plan and I may win at some point.

I sometimes feel guilty that I'm always asking for God's help. There are times that my requests seem quite unimportant but I am sure he likes to hear from me and know what's on my mind. When things are going well I try to remember to say thank you. During difficult times we pray as a family. When our Auntie died we said a prayer for her to rest in peace in Heaven and for my Uncle, to heal his broken heart.

My biggest role model is my nanny because her trust in God is invincible. She has taught me how to pray and goes to confession. Sometimes I light a candle at church and I find comfort in knowing my prayer continues long after mass had ended.

I trust God is listening and guiding me on my way. I will continue to pray as I move to High School, college, university and at work. When I grow up I hope to follow in my nanny's footsteps and set a good example for my own children.



Gaby Woods

Describe a teacher who has cared for you and inspired you to become a better person.

A teacher who has cared for me and inspired me to become a better person is Mrs Glancey. She was my teacher and she made a huge difference to my life.

She made a difference in my life in so many different ways that a teacher usually wouldn't and that is why I look up to her so much, she continues to inspire me every single day. I'm going to be telling you all about how she inspired me and how much of a great teacher she really is.

She is such an amazing teacher because she made me feel so safe and comfortable when I'm at school. I would tell her if I was feeling sad or hurt, she was very supportive, she gave me great advice and she treated everyone equally. She is such an inspiration to me because she goes above and beyond what your usual teacher would do.

She has made such a huge difference in my life because she has been such an amazing role model and has taught me how to be the best person that I can be. She taught me to always stay positive and to never give up no matter what. She encouraged me to do so many amazing things that I never would have done without her.

I am so grateful for everything that she has done for me and that she has taught me. She has taught me lessons about life and how to be a better person that I will take with me throughout my whole life. I wish that I could bring her to Saint Ninian's with me because I will miss her so much but I will definitely go and see her a lot.

Grace Cameron

Why I pray

I pray every night, as I am practising my faith. Usually I talk to God and ask him to forgive my sins. As I am Catholic my religion is to pray to God. I pray to God to forgive my sins and to help my special intentions as they are going through hard times.

My usual routine at night is to firstly ask God to forgive my sins, to help my special intentions and to thank him for the day I had. Also, I say a Hail Mary and an Our Father.

When I pray I feel peaceful and relaxed. After praying I feel safe and I feel hope that God is going to help my special intentions. During the day I feel happier and glad I said my prayers the night before.

In class we pray together and we all show respect to God because it is practised all throughout our Catholic years and of course it is our faith. We go to church as a class and pray with Monsignor Monaghan to show our consideration to talking to God.

The Catholic church teaches us to be more like Jesus and as Jesus prayed to God that's why Catholics do it as well. I do not go to church as often as I should but in return I say my prayers because it is respectful to do so.

A lot of the time people ask you to pray for them or someone they know, and I do as they ask, to show respect for them or their loved ones. Instead of talking about them e.g. what is wrong, I say an Our Father or a Hail Mary hoping God will help them or their loved ones.

In conclusion I pray to show respect



Hassan Akhtar

How I put my faith into action

I put my faith into action by giving money to the poor, I do this not because I want to show off, I want to help the people who are suffering and do not have as much privileges as me.

It made me realise how lucky I am to have the things I have, like education, food and family. It also feels good when you know you helped someone. It could be any amount of money, as long as you give it from the heart. I also pray and read the Qur'an. It made me closer to God. You feel so good when you pray, knowing you are doing one of a couple of things God asked you to do.

That is not all you can do to put your faith into action, for example you can help someone who is struggling across the road, or help your mum with chores or be nice to your siblings, at least try not to fight with them.

One time when I came home from school I saw my mum, she looked exhausted and tired, so I went to get the hoover and cleaned the house, when my mother said it was ok, I told her please get some rest and let me do the chores. Another time when me and my sister were fighting over the remote, I told her she can have it, she might have had a smug smile on her face but later we both became friends again, which, in my opinion, was one of the best things I could ask for. Another time was when in the supermarket, I saw an old woman struggling to get some milk, I helped her, it felt good because I know I helped someone. So there is more than one way to put your faith into action.

Henry Ansell

Describe a teacher who has cared for you and inspired you to become a better person.

I have chosen this one for a very good reason because over the past three years that I have been at St Cadoc's Mr Burns has helped me so much and I really appreciate what he has helped me with.

I do things wrong in life but Mr Burns has helped me with these moments and what Mr Burns does is amazing. I think that he has helped me to be a much better person than I used to be. Mr Burns has not just helped me he has helped the whole school with all these amazing things he does like the football trip to a premier ship game in England for a day.

He helps his parish with the school mass and does the music and gets readings ready. Mr Burns is a very honourable person and that is why I have chosen him.

I think this was a very good chance to explain what my teacher is like I am very happy that I have chosen this one. Thank you for all your help Mr Burns



Hollie Sinclair

Why I pray

I am doing this essay on why I pray because that is one of the most important things Catholics do. They do this because it is a way to speak to God just incase you need to pray for one of your family members that could have passed away or have a serious problem or an important event coming up that they might not feel fully confident about or you don't either so if you speak to God about it he can help you or that person in a way that nobody else can.

If you pay full attention to also show that you care a lot about the problem, as losing a family member can be really hard to cope with so lighting a candle can sooth the pain or having a really busy day can take your mind off the thought that they are not with you anymore even though you care about them. If you pray about them they will stay in your heart and their soul will go to heaven even quicker and not have to stay in purgatory for very long but everyone will go into purgatory for a bit because everybody will have made a few sins that you will have to repay for in purgatory.

Mary wouldn't have went to purgatory because she was born not to make any sins that is why she was picked to have baby Jesus the biggest thing to happen in the world. There may be some non-believers but they still go to heaven and their family because someone would have prayed for them and just because they don't believe in God he still cares for them and their future in or out of heaven that is why Catholics just like me pray to God.

Isaac Akinyemi

The passage is about the teacher who taught me not just in school but at home as well. This teacher is my mum.

The reason why I have chosen my mum is because your parents are claimed to be your first teachers and you have been living with you since the day you were born.

She was the one who dressed me every morning when I was little, monitored me when I did things, makes sure I'm safe and also taught me how to read and write and numbers, phonics and how to say words fluently.

Your parents may be a bit harsh, annoying and always bossing you about but they are just trying to keep you safe because they love and care for you.

They would pick you up when you fall and teach you the first steps of life and teach you to love, care and share. Parents help you to get to nursery or school and when you are good they may reward you. That is why your parents are your first teachers



Ismael Khan

How I put my faith into action

Hi my name is Ismael and I'm in primary 7. My religion is very important to me and helps me to make the right choices in life even if they are not the easiest.

For example, when I fast I feel hunger and thirst and that makes me appreciate what I have and that helps me to understand that others are not so better off, so we should be grateful for what we already have. This also helps me to be charitable by helping collect all the donations and giving money that I have saved up because I am too young to earn money.

Another example is when I go to the mosque and do my prayer I feel a sense of calm and peacefulness and this helps me to focus and think about things which are troubling me. It also helps me to connect with God and to reflect on my day.

Another example of when I put my faith into action is by praying five times a day by doing this I do not just remember God some days, you remember God each day.

I will carry on to put my faith into action and remember how religion is very important.

Jake Powell

How I put my faith into action

During my time in P6 and P7 I have put my faith into action by completing tasks for the Pope Francis Faith Award. I have been thinking about the seven gifts of the Holy Spirit: Knowledge, Piety, Wisdom, Fortitude, Counsel and Understanding. I have completed tasks about the seven gifts of the Holy Spirit. I did this by writing about what I have done in school, at home and at church.

For the parish paragraph of Knowledge I asked Monsignor Monaghan about his daily life and what it's like being a priest. I listened to his answers which has increased my Knowledge.

For Piety I wrote a creation prayer thanking God for what he has given us. I thanked my mum and dad for what they have given me and I demonstrated the gift of Piety was attending and showing respect at mass. I also blessed and genuflected respectfully before sitting down.

For the gift of Wisdom, I made a Power Point about Saint Francis of Assisi. For a project at school, I have tried to apply his virtues to my daily life.

For Fortitude I tried to improve a skill. I owned up when I did something wrong and I gave someone the sign of peace with a smile and a firm handshake.

For Fear of the Lord I drew a poster about a natural object and complimented my mum after a nice dinner.

For Counsel I switched off the lights in the classroom to save energy and completed my daily chores to give my parents a rest.

And for Understanding I made Christmas tags for presents. I also help my sister if she is upset and I try to make her laugh and feel better.



Jay Paterson

How I put my faith into action

In P6 and P7 my class have been doing the Pope Francis Faith Award PFFA. Which is a book about the 7 gifts of the Holy Spirit and we have been asked to complete all of them in different spaces of time over P6 and P7. The seven gifts of the Holy Spirit are: Knowledge, Piety, Wisdom, Fortitude, Fear of the Lord, counsel and Understanding. The first task we were asked to complete was Knowledge.

Over that time we were told that Knowledge is the gift that helps us to know ourselves God and the world around us after every time I completed one of these tasks and wrote about it I felt a lot better about myself.

Another task I completed was understanding when me and Edward were helping a primary 2 create a rainforest after this I felt very proud for helping. Understanding is where we learn how to live more like Jesus.

Counsel was another task we did. Counsel is where we learn the difference between right and wrong. Some of the tasks for counsel were spend a whole day without arguing, save energy by switching off electricity when it is not needed. Fortitude was another task. Fortitude is where we learn to be more confident. Some of the tasks were try a new hobby. Join a new club/team. Visit an elderly relative and talk to them about your interests. Wisdom is another task which teaches us about spiritual things and how they can be better than electronic things. Some of the tasks were write a newsy letter to an elderly relative, offer to take on weekly chore, help your brother or sister do homework if they are struggling.

Oran Stander

How I put my faith into action

As I get older I realise every day another way I can put my faith into action.

When I started school I didn't know how to put my faith into action as I didn't really understand how fabulous God was. I thought going to church and talking to God and Monsignor Monaghan was all that I had to do. I have realised that this is not the case and God wants me to work with him every day to help others.

Being kind every day is something God asks of me. I say prayers to myself in the morning thanking God for giving me such a good sister, mum and dad and hoping that I have a good day. I say prayers at bed time thanking God for the day I have had and asking him to help me be a better person the next day.

I am taking part in the Pope Francis Faith Award which I am enjoying and learning about my faith. When I was in Primary 4 I made my communion which is part of my Catholicism journey. I am making my Confirmation in April and I have chosen St Felix as my Saints name. When I go to mass I leave feeling happy.

Together with my family I help a little girl in Kenya go to school and I feel happy when she writes to me telling me about her school day. I help out at the school's additional support club helping younger pupils.

During my time at St Cadoc's I have learnt that if I put my faith into action I will be happy with myself for helping others who come into my life.



Joshua Tavares

Yes it has helped me to be more understanding and enjoying it much more and will help me to remind me that to be like Jesus.

Mrs Reid has taught me to become a better person by encouraging me to stand up and don't be sad if you have done something by accident or mistake.

I think it is important to learn about Jesus because it is also interesting for other religions and is also our religion.

It is also teaching us to be kind and helpful and also makes us think that we are all the same.

Growing in responsibility is quite an important one because one day we will get jobs and need to be very responsible. We will need to do work on our own with no help and do some tricky parts you will need to be really mature.

I pray to God and Jesus that everybody is happy and that the year will go on and also pray for the people that have lost their lives and friends. I also thank God for who I am right now and also for my baby cousin who is in heaven.

I put my faith into action by believing and praying each night before I go to bed.

Juliet Flanagan

A Teacher who has cared for me and inspired me to become a better person.

A teacher who has cared for me and inspired me to be a better person is an SNA (special needs assistant) called Simone. Simone was a special needs assistant in my class in Ireland. She would help a girl in my class. Simone would also be out in the playground ad if I needed anything I would ask her.

Simone introduced me to one of my hobbies pom-pom making. She would lend me and my friends wool and cardboard rings to make the pom-poms. Simone would make the classroom a very happy, warm environment and make it feel more homely.

Simone was a very memorable person because of her actions which taught me that being a kind person will make you memorable. Simone loved Christmas, one year she invited me and my mum to see her Christmas tree and it was huge! It also had lots of decorations and lights.

When I moved to a new house Simone sent me a housewarming card through the post and I was really excited something came through the post for me and that taught me that something little can make someone feel very happy.

Simone would always be a big help to my teacher. Simone would even do extra art lessons with us sometimes. When I was smaller she would put on YouTube episodes of kids shows during wet plays. Simone and her family also had a surf school and my brother joined with a few of his friends. My brother said that he loved the lessons and they even had a barbecue at the end! Simone taught me that school work is important but enjoying yourself, becoming a better person and being kind is also very important.



Kate Harvey

Why it is important to learn about Jesus and the church

It is important to learn about Jesus because he died for us and he was chosen to be our Saviour. He helps us when we are sad or have problems. His stories are inspirational. It is important that we follow his path and learn what he is teaching. He loves us and wants us to follow in his footsteps, so it is important to learn about him and his stories because he is a great role model.

It is important to learn about the church. We do to church to pray and God welcomes us and helps us. Sometimes we have special intentions to pray for and we have faith that Jesus will help us with these things and answer our prayers. The Catholic church is the largest Christian church with more than 1.2 billion members worldwide. The Catholic Church began with Jesus Christ and his teachings about 4BC.

We learned about lots of stories from the Bible but my favourite one is the Marriage at Cana. I like this one because it was Jesus' first ever miracle and when the wine ran out he turned water into wine. Jesus proved he was the son of God through his miracles.

The stations of the cross take us through Jesus' life and his death. Jesus dedicated his life to save us. We pray at church, school and in our homes. We say single prayers and decades of the rosary using rosary beads to thank Jesus and show our love for him.

Katie Porter

Why I pray

I pray because I'm told it's a good thing to pray. I'm not totally sure why though.

Is it important to my religion and my beliefs or is it simply an opportunity to spend time with God and to speak with him if I have any problems or worries. Would it be a sin not to pray? Is it more important to act in a Christian way than to pray in a Christian way?

Many people believe that if loads of people pray for the same thing that it will make a difference. Do you think that it is true? Does God take sides? Do lots of people praying have more effect than one person? I'm not sure.

Prayers could be for all different reasons whether it is praying for someone who is sick or dying or to pass an exam. Sometimes we pray out of gratitude and sometimes it's for the littlest of reasons.

I've been praying a lot more recently for my confirmation Saint as I am making it this year and I've picked a Saint I find interesting. Her life and her actions have inspired me. She certainly prayed a lot and it seems praying is an important part of being Catholic. I feel better when I pray and find it easier the more I practice. There's nothing I don't pray about, big or small. I don't expect anything really to happen when I pray and I don't ask God for things. I just talk to God as it makes me feel closer to him.

Prayer is not the most important thing about being Catholic, but it helps.



Krish Bhasin

A teacher who has cared for me and has inspired me to become a better person

A teacher who has cared for me and has inspired me to become a better person is Mr McLaughlin because in P4,5 and 6 I was a slow writer and my teachers would just get me in trouble and say I need to get faster. By P6 I had lost hope and thought I would never get quicker at writing but Mr McLaughlin helped me to become quicker he asked me what I thought made me slower and listened to me. He also tried out different things with me to make me faster, and one day I told him that I write faster with pen and from that day he has let me do all my work in a rubout pen, and I have been able to finish almost all my work on time.

I also help a lot at the office and lunchtime club so I barely go outside and he cared that I wasn't going out enough and making friends. After I became friends with two boys in my class called Daniel and Yusuf, I thought that they would be my only friends, but after I started going outside in the playground a little more I then realised everyone in the class is my friend.

Mr McLaughlin also is just a great person in general and has never given up on me. He also does everything he can to give us the best learning experience possible and does things like jokealations which is a combination of a joke and calculation he is the best teacher I have ever had.

Mr McLaughlin has genuinely inspired me to become a better person by teaching me never to give up and always to try my best no matter what.

Kurtis Bennett

This essay is about my teacher Mr McLaughlin who has inspired me in my faith and in school. I am going to tell you how he has helped me in school, what he is like and why I like him so much as my teacher.

In school he is very funny, he is good at making a lot of joes and has a great personality. He is different to other teachers because he lets us be wo we are and feel comfortable in class.

When I am stuck on class work I am never afraid to ask him for help. Throughout my years in school I have been afraid to ask some of my teachers for help in case they give me into trouble, but my teacher showed me that I don't need to be scared to ask for help. Also when someone is being nasty or is doing something wrong I am not afraid to tell him.

Mr McLaughlin also has some great talents one of them is playing the bagpipes. On special occasions, Mr McLaughlin plays the bagpipes he is very good at it. He always plays Scottish songs and I enjoy listening to them. He is also amazing at art, every picture he has drawn looks the exact same as the picture he copied off of.

Another thing he is great at is teaching people about their faith and how to use the Gifts of the Holy Spirit in their daily lives to become a better person. After his lessons I have become a better person by using his advice, listening in R.E and by doing the Pope Francis Faith Award.



Leo Henderson

Mrs Finnegan was my teacher in Primary 5. She was a very nice and friendly teacher who did her best to get the best out of all the pupils in her class.

I really liked Mrs Finnegan because I feel like out of all of my teachers she got the most out of me. My mum said I used to like her reading to me when I was little but as I got older I didn't really read a lot of books. I told Mrs Finnegan this and she introduced me to new Authors and a different type of story that she thought I would be interested in. They were the Skulduggery Pleasant books by Derek Landy and I loved reading them. I have the whole collection. She also encouraged me to read the David Walliams books because she said that they would be exactly what I would like and she was right. I have the entire collection of them too.

Mrs Finnegan also helped me to overcome my fear of getting things wrong. I was always worried about making mistakes and looking silly in front of the class so I didn't want to answer out in case people laughed at me. Mrs Finnegan encouraged me to put my hand up when I thought I knew the answer and even if I got it wrong she never made fun of me, she told me why my answer was wrong and how to figure out the right answer for the future. This made me much more confident in myself and I now don't feel like I cannot put my hand up in class.

While I was in Primary 5 my little cousin passed away and I was very upset. Mrs Finnegan didn't get annoyed with me if I was upset in class, she comforted me and encouraged me to talk about the good times with my little cousin. I think this has helped me to be a more compassionate person because I know how nice it was to have someone to talk to when I was upset.

Liam McGowan

How does my faith come into action?

My faith comes to action when I go to mass. I can understand what the priest is saying in the gospel and the homily. In school I also learn about my faith, normally in religious education but also in other subjects too. For example, right now we are doing Pope Francis Faith Award, it is helping me to become more like God. At home I learn about God, I say my daily prayers and I try and live more like God by being kind and forgiving. I also go to a religious club called Dunreath Boys Club. In my preparations for moving to St Ninian's, I will say extra prayers and ask for guidance from God.

During RE I will pay more attention and answer out more. In mass I will listen to the priest and help him out by being an Alter boy. At home I will try not to fight with my brother and try to teach him the word of God. At Dunreath I will listen to the talk from the leaders and try not to speak through it. I also take pride in explaining my faith to people when they ask me about it. I will answer their questions and tell them stories about God.

Why I pray?

I pray because I like to talk to Jesus he always shows me the right way to go. Praying is also helpful when I am in a bad situation it helps me to work things out. I like talking to God because it takes my mind off things and helps me to get through a bad day. It also gives me courage to feel more positive in times of doubt.

In conclusion, I really like my faith, I think it is really good to have a faith.

Thank you for reading.



Lori McAllister

My Catholic education has helped me to flourish in many ways through the subjects I've covered, the different ways I've learned, the places I've been and the opportunities I've had.

There are lots of different subjects that we study in school. We study Maths, English, Science, Physical Education, R.E., and French. Each of these helped me to flourish in separate ways. For example, R.E reminds me to be kind to people, how to behave and how to treat others. English is good too because it helped me discover my love of reading, and I also love making up my own characters and writing stories. Science is one of my favourite subjects because it's fascinating to learn about the way the world works. I'm not sure what I'd like to be when I'm older but I'm sure all of these will come in handy.

In school we have lots of different ways to learn as well as the classroom. We use outdoor learning, projects, group work, research and buddies. Having a buddy is a great idea because it's a good feeling helping younger ones and it gives them a fun way to learn with someone they trust. Projects help me to flourish both at home and in school because it gives me a chance to explore the topics more and find a way to present my work.

With St Cadoc's I've been to lots of different places of interest. We often walk to church and as Primary 7's I've also been to St Mary's Cathedral. I really enjoyed our provost debate in the Glasgow City Chambers and I've also had the opportunity to read at mass which gives me confidence to do things publicly which helps with my Irish Dancing and Karate.

Lucia De Marco

Growing in Responsibility

As I become more mature I understand the meaning of taking responsibility in your actions. This means if you do something that upsets someone or you do something bad, you own up to it and you accept the punishment no matter how bad it is. If you tell the truth and don't lie people will know you as trustworthy which is really good.

God and Jesus always remind us to tell the truth no matter the consequence. When you lie or don't tell the truth if someone finds out you lied or didn't tell the truth you will get a bigger punishment as you lied as well. We lie because we are scared of the consequence or we are scared to make someone upset.

Another responsibility is taking care of myself, my things, and the world around you. God created a beautiful world for us to live in so we need to take care of it as much as possible.

Taking responsibility in my actions made me a better person because I was being honest to myself and the people around me. Doing this takes a weight off my shoulders as I am telling the truth and not having to lie all the time. It makes me appreciate when others be honest to me even more because I understand the courage and strength it took to be able to tell me the truth.

Honesty is a good trait to have. You can strengthen friendships and you can create good ones too. Being honest and telling the truth benefits you in many ways, and that's why we should be honest.



Orla Conroy

How I put my faith into action

Throughout Primary 6 and 7 my class have been participating in the Pope Francis Faith Award (PFFA). For the PFFA you complete your faith journal by writing reflections on the different tasks that you do for the seven gifts at home, school and in the parish.

This taught me more about my faith and how to be a better person.

Some of the tasks I did for the PFFA are:

At home:

- Piety – I went for a walk and tried to appreciate everything around me. I now try to appreciate nature more and notice God's creations around me.
- Counsel – I did not argue with my brothers for a whole day. This makes everyone happier especially my mum.

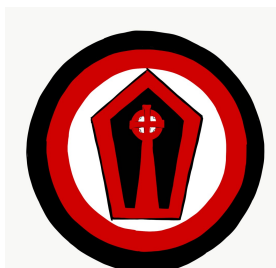
At school:

- Piety – I drew a diagram of the life cycle of a butterfly. I now try not to throw litter to respect nature.
- Counsel – I complimented people on their netball and football skills. I now try to compliment people more because I like to see the looks on their faces when they feel good.

In the parish:

- Understanding – I reflected what God says through the scriptures. I do this more because it makes me think about what God is telling me and how I'm able to follow what God has taught me.
- Wisdom – I attended the special Mass for First Communions where I was singing in the choir. I remembered how nervous I was when I did my communion and was relieved when I learnt the choir were singing with us. It felt good to help the younger children and I try to help people more often now.

The PFFA has taught me to value God's gifts and everything we have more.



Lucie McLaughlin

It is important for us to learn about Jesus and the church because as Catholics we need to learn about Jesus' life and what he has done for us. I think it's also important that both adults and children learn about Jesus and the church because we can learn from his story and put his actions in our lives.

Jesus was the Son of God and he did many good things. He also performed some miracles. Jesus has done many things for us and one of the main things is that he sacrificed his life for us. We should all learn from Jesus.

The church is important in our faith as it's the House of God. It is also important that younger children get to go to church because they can get to pray and be a part of the services to help grow in their faith. Children should also learn about Jesus in school and at home. They should practice their faith at school, home and church by saying prayers.

At school I practice my faith and learn about God and Jesus through R.E. lessons and the Pope Francis Faith Award.

I hope that in the future at St. Ninian's and beyond that I get to learn more about my faith. I understand that my faith is very important and that's why I want to be more like Jesus, to continue to practice my faith in school, church and my house.

Finally, I would like to say that it is important to learn about Jesus and the church because they are very important in our lives, and that Jesus was an amazing person that got us all here today.

Manal Mohammad

When I first came to St Cadoc's Primary school it was quite hard to fit in. After one year I realised that moving into primary 7 could be worse; however I didn't know that my teacher could be so inspiring and caring.

Mr McLaughlin is always there to support his pupils no matter what. He has 100% inspired me to become a better person. He is kind, thoughtful and helpful and if one of his pupils was struggling he would help them straight away. The reason why he has inspired me is because he believes in his pupils, he encourages them and makes sure that they feel like someone is with them. When I am needing any help I will know who to go to.

My teacher is always caring for his class and making sure he knows when anyone is left out. I feel like he is the best teacher in the world and I have no clue what I would have done without him. Mr McLaughlin is extremely dedicated to his work and he is very passionate towards his pupils. He has inspired me to become the best person I could possibly be! In future I know that other classes will benefit from him a lot.

Everyone in my class would agree when I say that he is very caring. Since the start of the year he has been surprising out class with many new things, he has been making us laugh, he has been giving us the opportunity to do so many things; honestly you never know what's next and that is what I like most about him; he takes his time in giving his class what they love and what they enjoy doing most of all.



Maria Edgar

A teacher who has cared for me and inspired me to become a better person

A teacher who has cared for me and inspired me to become a better person would be Miss MacDonald.

As I headed into Primary 7 I was nervous and panicky as I was now the upper school. Miss Macdonald was friendly and explained everything that was going to be happening during Primary 7. I felt a lot more confident in the year ahead and that I could have a peaceful and happy year.

Miss MacDonald has inspired me to become a better person by caring for every single one of my class mates no matter what and helping them if they are stuck on a problem and just all round being a nice and helpful person to talk to.

Miss MacDonald has also been someone who has guided me in my faith journey to make the right decisions and pay attention to the work of God.

A moment that stood out for me was one day when the class were walking back from mass. Miss MacDonald took an interest in my hobby of dancing and she wanted to see my trophies. She was genuinely interested in what I was saying and asked me lots of questions about it. I couldn't believe it when she told me she loved dancing too and still takes part in competitions. I also feel she has encouraged me to try even harder in my dancing and keep trying until I get it right.

Miss MacDonald is a teacher I can trust and helps me every day.

Martha McMahon

Floreat Juventus

Floreat Juventus is the motto of Saint Ninian's High School. It means let youth flourish. This essay is about how my Catholic education has helped me flourish.

My Catholic education has helped me to learn more about what is included in my religion. It has helped me to use my God given talents in my everyday life including the gifts of the holy spirit and to overcome challenges in my life. The gift of counsel has definitely helped me lots in making the right decisions in life.

My barriers to flourishing have been challenges in family life and in developing my God given talents. My Catholic education has helped me with this by teaching me different ways to do things in my parish. It has also helped me to be kind, caring, respectful and loving. Being reverent is an important skill that my Catholic education has taught me.

My Catholic education has also taught me values in life, not just maths and English. Religious education is a big part of my school life. I would like to continue this in my education in the future. More than one hundred years ago it was very hard to let youth flourish in religion as all the Catholic schools were fee paying so children could not have the education that we have today. In the present, Catholic education is a big part of life for many people in Scotland.

In conclusion, Catholic education has helped me to flourish by teaching me all about my faith and lots of values in life. It has been a huge part of my life and I hope that one hundred years today, Catholic education will be just as good.



Matteo Gomez

How I put my faith in to action

At school, home and at church I have put my faith into action by participating in the Pope Francis Faith Award. During this journey I have used all the gifts of the Holy Spirit like Knowledge, this gift helps us to know ourselves, God and the world around us. It is about more than just facts, knowledge is our map to know where our faith is leading us and what our church is about. In school for knowledge I compared my life to a girl who lives in poverty called Niambi. Now I know how difficult it is for people like Niambi to walk to school, to get water and food this made me feel I sometimes take things for granted. Now I pray more for the poor and the sick by saying the Hail Mary more often.

For Piety at home I was able to help my family say grace before meals. So we could sit together for a moment and thank God that we have water and food in a cup or on a plate in very comfortable surroundings.

Now I am more aware I will continue to help out at home and to help my mum and dad and to thank them for everything they do for me.

I have learnt about the gift of Fortitude, Wisdom, Fear of the Lord, Counsel and Understanding. My favourite gift is called Fortitude. The gift of Fortitude is the gift of the Holy Spirit that helps us to be confident to say we are disciples of Jesus. A person with Fortitude has the strength to stand up for what is right even if it means being unpopular. Fortitude gives me the strength and stamina to walk out into the world and feel prepared to I can stand up for what is right!

Matthew Ward

Why is it important that we learn about Jesus and the church?

It is very important that you learn about Jesus and the church. If we don't, we would not have reason to worship God and follow His word. We wouldn't know the reason we are living right now. We wouldn't know who saved us. So that's the basics of why we need to learn about Jesus and the church.

To start off, God is the creator of Heaven and Earth, so it is important to treat all people and our planet with respect. God loves us, that's why He created us. We need to love Him back and serve Him on earth so that we can be happy with Him in Heaven. He also sent His son Jesus into the world to die on the cross to save us and forgive us. He does an awful lot for us and doesn't really want a lot back. He just wants us to spread the word and tell everyone about Him and why we believe in Him.

So that's a few reasons why we need to go and hear the word of God and preach it. When we go to Mass we receive the sacrament of Holy Communion and sometimes receive the sacrament of reconciliation. When we go to Mass, Jesus is in the tabernacle and that's why we need to be really quiet and respectful when we enter the church doors. When we go to Communion, we are receiving the body and blood of Christ in the form of bread and wine. The Catechism tells us that the Eucharist is the life and food of our souls. So that's why it is so important that we learn about Jesus and the church. If we didn't learn about Jesus and the church, we wouldn't know what the Eucharist is and how important it is for our soul.



Maya Collins

Describe a teacher who has cared for you and inspired you to become a better person

There are a few teachers in my life that I can say have inspired me however for this essay I would love to write about my dance teacher. Her name is Vicky and she has inspired me to become a better person.

Some of the ways she has inspired me to become a better person is that she gets us to work really hard in class and she motivates us to dance to the best of our abilities. Vicky is completely committed to her dancers and it shows.

She is always enthusiastic, energetic and positive. She is full of love and easy going. She is caring and nurturing and has faith in all of the class.

When I leave Vicky I feel calm and less stressed. I also feel happy and clear headed and always leave with a smile.

I have faith and trust in Vicky because she is always understanding and is a great listener. I know I could speak to her if I had a problem and she would help me and keep it a secret.

Vicky has a positive effect on my life as she is a great role model and inspires me to become a better person. All of the good qualities I see in Vicky I want to have as well and I aspire to be like her in so many ways. It's great to have Vicky as a positive role model and I'm so very grateful and thankful to God for bringing her into my life.

Mhairi Zing

Over 3.2 million students are bullied each year. Bullying started when I was in P4. One girl in particular didn't like me. It started with simple things like pulling hair, tripping me up, and the odd name. This didn't get the better of me. Until the next year.

In P5 it started again. In the beginning it was like P4, but it got worse. There were other things like saying things behind my back, laughing at me, and lifting hands and feet. Soon after that, there were a few other people who did the same things as in P4 and soon... they progressed as well.

In P6 I was introduced to another teacher called Miss McKenzie. Miss McKenzie had a conversation with me about some of the things that were going on. Once she had a chat with the girls. They stopped talking to me and doing the things they used to. I was completely startled. It had stopped. None of the girls had said anything to me and it was all down to Miss McKenzie.

I still get bullied now. But it's the odd thing here and there. Miss McKenzie has helped me become a better person. I feel more confident now to stand up to bullies. If one of my friends or anybody at all is getting bullied, I now know that I won't hesitate or be afraid to say anything and stand up for them. My class teacher Miss Macdonald has helped me in P7 too, as well as all my other teachers. They have helped me in my journey through Saint Cadoc's and I know if this was to happen in Saint Ninian's it would get dealt with the same way.



Milena Krizova

As a Catholic, I pray about 5 times a day, but why?

Catholics follow the Holy trinity which is God, Jesus and the Holy Spirit all together. We believe that God created the world. On the seventh day, God rested which is why us Catholics go to mass on a Sunday.

All of this evidence is contained in a book called a Bible which was created by some disciples of Jesus. The Bible is split into two parts; The New Testament and the Old Testament. Moses' story is part of the Old Testament, he is what links us and the Jewish together.

A story of the New Testament is called "The Nativity" which is when Jesus was born from Virgin Mary. This is why we celebrate Christmas.

The most important time in a Catholic calendar is Lent; the upcoming to Easter. Lent is a time of reflection and repentance. For 40 days and nights, Catholics try to be like Jesus and fast. If that is too hard, we usually give up on something, like chocolate, or try to get better at something.

Being a Catholic is also being responsible for your actions because you really need to try to follow the commandments.

The 10 Commandments:

I am the Lord thy God, thou shall not have any Gods before me
You shall not make for yourself an idol in the form of anything
You shall not misuse the name of the Lord your God
Remember the Sabbath day by keeping it Holy
Honour your father and your mother
You shall not murder
You shall not commit adultery
You shall not steal
You shall not give false testimony against your neighbour
You shall not covet your neighbour's house, wife or property



Millie Robinson

How I put my faith into action

For the last two years in school I have been filling out a booklet called The Pope Francis Faith Award (PFFA). We have been filling it out in sections like, two weeks to fill out a page, this has shown me all the different things I could have been doing around the house to help my family. Not only has it shown me how to help my family but how to be a good person too.

Each page of my faith journal had a different one of the seven gifts of the Holy Spirit on it: Knowledge, Piety, Wisdom, Fortitude, Counsel, Understanding, Wonder and Awe. This has made me feel closer to God since I have been trying to be a better person.

In the Wisdom page I had written in the school section about how I have been trying to set a good example to younger and older children. Also trying to be as kind and caring to everyone around me and I have been keeping it up ever since. On the same page but in the home section I wrote about when I was helping my mum's friends son out with his homework, because he was struggling with his reading.

I went around to their house and sat with him and helped him with the words he found difficult.

We have three sections on each page and for Wisdom in the Parish section I wrote about how I sung in a choir performance during the communions and I really enjoyed it because of how much I love to sing.

The Pope Francis Faith Award has improved me as a person so much because it has made me think before my actions and made me try a lot harder in all I do.

Niamh Martin

How I put my faith into action

In P7 we have been doing the Pope Francis Faith Award. We learned about all the gifts of the Holy Spirit. Firstly we learned about knowledge. In knowledge I learned about poorer people in other countries and compared them to us, it made me feel grateful because I live in Scotland. Secondly we learned about Piety. In Piety I wrote a letter for my mum and dad, it made me feel happy because my parents are really kind and caring to me. Thirdly we learned about Wisdom. In Wisdom I helped P2s with their problems and made them feel better if they were sad or upset., it made me feel caring because I cared for them and I made them happier.

Fourthly we learned about Fortitude. In Fortitude I tidied up the church at the end of mass, it made me feel kind and helpful because I helped the church and did a good deed. Fifthly we learned about Fear of the Lord. In Fear of the Lord I wrote a poem all about summer and how I appreciate summer, it made me feel cheerful because I love summer and I love learning about summer. Sixthly we learned about Counsel. In Counsel I saved energy by switching lights off, when no one was in the classroom, it made me feel proud because I save energy and power.

Finally, we learned about Understanding. In Understanding I gave time to someone my own age that was having a rough time, it made me feel appreciated because I helped them get through their rough time and I made them not feel sad and left out. After I did all of the Pope Francis Faith Award I realised that I am a good person and that I can do good things.



Odin Mackenzie

Growing in Responsibility

Throughout my 7 years at St Cadoc's Primary school, I have learned lots of things and grown, not only in size, but in other ways too.

One of the most important things is learning what responsibility is. Growing in responsibility takes a while to develop, but after a few years, I started to learn how much it matters, in school and out of school. For example, it is my responsibility to bring a P.E kit on Mondays and Wednesdays so before school I have to pack my bag and take responsibility for being prepared for the day ahead or not.

As I get older there will be more and more responsibilities. Like responsible decision making to be a good citizen. While I am 12 I can be helpful by doing my daily chores around the house, and it is my responsibility to remember them as well as actually do them. These chores include, setting the table and bringing the bins in. I do other chores but these two are always. Taking on my responsibilities makes me think about God, and about my responsibilities within my faith. Not only to be giving to the poor; helping other people, or caring for our planet, but how I take responsibility for myself, as a person, as a Catholic.

Jesus was a teacher and I have been lucky enough to be taught responsibility in all aspects of my life, in what I say and in my actions and thoughts. It is never really hard to do the things you are responsible for, children's responsibilities are simple things, like chores, but very important steps in growing up and learning to take responsibility for who you really are.

Olivia Darroch

Why I pray

I pray for many reasons one being it is part of my faith and it gives me an opportunity to spend time with God. When I pray to God I feel love and comfort and warmth when I ask God to protect all my family and friends including the innocent and the poor and the less fortunate than myself. The purpose of prayer is not so that we might change God but so that he may change us into a better person and to love Him.

I pray for all the men, women and children who are caught up in the wars of Syria, Iraq and many more Middle Eastern countries. The reason I pray for them is so that they will make it through with God at their side. I also pray for general peace in the world. I pray for all the elderly and sick, I pray for sick so that they get better and live a healthier life. I pray for my friends and family so they live with a shelter above them and so they have fresh food to eat.

Prayer is a gift from the heavenly Father, who loves to hear from his children.

Praying to God is special to me because it lets me talk to God and connect in a way that makes me feel happy and special and probably makes other people feel special too.

I will continue to pray in my daily life so that I can talk to God and hope he listens to me so that me, my friends, family, the poor, the less fortunate and the innocent will live a life more like God.

That is why I pray to God.



Orla McDonald

Growing in responsibilities

Growing up in Catholic education has taught me to be kind, caring and thoughtful to other people and always pray to God, to give my time generously to other people to help and guide them. It is my responsibility to continuously learn from school and put into practice through my faith in God. I have been teaching my little brother lots about God and reading him the children's bible. I have also been teaching him about how to be a better person. I have also been; brushing his teeth, getting him ready in the morning and bathing him in our house hold it has been showing him love and care. I can take what I have learnt from my Catholic education so far and teach it in my household to my little brother putting in the effort to be true to God and love one another, like I have learnt from the church and my school.

Caring – I have been caring for my best friend by calming her down when she missed her parents I told her how my parents had been there and she told me all about it.

Kindness – I have been kind by staying in at my break time and help my teacher tidy the classroom and set up for the next subject.

Thoughtful to other people – I have been thoughtful to others by thinking about how they would be feeling and give them a helping hand if they need it.

Praying – I have been praying to God every morning every time before and after lunch time and night time before I go to my bed.

I would not be who I am without the guidance from my school.

Natalia Carroll

Describe a teacher who has cared for you and inspired you to become a better person

During the past few years my teachers have helped me with my faith. They taught us about the Bible and made sure that we had a good understanding about the Holy Spirit. I'm thankful for them planning our lessons and making them interesting.

The teachers make sure that we say our prayers a couple of times a day. I also learned a lot of new prayers which I now say very often to show God my appreciation. They taught us how to show respect everywhere and especially in the church. My teacher helps as much as he can with the PFFA and plans things that will help us complete the task. He has explained lots of things that I didn't understand before. They are very supportive with our achievements and make sure we realise that we should be proud of ourselves. My teachers have taught me how to be nicer towards others even if they might not be nice towards us.

My teacher always makes sure that everyone is on track. He inspires me to become a better person every day in many ways. He explains things well and when someone is behind he always makes sure that they are back on track. When people are upset or don't feel too good, he always finds a way to make them feel better. My teachers over the years have taught me how to behave better and be respectful, and also taught me to show others that I am grateful for what I have. I am very thankful for my teacher because he inspires me to be a good person and cares for me.



Robbie Watson

Growing in Responsibility

Through the Pope Francis Faith Award and other things, I have done I have learned to appreciate the gifts God has given me and have grown in responsibility to live a better life. I also have learned to appreciate the things my parents do for me and have learned to contribute more around the house.

I have enjoyed gaining a deeper understanding of my faith and know that the Holy Spirit will help me to grow in responsibility.

By gaining responsibility I have learned to help around the house more and have started to do this by doing jobs around the house e.g. clearing the table after dinner and doing my homework without my mum telling me to.

There are lots of ways I have grown in responsibility and I hope I will continue to.

Orlagh Kelly

The topic I have chosen is "Why it is important for us to learn about Jesus and the Church".

Jesus is important as he was chosen to be our Saviour, he is the one who will save us from any sins we may commit.

He also is always there to listen and we get guidance from our church when we need it.

Everyone seems to find peace and happiness when they attend church, especially when the priest tells us the teachings of Jesus Christ.

I find when we understand everything Jesus done for us, he becomes an important part of our everyday lives.

I enjoy going to church on a Sunday and listening to the priest, he has so much to tell us about Jesus's journey and how much he done for us to live in the world.

Jesus Christ is someone we know most about in all ancient historical figures, and how he came from a poor upbringing and he had such a memorable and horrific death known by everyone worldwide no matter what religion they believe in.

We find the most important information of Jesus and his life is in the Bible and any literature of early Christianity and more so in the Gospels.

Faith is so important to me and my family we believe in Heaven and also God, this means so much as we have lost a few of our family members and we get a lot of comfort in knowing we will see them again up in Heaven.

The church plays a big part on our lives being Catholic. I have been baptised and had my Communion done in the Chapel where the eyes of God watched over it.

In my opinion Jesus had a massive impact on everyone around him, as the gospels told us that large crowds followed Jesus around and even today large numbers of people still go to Chapel to worship him.



Orla Mcdonald

Growing in responsibilities

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Praying – I have been praying to God every morning every time before and after lunch time and night time before I go to my bed.

I would not be who I am without the guidance from my school.

Rameen Sumdani

Inspirational teachers

Growing up I've met many teachers and they have all inspired me. I can't quite decide between one teacher because they have all been inspirational in their own unique special ways.

Many teachers are a driving force behind a child's education. Teachers can have a positive and negative impact on a child's life and have the power to encourage and shape their young pupil's minds.

One of my teachers that springs to my mind is Miss Kearns. She made reading so much fun and engaging and that's how I've grown to love books. In our school teachers come up with creative ways to make us more interested in what we are doing, not every child learns the same way, nor are they interested in the same things. It is a difficult task to keep the attention of 33 students.

I would also like to mention my head teacher Mrs Maria McBride who every morning stands at the school door come rain or shine to help with any problems. Last but not least Mr McLaughlin who always cheers everyone up in hard situations. I would like to thank all my teachers in St Cadoc's.

I am looking forward to meeting more amazing teachers in years to come.



Paul MacKinnon

Why I pray

I pray because I believe if you pray enough Our Lord will like you. Thanks to the 1918 Education (Scotland) Act we have been able to practice our faith even more. Before 1918 we were not able to practice our religion as we do now because the places where we learn our religion (like a church or a school) did not have enough funds. Sometimes the families did not have any money to spare and the government did not fund religious institutions. Thanks to the Act we are now able to practise our religion better than we did then. I pray because it helps me become a Catholic and a participant in the church” activities like Children’s Liturgy or celebrating historical church events (like the day it opened). We pray because we love God, we depend on him, God commands us to pray, it allows us to resist temptation and it is necessary for people to invite God to act in salvation.

Overall we pray so we can become closer to God, Jesus and to all the other angels and saints up in Heaven with our Lord God. I pray because I know it is good for me and it is really nice to do something like this every day because it makes me feel happy, pleasant and good about myself. If everybody found time to pray it would probably make everyone’s day much better and if this happens everyone else will see them and hopefully this will encourage them to be happy and make them feel good about themselves as well. This would probably make God feel good as well.

Bilal Ali

Why I Pray

I pray to be closer to God and to build our relationship with God. We also pray because praying is important to God and accomplishes his work.

The 4 main types of things you say in prayer are:

- Adoration: Praising God
- To ask pardon: Asking for God’s forgiveness
- Asking: asking God for a favour
- Praise: showing God gratitude.

We pray to receive from God himself e.g. if you pray to God for help on your driving test he will give you luck if you deserve it.

We also pray when your friend ill for example then you say, “oh God let him/her be ok”.

Praying is also important because it is also a way to say thanks to God, for instance you get a new toy you say thanks to God for the money to get a new toy as others don’t even have a roof over their head or no food on the table and clothes on their back. You also have spiritual growth when you pray you will also build up your faith in God and his son Jesus Christ.

We need to look at prayer with deeper thoughts. Prayer isn’t just closing our eyes, folding our hands and speaking. Prayer is a much more meaningful part of religion. We all need to pray, God himself demands us to pray. Prayer is marked as an act of God.

One key reason to pray is because God has commanded us to pray several times in the bible.



Rosie Fraser

How to put your faith into action

By putting your faith into action you are growing closer to God. You can put your faith into action in many ways, here are some.

Say you really wanted to hang out with all of your friends but one friend couldn't make it, because of a family wedding. If you wanted to put your faith into action, then maybe you could go the next week with everyone. So that nobody felt left out. (It's always more fun with us all anyway)

The next thing that you could do to put your faith into action is to be supportive of others. If you and your friend entered into a running race and you are eliminated and your friend gets through to the final, instead of being in a bad mood because you were eliminated be happy for your friend and cheer her on and congratulate her, then maybe next year you could do the race again.

Another thing that you could do is to share. If you were reading a book and your sister wanted to read it too, maybe you could read the book together and have fun reading it, or you could read it after her. That way you are both getting a turn to read the book.

The last thing that you could do is to keep in contact with your family to keep them company, and so they know that you care about them, you can contact them in many ways; you can phone them and send messages or even send a letter.

The most important thing of all is to keep these things in your upper most thought, every day.

Samantha Howie

For my 300 word essay I choose the subject "Describe a Teacher that has cared for you and inspired you to be a better person." I choose the first teachers I ever had, my mum and dad, because every time I feel down they help me up, they look after me and care for me because God made us that way and everyone should be loved and cared for.

I have dyslexia. That means that I learn differently to others. I might need to get someone to explain something again, or read it out again. I also can't always finish my work, not because I'm lazy but I have to think about what the teacher said and sometimes I get upset and my mum or dad will explain it to me or, for a few nights, I would practice that topic so I'm not stressed or upset for the next day of school.

Sometimes I can't really remember who I am or what's my purpose and I know it sounds silly but my mum or dad will tell me positive things about myself and I will feel more confident and more positive about myself and my day and I will try harder in all my work and maybe even get a better score in my maths or spelling test.

I love how my mum and dad can cut time for me if I have something on my mind that's bothering me or stressing me out. They will never just leave me there stressing out and there's always a group hug waiting at home if I need one and always a positive smile at home.

My mum and dad are the first teachers I ever had and they inspire me to be happy and positive through the love they show me.



Sevqi Angela Kilit

How my teacher has cared for me and inspired me to become a better person

My primary seven teacher, Mr McLaughlin, is a fantastic person. During class he is always very engaging and he makes learning fun. He is consistently funny and his jokes are hilarious. He is a very talented person and even plays the bagpipes which has made me want to learn how to play an instrument. Mr McLaughlin is a cheerful, kind, organised and charming teacher.

Mr McLaughlin has cared for me by being proud of what I do. When I achieve something he is always there for me and his support has encouraged me to become more confident in myself. For example, I received the St Cadoc's achievement certificate as a sign of my progress under my teacher. As a result, my parents were very proud of my achievement and I was inspired to believe I could achieve even greater things.

Furthermore, reading interesting books like the Boy in the Striped Pyjamas in class and Mr McLaughlin's enthusiasm when it comes to reading, has encouraged me to become a keener reader at home and in school.

Mr McLaughlin has made me become a better person through helping me believe in myself. On parents night he told my parents that I needed to be a lot more confident so from that day I was determined to improve myself and my confidence. When I made a presentation about why we need maths, my teacher was very proud of me. He also let my parents know which boosted my confidence and determination. I will never forget Mr McLaughlin's enormous encouragement and also his terrific support throughout the whole year.

James Mowat

Growing in Responsibility

My name is James, I am 11 years old and I have been going to St Cadoc's Primary School for the last 7 years. It is a great school that has helped me grow in responsibility.

In Primary 4, we made our first communion and I decided to become an altar server. This has given me a position of responsibility in the church and school that I feel Jesus calls me to do. I wear the robes with responsibility and pride to show that I am helping the church and growing in responsibility when working as a team to help Monsignor and younger servers.

I have grown to serve with reverence and respect and this helps me to be a better person.

I go to the church's Junior Rosary Group at St Cadoc's every second week. I commit to try and go each time it is on and take a turn in leading the group. I learn about Jesus and his work and how to pray with my group of friends from school. It is not all hard work and we also have summer trips and Christmas parties at St Ninian's School.

Also going to confession helps me understand how I have sinned and ask for forgiveness and help not to sin again. This is a big part of my life and responsibility.

I learn from my mum and sister and I know that they have helped me and I have got a strong faith and responsibility. This year with my class I will make my confirmation, I will take on the responsibility that my Saint will want me to do in life. I have chosen St Charles Borromeo – a good, simple man that helped the less fortunate in life with their faith. I want to be like him in later life.



Sandy Paterson

Describe a teacher who has cared to you and inspired you to become a better person.

What is to be inspired?

The definition of 'Inspiration' is:

The process of being mentally stimulated to do or feel something, especially to do something creative. The quality of being inspired; a person that inspires.

My Primary 7 teacher is called Mr McLaughlin. I would say that he has inspired me more than any other teacher I have ever had. He knows how to bring the best out in me and makes me want to work harder than I ever have before. He isn't to be messed with either as he can just look at you with a stare and you know, you just know. You don't want to let him down either. Mr McLaughlin does have a brilliant sense of humour and encourages me and my class to work hard but still have fun. He encourages me and my class to work hard but still have fun. He encourages everyone to be a team and look out for each other.

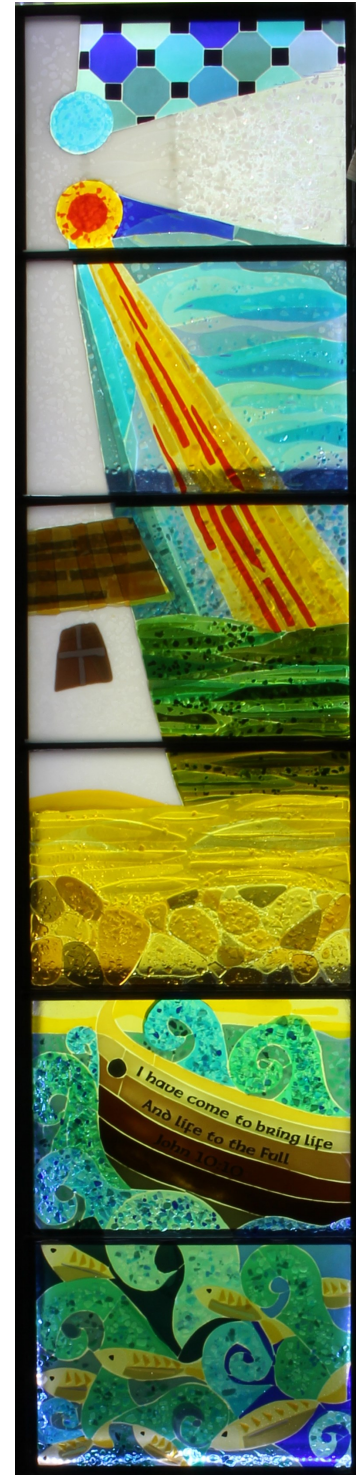
In the playground he has trusted me to be kinder to others and stay out of trouble. Because of this, I hate letting him down. He has helped me see good things in myself so that I can continue to make better choices in life.

Mr McLaughlin encourages me to work hard in everything I do, especially sport. He always asks how I played at the weekend when I return to school on a Monday morning. This makes me feel like he cares about me. He seems to know how to get the best out of everybody and treats everyone fairly. I think he would make a great football manager too.

He trusted me to help out people with low confidence and he made me feel good with myself helping out others who need it. I know I can try to be there for others now too. He has made me a better person by helping others if they do something wrong or if they need help with something. He has inspired me by always teaching me to do the right thing. Every day he encourages me to complete my work to the best of my ability and he always has something new to teach.

Whether your strength is in sport, Maths or English, it doesn't matter as he brings the best out in us all and that is why he inspires me to be the best that I can be.

Mr McLaughlin has had a big impact in P7 for me and I have enjoyed my last year at my primary school. I feel lucky to have had him this year and I hope he is proud of me.



Simona Heng

How I put my faith into action

I have tried to put my faith into action mostly every day, by praying and taking time to go to church. In these couple of months I have tried even harder to do more things on my faith, one thing that I particularly done that I will never forget and spent time on was my Pope Francis Faith Award.

During my Pope Francis Faith Award I believe I have become a better person and focussed on my faith more. By doing this I have donated more money to charity and spending my Sunday mornings going to mass. One thing that will always be in my heart was when I visited a care home and we gave them all presents. This experience in particular was one of the ones that made me think how lucky I was to have a family and a roof over my head and nowadays when I don't get something I want I always think back how lucky I am.

I think the visiting a care home experience has really impacted on me nowadays to such things as giving money to charity or even just the simplest things in life.

Later one in the year I am planning to hold a massive cake sale, and all the money I earn I am planning to give to SCIAF.

These couple of months I have worked and paid loads more attention to my faith. I think everyone should try putting their faith into action more often even the simplest things count in life you don't have to give to charity or anything, even praying more often is p putting your faith into action.

Yusuf Durani

How I put my faith into action

Over the last seven years I have expressed my pride in religious education by putting my faith into action. As I am a Muslim I will focus on how I put Islam into practice in my daily life.

To become closer to God, Muslims pray five times a day. Presently I am only managing three times a day but I hope with time to be able to complete the five daily prayers. While I pray I concentrate and ignore all the distractions around me (if there are any). I make sure that I am saying the right things and not messing about. My parents encourage me to pray and I do it. This can also help my brother and sister if they see me pray and they start praying too.

Every Sunday I have a teacher coming to my house to help me learn and read the Quran, the Muslim Holy Book. I have made progress in my Quran reading and I look forward to completing the reading of the Quran. My teacher is very good, he shows me the mistakes I am making and encourages me to do better. The Quran is written and read in Arabic so to help me understand it, my teacher encourages me to read the English translation and write tis in my own words.

Finally, another important part of my faith that I have been doing is giving to charity. My family gives a lot to charity and I have been giving a lot of my birthday money to it. Recently we have put toys and old clothes in bags and gave them in to charity shops. I felt really happy when I did this.

I am proud to be a Muslim and enjoy learning how to put my faith into practice.



Zain Ibrahim

I am writing about my teacher, Mr Burns who every morning says a prayer with us and tells us to pray too.

He inspires us to become better people and more religious people. He took us to a special church activity even though we were the only class going. He cares for us when we do something wrong or when we are going through a hard time. He always tells us to be kind to others and to go to confession when we have sinned and to go to mass on Sundays if we have time. He does not just tell us to be holy he also tells us to respect one another. He has inspired me, and probably everybody, to be a better person. I try to be like Mr Burns as he is very kind and helpful to everyone around him. He inspires me to try hard even if he does not express it with words. Like when I do good artwork and I show him he always gives me a thumbs up or a helpful sign.

When I had parents evening at the end Mr Burns patted me on the back to show I try hard which made me want to work harder.

All in all I think Mr Burns is one of the most friendliest teachers in the world who will always make you feel better and work with you. Any child who gets Mr Burns as a teacher will surely flourish so I am very grateful to have Mr Burns as my teacher.

Zayan Amanat

During my daily life several things occur but regarding these being in my mind I never forget the purpose of praying to my God. Praying is basically the main thing that I do if I either am in need of something, or if I am in stress because of something that may be causing trouble to me. Whether it is in the morning, when I wake up, in the afternoon, when coming back from school or the evening before I go to bed.

Praying is an extremely necessary thing; as if anybody needed anything they would start praying. In my religion praying is an obligatory thing and I also pray quite often, therefore some of my worries are over and done with, and I can go back to other things which I enjoy doing throughout the course of the whole day. I also pray because many virtues are written for the people who pray. When anything starts to trouble me, or if I am in need of anything, then I will start to pray and ask my God for many different things.

Praying is one of the main fundamentals in my religion. Hence, that is one of the most essential reasons why I do it. Sometimes I even enjoy praying as it gives me a really good connection with God and makes it much easier for me to pray to God without any little hesitations, without any worry or without any slight concerns. Also I pray to my God to receive some moral support, as, if I am ever in need of moral support, then I will automatically begin to feel like being in the company of God, and start to pray to him for support and guidance.



SAINT JOSEPH'S PRIMARY SCHOOL



Serafina Green

The motto of Saint Ninian's is 'Floreat Juventus' which means 'Let Youth Flourish'. How has your Catholic education helped you to flourish.

The motto of Saint Ninian's is 'Let Youth Flourish', and I can honestly say that that is exactly what happened to me in countless ways as soon as I joined Saint Joseph's. I will be discussing those many ways in this essay, including helping me learn more about my Faith, making me a better role model and helping me to become a more active member in my Parish community.

When I joined Saint Joseph's in primary 6, I had not done my Holy Communion yet, or even been to Confession, but the teachers helped me to understand all of this. I learned how to receive Communion, how to go to Confession, and why we do all these things in less than a month, which I am so thankful for, as I know they would not do this in a non-religious school. I am now preparing for my confirmation in April, and I already have a lot more knowledge on it than I would ever in my old school.

Being in a Catholic school has also helped me to become an active member of my Parish. I now attend Mass far more regularly than I used to. I am also beginning to understand all of the prayers and why you say them, which I did not know before I came to Saint Joseph's, and they were just meaningless to me. This has all happened because I have been learning more and more about my Faith in RE, which has made my relationship with God much stronger.

I have noticed that since I joined Saint Joseph's, my behaviour in and out of school has improved drastically, and I have been listening in class much more than I used to. Everybody seems far more relaxed, and all of my classmates talk much less in lessons than they did at my old school. All of the amazing teachers are also a lot more understanding and help you to make your Faith stronger.

Throughout my Catholic education I have been given the opportunity to do the Pope Francis Faith Award, which has helped me recognise the gifts of the Lord and when I am using them. Doing the Pope Francis Faith Award has also made a huge impact on my writing skills, as I am much better at writing reflections than I was before. None of this would have happened if I had stayed at my old school, which is why it is so important to have Catholic education, not just in Scotland but across the whole world.

I am so grateful that I go to a Catholic school, as it has helped me in so many ways that I couldn't possibly have listed them all! All these things have helped me to flourish, not just in my school work, but as a person, and I am so thankful for Catholic education. One day I hope that there will be Catholic schools all across the globe, as it really helps you in ways a non-religious school can't. I am overjoyed that I was given all of these wonderful opportunities and I just can't wait for the ones I will get in Saint Ninian's.



Hannah Boyle

Centenary of Catholic Education in Scotland

Today I am going to be writing an essay about my faith and why I pray. Going to a Catholic School has allowed me to appreciate the world God has given me and I thank him by praying every day. I pray at school in the morning and afternoon but I also pray at home before I go to bed. I say thank you for the day and ask him to help me for the next day. In this essay I will discuss three main reasons for prayer.

Firstly I will discuss why I pray. I pray to say thank you. Whenever I pray I always say thank you for the world he has given us and really try to appreciate how much he has helped me with. I always try to look after the world and I remember to just say a little thank you inside. Saying thank you makes me feel better inside because I am caring for the environment. I also say thank you for God helping me that day. He helps make the right decision and helps me look after the world by helping me to make a lot of good choices like not littering, planting and a lot more. I say thank you for the food I am lucky to have because I know some people don't get any food during the day. I pray to say thank you every day because I know how lucky I am.

Secondly I will discuss why I pray to say sorry. I pray to say sorry because whenever I do something wrong I know God will forgive me. I try to be like St Bernadette because she is my confirmation Saint and she was very kind and also prayed to say sorry. I try to be kind like her but sometimes I just need to stop and say sorry because I know he will always forgive me for whatever I have done. I pray to say sorry because I can't always go to confession so this is my way of saying sorry. I say sorry if I have done or said something. I try to pray whenever I have time.

Lastly I pray to ask for help. I pray to ask for help because I feel it makes me stronger and I am more confident. I try to ask for help whenever I need it because it really helps me to get the task done because I know he is beside me and will help me through the day. I ask him to help me work hard at school and dancing. I don't just tell him to help me I ask him to make me stronger and a better person throughout my life.

All around I have really enjoyed being in a Catholic School because of all the opportunities to pray. I will always pray to say thank you, sorry and also ask for help. I will always continue to pray.



Aimee Dalton

Centenary of Catholic Education in Scotland

Today I'm talking about why I pray. There are many reasons for why I pray but today I'll be focussing on the most important three. These are, for comfort or relief from the outside world, to talk to God and say sorry or thank you and to talk to the people I have lost. I'll go into more detail in each paragraph.

As I look back upon the last few years, I realise that I've prayed more at home than in school or church. This is because I like peace to speak to God. I love praying with everyone at church in silence and with no distractions. I connect with God more deeply. It's helped me emotionally, spiritually and academically.

If I feel I've done something and I haven't had the chance to talk to God and say sorry and then he hasn't had the chance to forgive me, then I don't focus on my work, and I don't do well academically. But on the other hand if I have and I have talked to God and he has forgiven me then I can focus on my work, do well, even improve academically.

During prayer I like to talk to people I've lost. It makes me better about their passing and lets me feel their presence they are: my cat Molly and my papa Jim and he's got a bench near my grans house. To show respect, me and my cousin clean it and then we pray together and it makes me feel amazing to speak to my family and friends who have passed because even though they can't reply I can still feel their presence wherever I go.

In conclusion I've many reasons for why I pray and thank you for giving me this opportunity.

James Dalton

I am reflecting on my time in a primary school. I will be writing about why it's important for me to learn about Jesus and the church. I will be discussing about how faith impacts me differently to everybody else.

I have been given lots of opportunities in my school to grow and develop my skills. I realise I get a lot of help to achieve what I want to do in later life. I think this is because I have teachers that are devoted to their faith and they see me as one of god's children and try to make me the best version of myself. I know I have a long way to go to achieve this, but I think by the time I leave St Ninian's I will be the best person I can be.

So far in RE we have made little comics to read to our buddies. I liked this because I like to draw and help by buddie. I think this is a good way to let younger kids learn about Jesus. I learned by reading the bible and doing as I was told to do to please God. I also learned by being a good monitor to my class by making sure they're in their seats and not taking other people's lunches I also look after my buddie and making sure they're ok and not injured, bullied or hurt in any way.

I always thought a lot about St Ninian's when we get told we were going to visit the school I didn't know if it was big or it was small or if a boy like me could fit in but after the visits I now know it's the best school for a boy like me.

I try my best every day to be like Jesus to be a good person and to help anyone who needs help.



Luke Dunseath

Why I pray

Catholic Education has taught me so much about my faith and has taught me why you should pray. It has helped share my thoughts with God and I know I will always have someone to talk to if I am sad or to just say thanks for something e.g. food and talents. In this essay I will tell you three reasons why I pray and how it has changed me for the better.

The first reason is if I am sad I can always talk to God because no matter what he will always listen to whatever you want to say to him. This reassured me of the kindness I will always have from someone and he can always give me good advice on what to do in that position.

The second reason is the Pope Francis Faith Award (PFFA) has a lot in it about praying. I am happy that I go to a catholic school to actually learn all of the prayers and when you should use them because the prayers act as a lifeguard in my life to help me get through a situation that is hard.

The final reason is that if I achieve something in my life I know who gave me that talent so I can always thank him through a prayer for what he has given me. I also thank him every day for the food he gives me by saying a prayer before and after meals. This made me have manners and actually makes me feel good when I talk to God. I learned this in school and I had taken it home to teach my mum and dad.

In conclusion I am going to continue to pray and find more ways to pray. I will take all I have learned to high school so I don't forget it and I will still have someone to turn to if I am sad.

Neve McGlashan

Centenary of Catholic Education in Scotland

Today I am writing this essay because I am reflecting on what I have become going to a Catholic School and how I have come closer to God and my church.

Going to a Catholic School has allowed me to thank God to ask for help and say sorry for what I have done wrong and I can do this more because of the Catholic School I go to and my faith belief and who I am.

I pray to thank God for my family, friends and home. I thank because some people don't have lots of things such as home or shelter and I am just grateful to have a loving family and kind caring friend. Every pray I end I thank him for what he's done for me before.

I pray to ask God for help for when someone dies I ask to help me stay strong and my family to stay strong or when I'm reading to a big crowd I ask to help me to not mess up. Once I ask God to help me I say thank you for what he's done in the past for me because I'm grateful that he's a part of my life and there to help me in my life.

I pray when I'm, sorry for when I moaned or shouted at my parents or when I hit my brother or shouted at them. I always pray to God after my decisions and I apologise to God. Then I will go to whoever I moaned or shouted at and I say sorry because I think it's the right decision and I also regret doing what I don. I always know once I say sorry to God he will always forgive me.



Aidan Docherty

I have chosen to write about how I put my faith into action. Catholic education has helped me put my faith into action in many different ways, as I am going to discuss in this essay.

One of the things that I have done to put my faith into action is participating in the PFFA. I have been helping in mass by volunteering to do welcoming. This has helped me get more involved in my Parish. At home I have been helping my parents around the house. For example, I have been helping them unpack the shopping. This benefits my parents because they don't have to be doing all of the things around the house. I have also been offering to do the recycling. I felt like I was helping the environment when doing this. During the Christmas holidays I used my own money to buy someone who doesn't have the things I have a gift from the advent giving tree. This made me appreciate all of the things I have. At the start of P7 I got a buddy. His name was Luke. I put my faith into action by showing Luke around the school and helping him with anything he was unsure about. I felt like god was happy with me because I was helping someone younger than me. I have also been doing simple things like going to church and praying before I go to bed, by doing so, I have become closer to God and my faith.

Looking back, I realise how lucky I am to get these opportunities like the Pope Francis Faith Award. I really don't know where I would be without a Catholic school and without God by my side. This is how I put my faith into action and how it has helped me.

Alex Watson

I have developed my faith loads over the past few years and I am going to write about what impact going to a Catholic school has had on my life.

I am going to show how I put my faith into action over these past few years. When I did welcoming at mass a couple of times it really made me think about how important it is for me to be active in my faith and parish.

I got the opportunity to do that because I go to a Catholic school. I also did a reading at a school mass in the gym hall. The impact this had was giving me more confidence to talk in front of large crowds of people. I can develop this skill even more if I get an opportunity something like this again in the future.

The final thing I am going to reflect back on is having the opportunity to do the Pope Francis Faith Award (PFFA). It gives me motivation to be more like Jesus in my daily life and complete all the gifts. I got the chance to do welcoming because of the Pope Francis Faith Award. It gave me so many opportunities to build on my faith. The Pope Francis Award has helped me to become stronger in my faith more than anything else in my life. It is definitely the best opportunity I have been given in this school by far.

Going to a Catholic school is an amazing opportunity to put your faith into action and I have enjoyed every bit of Saint Joseph's from primary 1 all the way up to primary 7. I will never forget the great impact going to Saint Joseph's has had on my life



Amelia Mackenzie

Why I pray

Catholic Education has helped me come closer to God through prayer. We pray in the morning, before lunch, after lunch and before we go home. This has reflected into my life out of school. I pray in the morning and at night now, it helps me appreciate the things God has given me when I am around them.

On Thursday afternoons after French we do PFFA. PFFA stands for Pope Francis Faith Award, the PFFA is like a check list/diary to tick off things you should be doing as a Catholic, you can also write down how you've been doing them at home, at school and when you are at church. This also includes the seven holy gifts, we use them to tell us how God wants us to live our lives for example in the first paragraph I was talking about how prayer helps me appreciate what God has given us and through saying that I was using the gift Fear of the Lord. We also have a Sanctuary Space on in the library on Thursday lunch times where you can write a prayer or you can just sit and relax or pray to God about anything you want.

The reason I enjoy being at a Catholic school is because I always feel closer to God and when I pray in school I feel very happy and comfortable.

Andrew Murdoch

Whilst I am continuing to evaporate and transform into high school material. I have been thinking about how lucky I am to be in a Catholic school.

As I reflect I also pray a lot. It may not seem that important but it is so respectful to say thanks to Jesus and God for all they have done.

Praying is a way of reflecting on what you have done. As I pray I reflect. It's easy you can reflect on something that you did at school, home or parish and you can reflect on every gift of the Holy Spirit. You can't call yourself a Catholic unless you pray and believe in God. This is why I am lucky to be in a Catholic school. I really want to develop and be a changed person before Pope Francis finishes and especially before the Caritas Award starts. Going to a Catholic school has allowed me to appreciate what everyone has done for me.

There are many great qualities to being a Catholic such as being able to pray four times a day in public or getting to do PFFA. It is such a good opportunity to do stuff for everyone around you. The Pope Francis Faith Award is a great way to pray and do loads of fun stuff.

Wow over already. After writing this passage it has made me reflect on all the things I have done, make sure if you are a Catholic, I suggest going to a Catholic school and doing PFFA.



Anna Torrance

How has your catholic education helped you to flourish?

Catholic education has helped me flourish in many ways at my time at St Joseph's.

In this essay I will be telling you the many ways in which being in a catholic school has helped me to flourish in my faith.

At St Joseph's, faith is a big part of our school. We have Mass during Advent and Lent and as a whole school we go to Mass on special occasions. This helps me to grow in my faith as I get to help out by reading, participating in the offertory and giving out tea and coffee.

In P6 and P7 everyone gets the opportunity to take part in the Pope Francis Faith Award (PFFA), which is a faith award where you undertake certain Faith actions, which show that you have used each of the Gifts of the Holy Spirit. For example, this year I have used the gift of piety by welcoming the parishioners into mass. I have used the gift of knowledge by sharing some of my special interest with my friends. Through participating in this award I have grown in my faith and become more independent.

A saying in our school is "treat people the way you wish to be treated". I think this is true because if everyone did this, our world would be more peaceful. I can flourish in my faith by treating people kindly and being like Jesus.

I have thoroughly enjoyed being part of a catholic primary school. It has really helped me to grow in my faith, be more like Jesus and learn more about God.

Ava Wallace

Since P1, I've been lucky enough to go to a Catholic school. It's presented me with opportunities to pray four times a day and learn more about my faith each week. People say praying is speaking to God but to me it's more than that. Recently, I've reflected on my faith very often and the same question always circles my mind; why do I pray?

In school we're prepared for three Sacraments: Confession, Communion and Confirmation. Each time I receive a Sacrament, it has brought me closer to God. In preparation, we learned more about God, the Church and the Gifts of the Holy Spirit. These influence the way I think, speak and act. I've changed as a person since I was taught about them in the PFFA.

Praying helps me focus my mind and it motivates me to work harder. I'm lucky because I can reflect on how I've worked acted and spoken, in school.

We're learning new hymns for our Confirmation. I enjoy this form of prayer because it's really joyful. We also get the chance to meditate. When I'm stressed this relaxes me and I'm grateful to our school for providing us with these opportunities. Throughout the years we have learned many prayers that are to thank or ask something of God. I use these at home and it brings me closer to Him.

In conclusion, my prayers and closeness to God are thanks to my catholic education. I pray when I need God but also to thank God. Now I have my answer; I pray when God calls me to.

I think the Centenary of Catholic education should be celebrated by everyone.



Belinda Demspey

Why is it important for us to learn about Jesus and the Church?

Through my short time at a Catholic Education school, I have already noticed positive changes between them and my other school. I feel it is a lot better by offering more experience on Catholic religion. One of the main things I have noticed is the behaviour of everyone around me.

Anyone else could tell you that all schools are the same but to actually go to a school and notice the behaviour is to really see what catholic education is all about. Coming from the eyes of a student, I can say that I love how everyone seems more relaxed and open around one another. It makes you feel like you really matter and you can make the world a better place with one another. Compared to my other school it has phenomenal effects on the students and even though I have moved from a small class to a bigger one it feels like the teachers really get to know you and guide you through your faith. I feel like all this is down to 1. fabulous teachers and 2. The religious studies on Jesus and God as it helps students to understand in a beautiful way what being Christian is all about and how your religious life affects your everyday living.

So that is why Catholic schools matter and why I believe having Catholic schools in our school community matters.

Ben O'Donnell

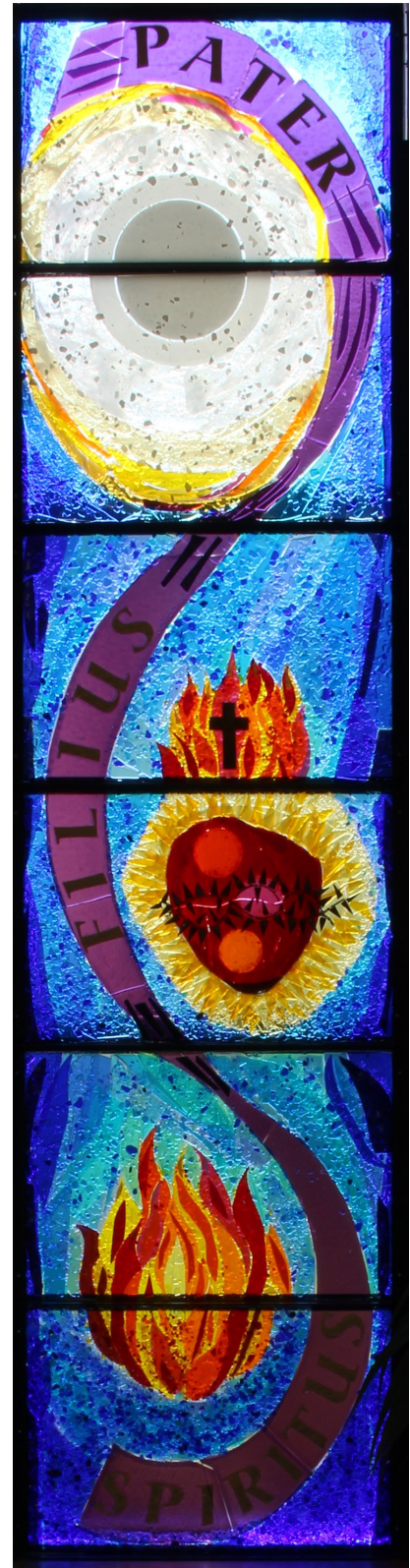
Why I pray

Throughout my faith journey in a Catholic school I have developed an understanding of why I should pray. I pray for the people who are sick and peoples loved ones who have passed away.

I pray for the unfortunate people with no shelter or living in bad weather and are starving because they have no food or no drinks and the floor to lay on.

I pray for the kids who are not as fortunate as we are and drinking dirty water and getting diseases with the stuff they are eating and drinking. The kids with bad life style who are homeless and having to work at a young age.

Throughout my time in a Catholic Primary school they have taught me how to pray and taught us how to be a better Catholic and more about the Catholic faith.



Bethany Patterson

In this essay I will be discussing when I put my faith into action. I will be telling you the 3 main reasons for what I do to put my faith into action.

I put my faith into action by being kind to others. I try to see when my friends or family are sad I try to see if they are ok and if they need a hug. I will use this in the future and teach others to be kind the way that I have been taught by the teachers at my school.

I also put my faith into action by helping others. I help others by looking out for them when they need help and I use wisdom when my family need help. I will be wise and do it without them having to ask me to do it. I try to help others out as much as I can.

I put my faith into action by praying. I pray at school and at home. I thank God for making the Earth and I appreciate all the food and shelter that I have. I pray at school also to thank God for the food and the people that have made the food and how lucky I am to have an education.

In the end I am proud to be in a Roman Catholic School. I am lucky to be taught about God and about Jesus and I hope that I can tell others about my faith. I hope that St Joseph's continues to teach others as well as they taught me.

Catherine King

My Catholic education is important to me because it has helped me to flourish in ways I can't even imagine. In this essay, I will give you an example of some of them such as, how it has helped me to develop my confidence and how my spiritual life has grown.

I put my faith into action in many ways, for example, by preparing a prayer service for the P1 and P2's. I made sure that they listened well and paid attention. This helped me to feel more responsible about working with younger children. Also, in October, me and a few other girls were in a Rosary group. I feel that doing this has made my confidence and my knowledge about the Lord grow. I try to do these things every day and help other people to try to do this as well. I also think I put my faith into action by telling others about the word of the Lord.

Another way I have put my faith into action is, I serve on the altar every week and I help charities and people that are raising money for something, by going to the coffee mornings and putting money in the baskets at church. Doing these things has made me respect my family, friends, nature and everything around me a lot more than I used to.

I will bring my confidence, my kindness and my faith with me to High School. I learned that the word of the Lord is more important than luxuries in life. I think that being at a Catholic school has given me the opportunity to demonstrate and develop my faith. I always make sure to treat others as I wish to be treated. Make Youth Flourish!



Covadonga Varon

Going to a Catholic school has allowed me to be more involved in my faith. I do things that I wouldn't do if I was in a non-Catholic school. I pray, I can volunteer to do offertory and welcoming. In this essay I am going to write why it's important for me to pray.

The first reason why I pray is to say thank you to God for the things I have I say a grace before meals and after meals to say thank you for my lunch. I say thank you for my family and friends, for having an education, a shelter, water and food. I say thank you because I have so many things that lots of kids my age don't have.

I also pray when I want to say sorry for doing something wrong. If I lie to my mum or dad, if I get into a fight with my sister, mum, dad or friend. When I don't want to play with my younger sister. I say sorry to God when I don't go to mass on a Sunday. I do this just before I go to sleep and at mass.

One of the other things I pray for is to ask God to help me. If I am struggling with something I pray to God to help me. If I am worried I know that he is going to help. I try to do something to be a better person. He will help me back. Praying to him makes me calmer and I know that he will always be there to help me.

Overall I am really glad that I go to a catholic school and to have the faith I have so I have someone to help and to talk to God.

Daniel Walker

Going to a catholic school has allowed me to appreciate the amount of time you get to pray to God to say thank you and to ask him to bless people who are less fortunate than me. I am writing this essay to reflect on how many opportunities this catholic school gives me to show my faith in God.

I feel like going to a catholic school has given me a habit of praying every day of my life. When I pray I feel it calms me down. I pray to God to say sorry for all the things I've done wrong and to ask if he can forgive me.

Going to a catholic school has shown me how to show others my catholic faith and that when you pray to say sorry for everything you've done wrong, you can be rewarded by God forgiving you but not only do I pray to say sorry, I also pray to say thank you for the things I have. I also like going to a catholic school because I get to learn about other religions too like Islam, Judaism, Buddhism and Sikhism. I also got the chance to look after two buddies in P1 and I feel if I wasn't in a catholic school I wouldn't have got that opportunity.

I feel that if I didn't go to a catholic school I wouldn't be the same person I am now. Praying makes me happy because if I'm saying sorry to God I know he will forgive me.



Declan Rooney

Why I pray

Going to a Catholic school has allowed me to appreciate taking time and realising how lucky I am. Every day I get the chance to pray four times a day. This is very important to me because I want to have a good connection with God. In this essay I will be talking about why I pray and how it is important to me. Being a better person will have an impact on my life.

I pray because if I make a mistake, I can pray to God and say sorry. Saying sorry to God can clear your soul and have no marks on it. Doing this can improve your attitude and make you a better person. This has had an impact on me because I know that if I make a mistake then I can pray and say sorry.

Whenever I am thankful for something I pray to God and thank him for everything. Saying thank you improves my faith and my relationship with God.

Praying to God is important when you are a Catholic because you always need to practise your faith and have a close relationship with God. Most of the time I get on with my brother but sometimes we get in an argument. If my brother was to get in an argument then by my gift of knowledge I can calm them both down and tell them to stop fighting.

Although there are many reasons I pray these are the main. I hope that I can continue to do this when I move up to high school and stay close to God.

Ella McHugh

Catholic education has helped me flourish in many different ways. I have been given a variety of opportunities to help other people and my Parish community, for example, I have done welcoming and bidding prayers at mass, I have helped my sister during her preparation of Reconciliation and will help her during her First Communion. I will expand on these more throughout the essay.

In primary 6 I was given the opportunity to do Pope Francis Faith Award (PFFA). Through PFFA, I have been given so many opportunities, like welcoming. I know if I had been dragged out of bed on a Sunday morning to go to mass, it would put a spring in my step to see school children volunteering to welcome me to mass. Through going to a catholic school, it has made me more responsible and confident by welcoming. It has made me flourish in faith, responsibility and confidence and if your welcoming with your friends or not as long as you're doing the job properly.

My sister recently made her first Reconciliation and she was very nervous about it. As I made my first Reconciliation a few years before, I know how she felt. I acted as the priest and she practiced repeatedly. When she went up to say it to the actual priest, I felt proud of her that I had helped her prepare. It was giving me the experience to teach others about the Catholic faith.

Looking back and writing about my feeling, I realise how much I have flourish and the things I have done since I have been at a Catholic school. I have helped my friends, family and parish as I have been flourishing.



Ellen Leahy-Kelly

I'm a Catholic. That does not mean I have to pray. I go to church every week. Still that doesn't mean I should pray. Yet I do. Praying gives me strength when I need it, courage when I need it and help when I need it. So that's why I pray.

Going to a Catholic school has allowed me to pray daily and thank God for everything I have. It also gives me 5 minutes each day to apologise to God for things I have done that I'm sorry for. In this essay, I would like to reflect on a few of the reasons I pray.

A reason I pray is to appreciate what I have and what I'm thankful for. I enjoy praying because it helps me to acknowledge how lucky I am.

I also pray because I want to ask for forgiveness for my sins. When I'm feeling sorry for something I've done wrong I know I can always go to confession and say a prayer to be forgiven.

Another reason I pray is to ask for help. When I am worried or anxious for a test or competition I will say a prayer the night before and it will make me feel slightly more relaxed.

In conclusion, after writing this essay I now feel like praying is a very big part of being in a Catholic school. From now on I will try to put more thought and reflection into what I'm saying. On whole praying is very important to me.

Ellis McInnis Sweeney

Why I Pray

In this essay I will be writing about my time in a catholic school and why I pray. Even though I didn't go to a catholic school until this year. I would have chosen to go to a catholic school because I can reflect on how I live my life during RE time and pray and learn about God. I prefer being in the catholic school because I pray four times a day, morning, before lunch, after lunch and at the end of the day. This helps me be thankful for my day and for my food.

I pray as I am thankful because I have more than some people have. Homeless people have no homes, no money, no family to help them in their time of need, also no water and no food. Orphans don't have parents; they have to work for their food now we thankfully don't have to. I pray to God to help them.

I have learnt about God, I have learnt to be thankful, because some people haven't got homes, families, food and water and I have. I am sorrowful for the times I have been ungrateful, for what I have in my life and sorrowful for my sins. I have learnt to pray for myself and others and be grateful for my life.



Fintan McLaughlin

The motto of Saint Ninian's is "Floreat Juventus" which means "Let Youth Flourish". How has your Catholic education helped you to flourish?

Catholic education has helped me flourish in a variety of ways, for example, it helped me to be more confident in my faith and take more interest in my faith. It helped me to flourish by teaching me the way of Jesus and by being more like Jesus I have developed in my faith.

Catholic schools teach us the importance of being kind and considerate because this is how Jesus lived his life. For example, at the wedding feast of Cana they ran out of wine and Mary asked Jesus if he could change the water to wine, even though he didn't want to he agreed because his mother asked him to.

My teachers at St Joseph's, as well as maths, language etc., have always stressed the importance of living a good life and following the path of God. In doing this they helped me flourish and grow as a pupil and I am grateful I got the chance to attend St Joseph's primary.

For my Pope Francis Faith Award I volunteered to do welcoming for the Church. I had to stand at the front of the church and welcome everyone that came. This helped me flourish because I learned more about my faith and it made me more confident in my knowledge of God.

Catholic schools have let me freely flourish and taught me the ways of Jesus. In the future my aim is to be more and more like Jesus and I know I can achieve that.

Fraser MacIntosh

Today I am writing this essay about when I pray. When I pray it is not something that you mumble without thinking, it is talking to God. It is a very special and sacred time. Praying is our way of thanking God for everything that he has done. Praying is also for thanking God for us having food, while others may have no food and shall go hungry.

If I were to compare my time in a Catholic school with my time in a non-denominational school, I would say that there is a lot of differences. Of course, we did not pray even though I was a Catholic. People pray for lots of reasons. One of them is that you pray to God to reflect upon your mistakes. No one is perfect so that will help us talk to God like he is always there for us.

Thanking God is a big part of the Catholic Community, especially before and after taking food. It is always part of a catholic religion to pray before and after eating. It is for thanking those who prepared it. And those who have nothing to eat. We are thanking God that we are lucky for having something to eat.

Upon looking back I have prayed a lot. Praying is sort of for thanking God by telling about how you admire his wonderful creations. God has made this entire world for us so we might thank him for it. He didn't have to make this but he did, that deserves thanks.

As this comes to an end. I am reflecting on this essay, this has really made me think. I have thought more about praying while doing this. I hope this has been as educational to you as it has to me. This will hopefully help lots of others.



Gillen Anderson

Upon looking back I have come to appreciate about learning about God and his wisdom. Through my catholic education I have learnt about my faith and how to put it into action. In my essay I will tell you how I put my faith into action.

I used to work in a charity shop and I made a box for cancer to make it better and to make it curable, that's how I put my faith into action. I have gone round with the box round the neighbourhood. I got a few pennies in my box, it is quite heavy, I don't know how much money is in it but it's really big and it's half way up the box. We are doing this 5k run round Bellahouston Park, it's for the Prince and Princes of Wales Hospice to build a new hospice in Bellahouston Park, it's bigger and better.

I have learnt to be nice throughout my years and until I die. I have put my faith into action by doing nice things like helping my friends up or when they need help.

Hannah Barrett

Describe a teacher who has cared for you and inspired you to become a better person

Throughout my years being in catholic schools, I have been getting Catholic education from both England and Scotland. This means this celebration of Catholic education is very important to me. It shows my faith as a Catholic is growing stronger as the years go by and there is one teacher who has inspired by faith.

This all started when I was born in England. I am originally from Newcastle Upon Tyne, but my education really made an impact on me when I moved to Ormskirk near Liverpool. I went to a school called St Ann's and made a few friends. I had great teachers all around me, but the one that stood out the most was a teacher called Mr Knowles. He was a laugh, but he was also quite stern and he was very faithful to God. He inspired me to pray and he was very interesting. He taught us everything about God at a young age. Then I moved away and it broke my heart, but Scotland and my Catholic education here is great all the same.

When I moved to Scotland I was 8 years old. I live in Eaglesham and I love it here. I go to a school called St Joseph's Primary, where I am now about to leave. I have a teacher called Miss Quinn. She is lovely, she has been talking to us about the Pope Francis Faith Award and helping us finish off our journals, as we have already started the journals in Primary 6. Also, Miss Maguire has impacted me when we are doing R.E. This has made me understand my Catholic education more and really helped me to be more faithful in all I think, do and say.

As I conclude this essay I think about my faith and how Mr Knowles, Miss Quinn, Miss Maguire and other teachers have helped me flourish in their own special ways. They have watched me grow and learn and I am grateful for all the things they have done for me.



Harry Bowman

How I put my faith into action

During my catholic education I have developed my faith more. Since I started school I have put my faith into action in a variety of ways. For example, doing the Pope Francis Faith Award and also doing a reading at Mass.

At the start of Primary 7 I started the Pope Francis Faith Award and I did welcoming at my Parish and it made me feel really responsible. Doing this has made me more independent when going to church.

During Primary 7 my Parish Priest Father Jim was retiring and I did a reading at the Mass. I felt really proud because I was chosen to do something very important in my church. Now looking back I realise that I didn't know much about Father Jim but maybe when doing the reading I found out how much he did in St Joseph's church.

I feel lucky that I go to a catholic school because of all the opportunities I get. When I move up to St Ninian's I will aim to go to morning Mass every day it is on.

Isla McCafferty

How has your Catholic Education helped you to flourish?

Catholic Education has helped me flourish in many different ways and in this essay I will be discussing a few of them. For example, I have helped younger people grow in their faith, helped out at mass and followed God by trying to be more like him.

One example of a time Catholic Education helped me to flourish in my faith is when I wrote a story about God's creations to read to my buddy in primary 1. I ended up reading mine to my friend's buddies as well, so it could give them a better understanding of God's creations.

During the time I have been in a Catholic School I have learned the gifts for example Knowledge, Piety, Wisdom, Fortitude, Fear of the Lord, Counsel and understanding, throughout the years gifts have helped me to become more like God. I have tried to use these in my life. For example when I go to mass every Sunday I sometimes do welcoming and sometimes offertory as part of Pope Francis Faith Award, this has helped me to be more involved in my Parish Community.

Overall I have been very involved in my Catholic School. It has helped me evolve in my faith and learn how to be a better person. Since primary 1 Catholic Education has helped me flourish and it will continue to throughout my life.



Jack Cole-Addie

Today I am writing an essay about why I pray and reflect. I pray and reflect to thank God for all the things I have like my friends. I have learned that there is a lot of responsibility for Catholics because we are to do what God wants us to do and we need to do the right things. When I pray I thank God for all the things I have like my family. Thanking God can bring you closer to Him in a spiritual way.

When I pray I don't just say thank you I also say sorry for my wrongs. Saying sorry for my wrongs takes away my sins and makes me a better person. The God has forgiven me for my wrongs and I am now closer to God. It is important to say sorry because it makes you think how lucky you are that you have what you have.

The last reason I pray is to ask for help while I am going through my faith journey and for Him to protect me and my family. I ask him to help me be a better and stronger person. I ask him to protect me when I sleep and for Him to keep my family safe.

My conclusion is I want St Joseph to protect my family through the tough times. I also am asking him to help me while I am doing my faith award. Now I am going to take this to my teen stage and my adult stage of life.

Jed Daly

In St Joseph's we have learned a lot and grown in our faith higher than the clouds and flourished in religious information and think that this type of teaching is the best in catholic schools.

In our catholic school we are persuaded and guided in the way of God. This happens through many things like the Pope Francis Faith Award and the buddying system.

In the PFFA we have learned about the gifts of the Holy Spirit and have been given a bunch of great opportunities with helping the church and volunteer work. Through this we learn life changing lessons and how to enjoy the simple things in life like a walk to the park.

In school we learn all the different prayers and why they're important and it has really shown me how important it is to pray and talk to God and how we should centre God in our lives.

By going to a Catholic school, we are taught to follow God, which helps us flourish as individuals. A Catholic is one of the best types of schools and I love being in one.

Christopher James

As I reflect I have noticed that I am very close to God and Jesus because I go to a Catholic school and get opportunities for prayer.

I pray because I want to talk to God either to say thank you, sorry or I would ask for help. Praying also helps me to stay calm and I don't get stressed, it gives me time to think of what god has done for me. I am grateful that I am alive and my family are very kind to me. Going to a Catholic school I have been shown skill during prayer.

In conclusion I am very thankful for all God has done for me and helped me throughout my life and given me a lot of opportunities to show my faith.



Jessica Blackmore

Throughout my Catholic education I have learned the responsibilities of being part of a Catholic school and being part of my Parish community. In the past two years I have developed and moulded my faith into what I think God will want it to be. My essay will be about how my Catholic education has helped me to flourish.

At the start of primary six we started the Pope Francis Faith Award which taught me about the seven gifts. I have been using these gifts my whole life, but I never knew they existed. One of the gifts is Knowledge. In school I used this gift to share a presentation with my classmates. The presentation was about a boy living in a poorer country and compared our lives. This helped me to see how fortunate I am.

Another gift I learned about in school is Fear of the Lord. Fear of the Lord is to appreciate the things that God made and treat it with respect. God helps me to see the goodness in the world and to recognise the world. My favourite season is winter because when you wake up and all the snow has fallen it feels magical and you can't wait to go outside. I thank God for that.

I feel so lucky that I go to a Catholic school. When you walk in the door, there is a feeling you get that you don't get in a non-denominational school. A warm welcoming feeling that makes you want to be there. That is how I have let my youth flourish.

Josan

Today I am writing an essay on the topic: Let Youth flourish. St Ninian's motto is "Floreat Juventus" which means "Let Youth Flourish". This resonates with me because we should look after this world that God has given us and we should be stewards of the Earth because we are the future generation. St Ninian's motto means a lot to me because it is saying let young people thrive. It is a very important motto because it gives an important message to us. I am going to discuss how I will flourish.

Youth will flourish by young people doing good deeds like reusing, reducing and recycling. We should grow and become good people by helping others, saying please and thank you and being respectful to older siblings and elderly people.

We should all be stewards of the Earth. We can accomplish this goal by reducing pollution and poverty, giving food and shelter to the homeless and giving money to charities. A steward of the Earth is someone that works really hard to look after this beautiful world that God has given us. We should stop killing animals illegally because they also have the right to be alive like us because God created them. By killing them we are not being stewards of the Earth.

Upon looking back I have flourished by reusing, reducing, recycling, giving food to children in an orphanage and helping elderly people. In the future I will flourish by trying to be the best I can be.

Overall, we should be the best we can be, help others, and be stewards of the Earth. We should try to be like Jesus who did good things. We should look after this world that God has given us.



Joseph Cleer

As I am continuing on my faith journey I am now taking a huge leap of faith to get myself to high school and I'm very thankful for being able to go to a catholic school. I am writing this essay to tell whoever is reading this the three main reasons why I pray.

The first reason why I pray is to say thank you for what I have and to live in a safe environment. I feel that this is the most important reason why I pray but forget to say thank you for what we already have.

The second main reason why I pray is to say sorry when I've done something wrong. I like to say sorry for things that I have done wrong because it makes me feel better because I feel that when I sin God is disappointed in me but when I say sorry God forgives me.

The third main reason why I pray is to pray for peace in the world. I'm very thankful to live in a country that isn't at war with any other country but in the world there are lots of countries that are. I also pray for the people that get injured in hope that they will heal and that their war ends soon.

Going to a Catholic school has helped me to do all these things more effectively and has helped me learn and flourish to become a much better person. It has also helped me to realise that this is our earth and us as humans are the stewards of the earth and we must take care of it because it is God our Father's creation.

Josh Oswald

As I reflect on my praying and why I do it, I thank God for all the friends and family I have in my life and look back at my Catholic education.

Now that I've gone to a Catholic school for almost 7 years now, I know a lot about the Catholic education, so now I can share with younger ones, or even older ones.

I know that I pray 5 times a day but I enjoy it because I can talk to God. I don't only pray because I have to, I do it to thank God and ask him to protect me.

I know I am catholic but I'm glad I am because if I wasn't I wouldn't know half as much as I do now, especially that I go to a Catholic school as well.

I pray for all the poor and unwell. I pray for me to be a better person. I pray for thanks, I pray for peace, I pray for help when I'm stuck and I pray for kindness around the world.



Joshua McGrory

Catholic education has helped me flourish in many ways. In this essay I will explain some of them. During my time in P6 and P7 I have undertaken the Pope Francis Faith Award, when I done this I felt like a better person.

In a catholic school I feel you get more opportunities than a nondenominational school. The opportunities are endless. I am quite excited to go to show and tell, another opportunity is welcoming at your own local church and you get to have the gifts of the holy spirit.

One example of when catholic education has helped me was during the Pope Francis Faith Award when I was confused about the 7 gifts of the holy spirit and it has helped me get ready for my Confirmation.

For my conclusion I have realised that if I didn't go to a catholic school I wouldn't have as many opportunities.

Joy Curran

Why I Pray

I learnt to pray at school when I was in P5. I like praying in school because it helps me to be closer to God.

I pray to god to say sorry for telling lies and telling on my friends. I pray to God to say thank you for the food you get and having friends and family. I pray to God to ask Him to help me when I get angry and sad and annoyed and upset.

I pray with my family because I enjoy praying.

Kaidyn Bell-Drummond

How has our Catholic education helped you flourish?

As I am near the end of seven years in a Catholic school, I am reflecting on how my catholic education has helped me flourish. Through welcoming it has helped me in many ways which I will be discussing in more detail in this essay.

When I started Primary 6 we got told about the Pope Francis Faith Award which is an award that makes you a better person and it really has impacted by life. For my Pope Francis Faith Award I have helped my sisters with their homework and I have done other nice things like that.

Through this experience I have learned that it is not just an award it's the good things that you do, like how I filled a bag and gave it to charity. In my Catholic school it has been a wonderful seven years and it has made a giant impact on my life. I feel really responsible and confident because of my Catholic education.

St Joseph's has taught me how to be kind to other people and it has also helped me flourish through welcoming and I feel very confident now.

Most things I have learned are from my Catholic School like how to share and just being a good person, I will keep this in my mind through high school and beyond my adult life.



Lauren Fay

I've gone to a Catholic school for 7 years and I'm glad that I did because if I had gone to a non-denominational school, I wouldn't know much about my religion. I believe that me going to a Catholic school was when I started to put my faith into action. I have been reflecting on how I've done that. I think that going to a Catholic school has been good because now I know a lot about my faith and I am happy to talk about my faith without feeling nervous. In this essay, I am going to discuss when I put my faith into action.

I pray five times a day and although that is a good thing to do I didn't think I was putting my faith into action so I started to do a bit more that I believe was helping me put my faith into action. As I have been reflecting I've realised how I've shown my faith in the things I do. I've put my faith into action by giving money to the homeless. I do this when I'm in town and I have some money, I believe that this is a good thing because I'm giving a homeless person money so that they can buy something to eat or drink.

I've given to charity and bought from charity. I believe that this has also helped me put my faith into action because I've given to a charity and bought from one which means money is going to people in need around the world.

I believe that those things help me put my faith into action, I also believe that helping my brother with his homework helps because that means I'm helping him complete something that he's struggling with.

Doing those things have helped me flourish academically, emotionally and spiritually, so thank you for everything I have!

Leon Parker-Dalzell

As I look back over my years at a Catholic School, I realise how it has helped to learn about my religion, life and God's love. The Genesis short story is about how God created the universe and everything in it.

I was asked to show it to my buddy so that they could get a good understanding of how God created the earth.

We need to enrich the youth of today or there will be no tomorrow because the youth of today are the leaders of tomorrow. I try to be the best person I can but sometimes I do not succeed but most of the time I do.

The motto of St Ninian's is "Floreat Juventus" which means "Let Youth Flourish" I think this is a great motto because if youth flourishes then there will be nothing we cannot do.



Luca Galasso

Today I'm writing about my Catholic education and how I put my faith into actions. Going to a Catholic school has helped me to be better in my daily life and made me make the right decisions. I will explore how I put my faith into actions in this essay.

At my Catholic school I was taught to be kind to everything and everyone in my daily life. I should be grateful for everything I have. If I didn't go to a Catholic school I wouldn't have been the same person I am now because I wouldn't have been taught to be kind or make the right choices and I wouldn't be as close to god as I am now.

I have learned about all the gifts of the Holy Spirit. I will take all this information to high school and into the Caritas Award.

Luke McBride

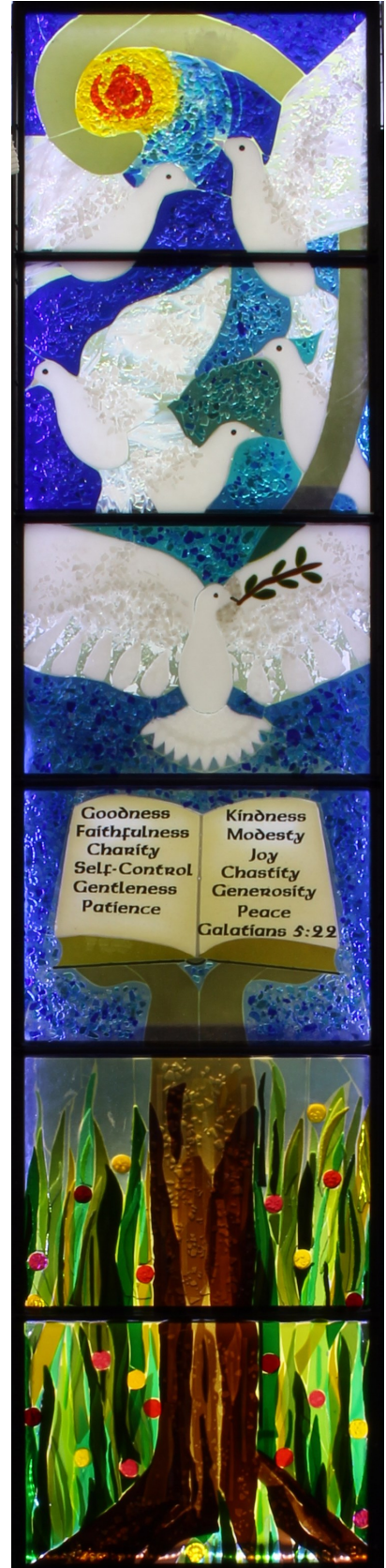
The motto of Saint Ninian's is 'Floreat Juventus' which means 'Let Youth Flourish'. How has your Catholic education helped you to flourish?

Catholic education has helped me to flourish in many ways. In this essay I will explain some of them.

It has helped me know myself and learn more about God and the Holy Spirit. I enjoy being a Catholic because you can always turn to God if you are feeling sad and you can pray and you will feel much better. Sometimes I don't really want to go to church but once you go you feel more calm and you feel good after you go.

I also enjoy going to a Catholic school because you learn a lot of interesting things like Pope Francis Faith Award, this helps me to show how God helps me in my daily life, receiving communion in P4, that was a big achievement at the time, but now I'm receiving my Confirmation in a few weeks. I'm very excited. These sacraments are all very big achievements and events in my life and now I get to know even more about my faith journey. I'm also moving in to high school very soon so I'm very excited because I know my faith will continue to grow.

When I'm in high school I will remember to respect my friends and family and also respect my faith. I will always remember to pray and follow my journey in faith. Catholic Education has helped me to see how I can affect the world around me.



Luke Stirling

Today I am going to be writing about why I pray. Praying helps me to calm down, and going to a Catholic school lets me pray four times a day. I will also discuss what praying makes me feel and what I think about when I pray.

When I pray I feel like I can do better, and ask what I should do. When I talk to God I feel like it's only me and him. Sometimes I don't concentrate on prayers, and when I don't, I regret it. Praying helps me feel better emotionally and spiritually.

When I am feeling upset or can't manage my emotions, praying helps me to calm down and set things right with my friends and family. When I am angry God stops me from hurting others or making them upset.

Sometimes God makes me do something I don't want to, like pick up litter or help someone I don't know, but God persuades me to do it, and be a Steward of the Earth in the way I act. When I pray I think of my gran, grandad and cat (Eddie) that all passed away. They give me strength and help me do something I don't want to with the motto 'Do it for gran, or Do it for Eddie, or Do it for Grandad.'

At a Catholic school, we are taught to appreciate everything which we have, during times of reflection, I am able to thank God for things that I have like healthy food and toys.

Maeve Sweeney

Why I Pray

Praying is a key part in my life because I pray every morning, during the day and last thing at night. I think that by praying, it gives you lots of hope and faith. In this essay I'll discuss all the reasons why I pray and how it helps me going to a Catholic school.

One of the main reasons I pray is to say sorry for anything I've done wrong and to ask for forgiveness. When I've maybe fallen out with a friend and said something which I regret and it maybe wasn't the nicest thing to say, I don't just look for my friend's forgiveness but Gods as well. In school we're able to take time to pray whenever we need to talk to God. That is one of the best reasons why going to a Catholic school is really helpful, knowing that I can reflect on my behaviour really helps be become a better person.

The second reason to why I pray is to simply say thank you. Saying thanks to God always makes me very happy. Being in a Catholic school makes you think about how lucky we are with all the things we have. Saying 'Grace before meals' everyday makes me appreciate what food I have, and it makes me change into a grateful, thankful person.

The final reason to why I pray is to just give up some of my time to God. With all the wondrous things we have on earth, I feel like I owe it to God to give him some of my time. During school or at the end of school we talk to God and tell him how our day was. I think that giving time to God is a great way to show that you're a true Catholic.

On the whole I love being in a Catholic school because of all the holy opportunities you receive.



Mani Kennedy

Why I Pray

Today I will be talking about my Catholic faith and why I pray. There are great qualities to see in a Catholic school, such as they teach well about Jesus and show you how to be the best you can be. I am really proud I am going to a Catholic school like St Ninian's the best Catholic School in Scotland.

When I was in P1 my buddies were called Owen and Joe and they told me about Jesus and Noah's Ark. They told me all about the good things about what Jesus said and did. The first thing they told me about Jesus's miracles and his best moments. They told me about when Jesus went to the wedding and they ran out of wine. Then Mary said to Jesus change the water into wine and that's what Jesus did. After that he performed a lot more amazing miracles. Then I became a buddy with two boys called Luke and Rory. So I shared what my buddies gave to me and they really enjoyed the story and told their friends.

The things which Jesus did and what I will take to High School is the miracles and that he forgave people no matter what they had done. I want to share good news to everyone and be a good person like Jesus. I will take that Catholic education to share and be the best person I can be. I feel I would never have these opportunities in a producing school than in a catholic school example buddying and praying 3 times a day in school. It helps me a lot to thank God for how fortunate I am.

Maryam Arshad

As a non-Catholic, by attending a Catholic school and gaining an education, it has impacted my life more than I could have imagined. It has let my youth flourish and has given me a variety of opportunities. I've realised, from my many friends, that all schools aren't the same and the atmosphere is more loving than many other schools.

Firstly, I'll mention how coming to a Catholic school has taught me more about the differences between Islam and Christianity, but also the similarities they have. A few weeks ago we learnt about Moses and the 10 Commandments. At Al-Meezan (an Islamic Club) we learnt about Prophet Musa (Moses). The teacher kept referring back to Christianity and the differences between Islam and Christianity. Although we have different beliefs, our main views are very similar and they connect most religions in some way. One similarity is God. Learning this has made me grow as an individual, by learning more about my own faith and others.

Next I'll mention how much I have learned about Christianity and what it takes to be a Christian. In class we've been learning about Confirmation and how everybody had to choose their Saint wisely. I was intrigued by what Saint everyone would choose and the Sacrament to be made. I took the time to choose a Saint and the reasons why I would have; if I were a Catholic I'd choose St Ninian as he brought Catholicism to a part of Scotland. I learnt this when my class on our Cluster visits to SNHS. Through this, I realise how important it is to learn about Christianity and Islam.

In conclusion, I realise the importance of Catholic education in my school life, as well as after school activities. Hopefully my youth flourishes in more ways than this essay can hold.



Matthew Plunkett

Catholic education helps me flourish for a lot of reasons and in this essay I will tell you these reasons.

Going to a Catholic school has allowed me to appreciate how we get taught that Jesus wants us to try our best and work our hardest.

Also being in a Catholic school has made me more grateful for the things like food, water and shelter. It's also a good experience going to church as a school because it gives me and my classmates some time to reflect and pray.

Looking back I don't think I would flourish as much if I was not in a Catholic school because of all the chances to become closer to God.

Mia Wilson

How I put my faith into action

Over the past few years it has become clearer how I've put my faith into action in many ways, which I will be discussing in this essay. These ways have helped me to have a better understanding of my faith, and have brought me closer to God.

Firstly, I would like to discuss the opportunities I've been given that I wouldn't have received at a non-denominational school like the Pope Francis Faith Award (PFFA). The PFFA has given me a better understanding of the 'Gifts of the Holy Spirit', as before I started the PFFA, I wasn't aware I was using them. Such as in primary four when we were preparing for our 'First Holy Communion', we were told how and not to chew when receiving communion as signs of respect. That uses the gift 'Reverence', which I now know because of the PFFA.

Secondly I'll be talking about how my faith has helped me to be more considerate towards others like in 'buddying' at the start of the year when we were told to help primary ones. Even before I started I already know what to do, because I know what Jesus wanted me to do and how to act, because school has taught me that.

In conclusion I've learned how important Catholic schools are, as they have helped me and my faith personally, and I know they've helped others. School is a big part of my faith, and where I learn most of my beliefs from, and I do appreciate them, because my faith is important to me and I believe I would have a different experience at a non-denominational school. I will take what I've learned and carry it into the rest of my life, I know that for a fact.



Mia Narwan

Although I'm not a catholic I still enjoy going to a catholic school, because it has allowed me to appreciate my own faith which is Sikhism, as I have a lot of opportunities to talk about it as I'm in a catholic school, I enjoy learning about catholic faith and it's amazing to see how both faiths are similar. I feel having opportunities to talk about my faith has also helped build my confidence.

There are many great qualities to see in a catholic school, such as how they bring out the best in you, how they help you to get closer to God no matter what faith you are. I have also been taking part in the Pope Francis Faith Award, which has driven me to learn more about Sikhism, and it has also helped me to make better choices. I feel being in a catholic school gives you more opportunities to help you flourish in your faith, and having that chance is great.

I have learned so much being in a catholic school. I will use all the things I've learned when I go to high school, such as putting my faith into practice, being kind to others, sharing and many more great skills. Therefore I pray more, and I feel more religious inside and out, I know I will carry on being kind to others, and not only make myself happy I want to make others too. Therefore going to a catholic school has helped me so much during my faith journey.

Millie Ross

As I am near the end of seven years in a catholic primary school, I am reflecting on the teachers that have taught me. One teacher who has really helped me so much and told me to never give up in my faith and my learning is Mrs Grant. I am going to be discussing how she has cared for me and inspired me to be a good person and believe in myself.

I have dyslexia, so school work has always been very difficult for me. Before I started working with Mrs Grant I just couldn't see how I was ever going to succeed at school but Mrs Grant changed all that. Mrs Grant has helped me be more confident and treat others in the way I would like to be treated. She has taught me to respect others, by showing me respect and helping me. She has taught me that I can do whatever job I want when I am older because it does not matter that I am dyslexic. Her kindness to me has inspired me to try to be like her and be nice to everyone that I know.

As I reflect on my experience in a catholic school I have realised that when I am being taught literacy and maths, my teachers are also teaching me about my faith without me even knowing it.



Neilla McIntyre

Why I Pray

There are many great qualities to see in a Catholic school, such as prayer, faith, reflection, community and respect. My time in a Catholic school has allowed me to flourish and put my faith into action. I am going to discuss this in my essay.

The first way in which I put my faith into action is by looking after the environment. I do this by being an eco-rep which has helped me be a better person to the environment. We're trying to help our school become a better environment for the future generation of St Joseph's Primary. I do this because at my Catholic school we have been taught that we are stewards of the earth.

The second way in which I put my faith into action is by being as kind as I can to my friends and family like Jesus was to Joseph, Mary and all his disciples. This has made me have better relationships with my friends and family.

I have learnt to pray four times a day and always thank God for what he has done for me. Being in a Catholic school has helped me a lot. I am very grateful for everything I have been taught so far.

Niamh McIntyre

Growing in Responsibility

I have chosen the topic Growing in responsibility for my essay. I had to think of this, but I know the best way I have grown in responsibility is by doing welcoming and readings at mass as not only does it help me grow in my faith it helps me grow in responsibility and confidence. I will be talking about this in more detail.

I have been going to mass to say readings and prayers. If I was in a non-Catholic school I would not have any of the opportunities I have had through my years at St Joseph's, it brings up my confidence and responsibility to be trusted to do something as big as a reading in front of loads of people in God's home.

In the Pope Francis Faith Award (PFFA) you must act on different activities to help out in your parish, at home and in school. PFFA has helped me grow in my responsibility because in P5 I may have known what the Gifts of the Holy Spirit were, but I only found out in P6 how much in day to day life we use them. Doing the PFFA has let me grow as a person and I can honestly say if I didn't do PFFA I would not be as responsible as I am now.

These are the things I think most of all have helped me grow in my responsibility but of course there are more things and I can't wait to become even more responsible in St Ninian's.



Olivia Felth

As I reflect upon my journey in St Joseph's Primary, I have prayed a lot to God to be thankful for things he has done for me and by making me the person I am and giving me food and a good education, for me to learn and develop new skills to use in my life. So I will write an essay about why I pray and why I do it in my daily life.

One of the reasons why I pray is to say thanks and to say how grateful I am to be alive. Also because I have a lot of things that many people do not have because they cannot get or afford so I should pray for them so they can still have a happy life and even get help by the considerate charities that care for the people.

We pray a lot in my Catholic school which is really good because then we can express out faith and in what we believe in. Another reason why I pray to God is to confess upon my sins and to apologise for messing up and doing the wrong when I can do the right thing. I pray to Jesus to say sorry because I lie and I want him to help me not to.

There are many great qualities to pray about but one of them is peace in the world. I thought about this one and realised how important and critical it is because there are billions of people who are in wars and getting injured, sure that is no way humans should be living. Also because they are innocent people and they are getting injured and mistreated. As well as animals, they get captured just for their fur and elephants get their tusks taken off just for ornaments. They have a life just like us, so I will pray for them to not get captured.

I pray many times a day and I enjoy doing it because it is relaxing and you can speak to God to celebrate your faith.

Olivia Mulligan

How has your catholic education helped you to flourish?

Catholic education has helped me flourish in so many different ways. In this essay I will be discussing a few of them. For example how I have helped lead younger people in their faith, helping at mass and trying to be more like God.

First example is when I made a story about God's creation for my buddy in Primary 1 and I read it to her. Now my buddy understands more about Jesus and God's creation.

Example 2 is when I went to mass to do welcoming with my friend Millie. While I was welcoming a lady came and asked Millie the P6's and I if any of us could do offertory because no one had turned up but although I had never done offertory I still gave it a go and my mum and dad were very proud of me.

My last example is that we have been looking at the 7 gifts of the Holy Spirit such as Wisdom, Piety, Fortitude, Understanding, Counsel, Knowledge and Fear of the Lord. I used these gifts regularly in my daily life.

Overall I have been very involved in our catholic school celebrations. This has helped me to be a better person and I will continue to build my faith through my life.



Patrick Doherty

Today I will be talking about being in a Catholic school. I have learned how to appreciate others, the world and myself. Going to a Catholic school has helped me appreciate God and His world.

The first thing is praying. In a Catholic school you pray. You pray in the morning, before lunch, after lunch and at the end of the day. It's good to practice your faith every day in school. I pray to say sorry, thank you and to ask for something.

The second thing is helping others, I try to help others whenever I can. I help my parents with chores. I also help out at school when people are hurt I go and help out. I sometimes go to church and do offering and welcoming. I love to help others because it makes them feel happy and then I feel happy. I have learned this from going to a Catholic school since Primary 1. I have used the gifts of the Holy Spirit which I learnt from R.E. in school.

The third thing is kindness, I like being kind it helps me learn and it helps others. I also feel happy when I am kind because I know God will be happy with me. I'm kind at school, in my house and at a family members house. I am kind at school when a visitor comes in I try my hardest to be kind even when there's not a visitor I try my hardest. I try my hardest to be kind everywhere even if it's in my house. I'm kind to my mum and dad. I do chores for them. I try to be kind to my brothers by making them toast or other things. I have also learned this from school.

Upon looking back I see that being in a Catholic school has helped me so much.

Patrick Reilly

How I put faith into action

For my essay I chose question six, How I put Faith into action, I picked question six because I think that it will make me reflect on my Catholic journey in school and how I have got a better understanding of God. At a catholic school most of the people around me are practising Catholics, this helps discuss my feelings more because I know that part of being a catholic is to respect others feelings and emotions. I think catholic schools are good for Scotland because your Faith matters and there is always support when you need it the most. As I am in a Catholic school we pray four times a day, this helps me feel safe and comfortable.

At my Catholic primary school (St Joseph's Primary) I've learned that even just the simplest things that I do in my daily life like praying after and before meals allows me to show that I am a practising Catholic and that God respects all the good little things that we do to show our Faith and will reward us with eternal life in heaven. This helps me put my faith into action.

Being part of a catholic school has given me millions of opportunities to grow in responsibilities and my Faith Journey through Pope Francis Faith Award and the Sacraments; Reconciliation, First Holy Communion and Confirmation. These Holy Sacraments have brought me much closer to God and his work on earth.

Being in a catholic primary school has given me many benefits to grow and show my faith. I put my faith into action through many aspects in my life, for example, following the ten commandments, being kind and caring for others.



Rebecca Darroch

The motto of Saint Ninian's is 'Floreat Juventus' which means 'Let Youth Flourish'. How has your Catholic education helped you to flourish?

St Ninian's High School, a school with: amazing resources, great teachers and a good community but most importantly it is also a school with a Catholic community. I'm here to talk about how I have flourished with the help of the Catholic school system.

In R.E. we have talked about the importance of prayer and how we need to be respectful while praying. I believe this is important as while we are praying we are talking to God. In Catholic schools we unite when we pray, and it helps us to flourish in our faith.

Another thing that comes with being a Catholic is taking on responsibilities. I have welcomed many times at St Joseph's Church as part of my Pope Francis Faith Award. This helps me flourish because I am not only developing my faith but the faith of others by getting involved in not only welcoming but different activities like monitoring and buddying.

I believe that to let youth flourish you need people to support you and to help you. Catholic schools provide all of the support you would need to flourish. That is how I think Catholic education has helped me flourish. Thank you for reading.

Ruby McIlvaney

How has Catholic Education helped me flourish?

Catholic education has helped me flourish in a variety of ways such as: praying every day has made me feel closer to God and made me feel like a bigger part of the Catholic community.

Going to a Catholic school has made me appreciate all of the support the teachers who have helped me grow in my faith by teaching me the seven gifts of the Holy Spirit and encouraging me to take part in all of the opportunities that are offered to me! One of the gifts is Piety which is the gift of the Holy Spirit that helps us have respect for God and the church. I have used Piety by welcoming regularly at my local church.

Why do I pray?

I pray because I want to speak to God and thank Him for everything He has given me and for helping me through the day. Once during lunch my friends and I went down to the sanctuary space (which is a quiet place where you can pray and write your own prayers) when we got there we sat down and wrote prayers thanking God for our friends and family. I talk to God every Sunday because I attend mass every week.



Ryan McBride

How to put Faith into action

Through the past few years I have been putting my faith into action more by doing the Pope Francis Faith Award and offertory and welcoming in the church. I think this has helped me because I understand more about the catholic community.

Through Primary 7 I have had the opportunity to do buddying. I liked buddying because I can teach my buddy about God. I told him about God by making a book for him that had the creation story in it.

I like going to a catholic school because I can learn lots of prayers and I like to pray because it gives me alone time with God.

In a catholic school we get the opportunity to have a class mass. I like having a class mass because you get the chance to learn new hymns.

In conclusion I have learned lots about being a good catholic. I will continue being a good catholic in the future.

Sally Bradley

Why I Pray

Going to a Catholic school has allowed me to appreciate my environment, the teachers, my friend, other pupils, my family and God. I am happy that my parents have chosen a Catholic school for me to go to. Praying is something all Catholics do every morning, before meals, after meals and an evening prayer.

I pray to God to ask for help and courage. I do this for my tasks and dancing competitions and I ask God to help me do my best. I try my hardest to do what god asks me to and to do what is right. I do this by appreciating when others win and when I get my test results.

Sometimes I pray to speak to someone who is not coming back. Sometimes people need to remember even if they are gone, they are still there to talk to even if we can't see them. Many people lose a loved one but it is important to remember they are not gone forever, we can pray to them.

I pray to give thanks to god for my family, friends, teachers, school and the church. We all need to be thankful for what we have and thankful for God because without Him we would not be here on our earth.

In conclusion we pray for many different reasons but all to the same God, our God. I have written this essay to answer a question, Why I Pray.



Sophie Barrett

The motto of St Ninian's is 'Floreat Juventus' which means 'Let Youth Flourish'. How has your catholic education helped you to flourish?

My catholic education has really helped me flourish as a person in many ways. I have had a lot of experiences I never thought I would and I have really developed my faith and the way I act around others.

The Saint Ninian's motto is 'Floreat Juventus' which means 'Let Youth Flourish'. I have really flourished in my faith by doing welcoming at my church and contributing in class masses. The school I go to has really encouraged me to do these things as part of the Pope Francis Faith Award.

My school has also given me the opportunity to go to a sanctuary during Lent. Here, me and my friends reflected and wrote a prayer to God. I think this is a great time for me to reflect and think about my faith. Also this was during lunchtime so I was giving my time up for God.

I have also grown more responsible through all of our class masses and the opportunity to do bidding prayers, offertory, readings and more.

Overall, my catholic education has helped me to develop my faith more than anything else and the experience has helped me to develop my faith and live my life like Jesus has taught us.

Sophie Stewart

Going to a Catholic school has helped me lots with my understanding of my friends' religion. Although I'm not Catholic, I have really enjoyed my time here. It has really helped me to flourish. I'm going to explain to you how I am able to flourish through my time in a catholic school.

I pray in school daily for lots of reasons. I find it a very nice time of day that I always remember. I find it really relaxing. It's like I'm putting everything out of my head to focus on God and what I'm asking him to do. I use the time to pray for the unfortunate and also the people who have passed on in my life.

I am really fortunate to be in this catholic school. It has helped me learn things that other people in non-denominational schools don't learn, like Religious Education. I feel like my school will always stick together no matter what.

I pray to get closer to God and to ask for his guidance. This is one of the main things that I like about going to a catholic school. When I pray I know that God is watching over me.

Altogether I have told you how I pray and why I pray. So going to a catholic school has been really fun and I hope that when I start my journey through high school I hope that I have lots more opportunities.



SAINT CLARE'S PRIMARY SCHOOL



Ryan Anthony McNaught

Floreat Juventus

The topic I have chosen to write about is the St Ninian's motto – "Floreat Juventus" – meaning "Let Youth flourish." Flourish means to grow in a healthy way. This topic caught my eye because my catholic education has helped me to grow in so many ways: in confidence, in perseverance and in reverence.

Another reason I chose this topic is because I am enthusiastic about joining St Ninian's High School and continuing my journey of faith. One of the many advantages of my catholic education is all the good opportunities that it provides.

Some of the opportunities I have already experienced include: reading at Mass; playing my guitar in front of the school and participating in the Pope Francis Faith Award. I have been very fortunate also because of the teachers and friends at my school. They have been and still are very helpful and kind and I appreciate greatly how lucky I am to attend St Clare's. (St Clare is my nanny's favourite Saint and she said it was St Clare looking after her and her family that took me and my sister there).

In many different ways the St Ninian's motto is exactly what Jesus Christ and God asked for us to do: to grow to love each other. That is why flourishing is important to young Catholics as we try our best to follow in the footsteps of Jesus Christ.

Primary school has given me so many opportunities so far but I hear high school gives even more. I look forward to finding out what they are!

Lily Pollock

Why I Pray

Praying is a crucial part of catholic education. I pray because I know that God will listen to me and help with any of my problems and worries. Praying makes me feel calm and safe and other people around me think the same but they also have their own opinion.

One prayer that I like is the Pope Francis 5 finger prayer. I like this one because it prays for lots of people before yourself including the sick and the poor and our leaders who make lots of difficult decisions.

There are lots of Saints you can pray to who are all for different things. The Saint I know most about is St Fillan because he is the saint for my old school. He was a shepherd and one of his sheep ran away so he risked his other 99 sheep to save the one who ran away. This shows that he cares very deeply about all of his sheep.

I like to pray 4 times a day because I have different things to pray about like having peace in the world everywhere you go. I also pray for my family and friends that they are safe and happy and have a good day. When I pray I pray in my classroom with my classmates and my teacher.

Overall I enjoy praying not just because it is part of my faith but because it is relaxing and I can enjoy it with my friends and it brings me closer to God.



Suwilanjani Nachalwe

Celebrating 100 Years of Catholic Education—Why I Pray

Our Father who art in heaven, hallowed be thy name. These are the words that Jesus gave in one of the most powerful and well known instructions on prayer!

In the Lord's Prayer there's assurance, hope for the future, there's love, respect, faith, forgiveness and victory among others.

I pray therefore, to claim the Lord's promises and to live according to the requirements that he has put forward for me.

Praying helps me to feel calm whenever I feel sad or stressed. Prayer helps me to be thankful to God for every meal provided. Before I sleep prayer helps me to look back with gratitude for the day that is ended, as well as to look forward with expectation to God's promises of tomorrow. That's why I pray before I eat, before I sleep and when I wake up.

I feel that when I pray God will listen and answer in His own time. Sometimes even when we pray, we feel that God has ignored our prayers, but actually, he either thinks it's not time or the thing that we're asking for is not necessary for us.

Praying for other people is as important as praying for yourself. It is important because they could be going through hard times such as: sickness, war and death.

Jesus prayed to stay connected with God his Father. Whenever He was troubled He prayed and when He was on the cross he prayed saying; Father forgive them for they do not know what they are doing.

Cecily Coffey-Craig

Why is it important for us to learn about Jesus and the Church?

It is important to learn about Jesus and the Church because learning about the way Jesus led his life helps us to try to follow his example. Learning about the life of Jesus and the beliefs of our church helps teach people to take forward Jesus' values into their lives. Pope Francis tells us that if we show faith in everyday life we spread the joy of being a Christian. In following His values we will contribute to society by doing charitable works, showing forgiveness, tolerance, patience, respect, love and by having a social conscience.

I believe having faith helps you to grow, reflect and learn as a person. Pope Francis said, 'If we act like children of God knowing that He loves us, our lives will be made new, filled with serenity and joy', this is something that everyone should try to do. By reading the Bible and learning about the life of Jesus, we can learn from the stories and try to bring their teachings into our daily lives. We also learn about important celebrations and events in our Church. It is important that we understand and are proud of our faith.

A church is a community of love and faith which is always there to help us through difficult times in our lives and who are connected through their belief in Christ. I enjoy learning about Jesus and the Church because it helps me to become a better person and also helps me to live up to my school motto, 'Deum Diligere Eique Servire'.



Lourdes Hernandez

Why I Pray

The meaning of prayer is to worship our God.

When I pray I am talking to God.

I can talk to God by praying, reciting the rosary and singing hymns. I pray if I am grateful, sorry for my sins and if I need help. I either pray when I am happy or sad. I pray to God to ask him for guidance, forgiveness or just to be grateful for who I am. When I pray I know God is with me. I pray for people I love and care about.

Sometimes I pray the Pope Francis Five Finger Prayer – first you pray for your family and friends, then teachers, then leaders, then the sick and poor and finally for yourself.

When I pray I don't just pray to be a good person I pray to help me act as a good person. When I pray God inspires me to be a better person. When I pray I feel closer to God. The first prayer I was taught is my guardian angel, I still pray it every night. When I pray the rosary I normally pray one mystery of the rosary instead of praying the whole rosary. The main reason I pray is because sometimes there are a lot of difficult choices for young people and you need guidance to see what path to choose – that is why I pray.

Olivia Murphy

How I put my faith into action

I put my faith into action by praying at school, home and at church, by being kind and considerate and caring about others, like we are taught in the Bible.

My faith reminds me to be humble and kind, like not leaving other people out when we play games at school, and caring about other people's feelings, not just mine. I also like to share. One time when my wee brother Anton had no sweets, and I did have sweets, I used my faith to realise that it would be kind and caring to share my sweets with him. I also just simply try to be a good person. My dad thinks his faith is important to him because it helps him to be a better person.

I like to go to confession and ask God for forgiveness for my sins and to help me to see right from wrong, to make the right choices in life and to be kind.

My dad took me to St Cadoc's church when they were displaying a copy of the Turin Shroud and it was super interesting. It made me realise what my God and my faith mean to me, and that I want to continue to put my faith into action.



Rhythm Khokher

Why I Pray

I pray because I feel I'm talking to God. I pray for the sick and the poor so that God can take care of them and give them a better life. I also pray for my family and friends that they can always have fun, good health and a good future.

I pray because it takes all my worries away and I know that God will help me with any problems I have in my life. I pray because it makes me feel calm and relaxed. Prayer makes all my fears go away. It helps God know what I am thinking about and He can help me in whatever I need help with.

Praying means a lot to me because it makes me feel like I'm the happiest person on earth. I feel God is giving me advice, like He is telling me what to do and how to do it. When I'm praying it's like God is giving me the answer to any question I am asking.

I pray when I feel happy or sad, nervous or confident. I also pray when I feel scared or angry, shy or ashamed. Sometimes when I pray I feel exhausted or bored, surprised or confused.

I pray to thank God for all my family and friends and for all the trophies and certificates I have won. I thank Him for my teachers and my school and my house and all the technology we have. I also thank him for all my talents and abilities and for all the opportunities I get to improve my life.

Above all I thank God for giving me such a great life.





St Ninian's Essay

Celebrating 100 Years of Catholic Education

1918 - 2018

Thomas Monaghan

Head Teacher

