

Our Ref:  
Your Ref:  
Contact:  
Tel: 01698 274955  
E-mail: [enquiries-at-st-marys-cleland@northlan.org.uk](mailto:enquiries-at-st-marys-cleland@northlan.org.uk)  
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**Education and Families**

Mr Francis McIntyre  
Head Teacher  
St Mary's Primary & Nursery  
Chapel Street  
Cleland  
Motherwell. ML1 5QX  
[www.northlanarkshire.gov.uk](http://www.northlanarkshire.gov.uk)

Dear Parent/Guardian,

**Lent**

As you will be aware we are in the liturgical season of Lent. During the season of Lent we are invited to do 3 things: pray, fast and give alms. Following my meeting with the pupil council representatives I would like to share with you what we plan to do as a school to develop in our Faith and Learning within St. Mary's.

**Prayer**

Beginning on Monday the 26<sup>th</sup> February, the children will reflect on the Stations of the Cross every morning in the school hall at 8.50 am. I would like to encourage as many children as possible to join us in these reflections. Within the class and in assemblies we will be reflecting on the meaning of Lent and how we can develop spiritually during this season.

**Fasting**

We are asked to abstain from unnecessary foods during Lent. Some children may give up sweets, chocolates, fizzy juice etc. This may mean they can use the money they would normally spend on such things to help others, which can link to the 3<sup>rd</sup> aspect of Lent, almsgiving.

**Almsgiving**

During Lent we try and focus on people who are less fortunate than ourselves and possibly donate to support people in need. To raise funds for charity each class will lead a fundraising activity - details of individual class activities will follow. There will also be some whole school activities to allow the children to have some fun as well as raise money for charity. The activities will take place on Fridays detailed below in March. We would ask that children donate £1 to take part in the following activities:

Date	Activity
8 <sup>th</sup> March	Dress Up/Dress down World book Day is on the 7 <sup>th</sup> March. Children may dress up as a character from a book or wear their own clothes.
15 <sup>th</sup> March	Odd Sock & Shoe day
22 <sup>nd</sup> March	Movie/Activity afternoon
28 <sup>th</sup> March	Crazy Hair Day

Thank you in advance for your support in our development of Faith and Learning within St. Mary's Primary School.

Yours sincerely

**Francis McIntyre**  
Head Teacher

