



## Holy Cross Catholic Primary School - Prayer and Liturgy Newsletter Spring 2026

This term is full of special moments in our prayer and liturgical life, as we continue to live out our school mission:

*"A family living, loving, learning together through the light of Christ."*

This newsletter shares some of the content children will experience in school throughout Spring Term and suggests ways for you to engage with them at home. We hope it is a useful resource for family prayer and reflection.

### Living, Loving, and Learning Through Lent and Easter

As we journey through Lent towards Easter, children will be exploring the themes of compassion, service, hope, and love. Through prayer, reflection and faith-led activities, they will deepen their understanding of Catholic Social Teaching and experience ways to live out the Gospel.

Our weekly **Gospel assemblies (Year A)** and **class Celebrations of the Word** allow children to explore the Sunday Gospel through age-appropriate readings, reflections and activities. These sessions also support **Christian meditation, common prayers, spontaneous prayers, and Mass responses**, which children practise daily in school. Full details and guidance can be found in the **Prayer and Liturgy Plan of Provision** on our school website.

### Epiphany & Baptism of the Lord – January

Children reflect on Jesus as the light of the world and the call to follow Him, guided by the example of the Magi and His baptism.

#### Ways to pray and reflect at home:

- Share a short prayer each day, thanking God for the light He brings into your lives.
- Discuss the gifts the Magi brought and think about what gifts (talents, kindness) you can give to others.
- Lead your family in the Sign of the Cross and a spontaneous prayer of thanks.

### Lent – A Journey of Prayer, Fasting and Almsgiving

Throughout Lent, children will be encouraged to grow closer to God through prayer, thoughtful choices, and acts of love and service.

### Ways to pray and reflect at home:

- Pray together as a family each day, e.g., *"Lord, help us to grow in love and kindness this Lent."*
- Keep a simple Lenten promise, such as helping a neighbour or performing an act of kindness each week.
- Practice Christian meditation together for a few minutes, focusing on stillness and listening to God.

### Stations of the Cross – Every Friday (Lent)

Children will reflect on Jesus' journey to the cross, understanding sacrifice, forgiveness and love. Age-appropriate prayers and reflections will be shared in assemblies and classrooms.

### Ways to pray and reflect at home:

- Read a short story or Scripture passage about Jesus' journey to Calvary.
- Discuss ways you can follow Jesus' example by showing forgiveness or supporting someone in need.
- Pray together: *"Lord Jesus, help us to love as you love, forgive as you forgive, and serve as you serve."*

### Holy Week and Easter

We will prepare our hearts for the joy of Easter, celebrating Jesus' Resurrection and the hope it brings.

### Easter Assemblies – Parents Invited (WB 30th March)

Families are warmly invited to join us as children lead prayer, reflection and celebration.

### Ways to pray and reflect at home:

- Read the Easter story together and discuss what it teaches about hope and new life.
- Pray a spontaneous family prayer of thanks for the gift of Jesus' resurrection.
- Celebrate with a small Easter ritual, such as lighting a candle, reflecting on the new life God gives us.

### Special Projects & Campaigns in Prayer

- **CAFOD World Gifts – Christmas Impact:** Reflect on generosity and global solidarity.
- **Good Shepherd Appeal – Nugent Care (Lent Focus):** Pray for those receiving support from Nugent Care and discuss ways your family can help.
- **Holy Cross Helping Hands of Hope – School Food Bank:** Pray for families in need and discuss the importance of sharing what we have.
- **Lenten Fundraising & Acts of Kindness:** Pray together for guidance on how to serve others and put faith into action.

## Weekly Prayer in School

Children will continue to develop their prayer life through:

- **Christian Meditation:** Short periods of silence to reflect on God's presence.
- **Common Prayers:** Our Father, Hail Mary, Glory Be, and age-appropriate prayers.
- **Spontaneous Prayers:** Children are encouraged to offer their own prayers of thanks, sorry and petition.
- **Mass Responses:** Practising age-appropriate responses during school Masses and assemblies.

*Parents can find full details and resources on the school website and in the Prayer and Liturgy Plan of Provision.*

## Ways to Join In at Home – Spring

- **Pray together during Lent:** Share a short prayer or a decade of the Rosary as a family.
- **Acts of kindness:** Encourage children to perform small acts of service at home, e.g., helping around the house, writing thank-you notes, supporting neighbours.
- **Support the Good Shepherd Appeal:** Talk about how Nugent Care helps children and families and encourage participation in fundraising activities.
- **Reflect on Jesus' journey to Easter:** Read or watch the story of Holy Week and discuss love, forgiveness, and hope.
- **Care for creation:** Continue simple acts like recycling, conserving energy, or planting seeds.
- **Share Easter celebrations:** Attend Easter assemblies if possible, and at home, celebrate with prayer, reflection, or family traditions that honour the Resurrection.

## Key Spring Term Dates

6th January – Epiphany of the Lord	WB 9th March – Good Shepherd Appeal Fundraising Week
11th January – Baptism of the Lord	WB 30th March – Easter Assemblies
18th February – Ash Wednesday	3rd April – Good Friday
Every Friday (Lent) – Stations of the Cross	5th April – Easter Sunday

We pray that your family will enjoy this term full of reflection, prayer, service and celebration. Thank you for supporting your children as they grow in faith, develop as leaders, and live out our school mission.

With blessings,

The Prayer and Liturgy Team