

# St Bede's Catholic Academy

## Parents' Newsletter

Monday 21st January 2025  
Issue 47



### Lent is Around the Corner - February 14th

As we approach Lent, it's a wonderful time to prepare our hearts and minds for this sacred season. Lent is a period of 40 days leading to Easter, during which we reflect on Jesus' journey to the Cross and His ultimate sacrifice for us. It's a season of prayer, fasting, and almsgiving, inviting us to grow closer to God through simplicity, self-discipline, and acts of love.

#### What Lent Means for Families

For parents and children alike, Lent offers an opportunity to focus on what truly matters: our faith, our relationships with others, and our relationship with God. Families can use this season to:

1. Reflect on Faith: Discuss what the season of Lent means and why it's important.
2. Grow Together Spiritually: Attend Mass, pray the Rosary, or explore Lenten traditions like Stations of the Cross as a family.
3. Practice Gratitude: Use this time to reflect on the blessings in your life and give thanks to God.

#### Ideas for Lenten Practices

Here are some simple and meaningful ways to observe Lent as a family:

- Prayer:
  - Create a prayer space at home with a crucifix, candle, and Bible, and commit to daily family prayers.
  - Attend a weekday Mass or Lenten service as a family.
  - Pray for a specific intention each day, such as peace in the world or the needs of the poor.
- Fasting:
  - Choose something to give up that helps the family grow spiritually, such as unnecessary screen time, junk food, or unkind words.
  - Encourage children to practice self-control in small ways, like sharing a favorite toy or snack.
  - Fast from distractions by setting aside time for quiet reflection or reading Scripture together.
- Almsgiving:
  - Start a "family giving jar" where each member contributes to a charitable cause during Lent.
  - Volunteer together at a local food bank, soup kitchen, or parish charity event.
  - Participate in your school or parish Lenten initiatives, such as food or clothing drives.

#### Key Reminders for Families:

- Ash Wednesday is a day of fasting and abstinence for Catholics.
- Encourage your child to approach Lent with a sense of purpose, considering what they can do to strengthen their faith and help others.

### Diary Dates

## 2025

Tuesday 28th January  
Humberside Secondary  
Cross Country Finals

Wednesday 5th February  
Health & Social Care  
JLC visit 10am - 12.15pm

Tuesday 11th February  
Yr 8 Day of Reflection

Thursday 13th February  
School closes for  
half term at 3.05pm

Monday 24th February  
School re-opens to students

Tuesday 25th February  
GCSE Music Performance  
(Contingency Day)

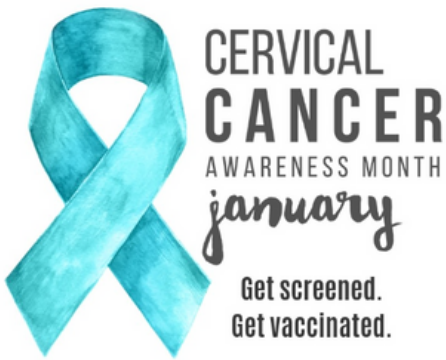
Wednesday 26th February  
Year 9 Vaccinations

W/C Monday 3rd March  
Year 11 English & Maths  
Mock Exams

Wednesday 5th March  
GCSE Live Event Yr10

National Cervical Cancer Awareness Week: Let's Talk Prevention

This week marks National Cervical Cancer Awareness Week, a crucial time to discuss the importance of education, prevention, and early detection in safeguarding the health of women and girls in our families and communities. Cervical cancer is one of the most preventable forms of cancer, thanks to advancements in screening and vaccination. Yet, many remain unaware of the steps they can take to protect themselves and their loved ones.



Key Facts to Share with Your Family:

- The Importance of Screening: Regular smears (or cervical screening tests) can detect abnormal changes in cervical cells before they develop into cancer. Early detection saves lives.
  - HPV Vaccination: The Human Papillomavirus (HPV) vaccine is a powerful tool in preventing the types of HPV that most often cause cervical cancer. It's recommended for pre-teens but can be administered up to age 45.
  - Lifestyle Matters: A healthy diet, regular exercise, and avoiding smoking can also reduce the risk of cervical cancer.
  - How You Can Get Involved:
  - Educate Your Children: For parents of pre-teens and teens, now is the time to discuss the benefits of the HPV vaccine.
  - Encourage Regular Checkups: Lead by example and make sure the women in your family are up to date on their screenings.
  - Spread the Word: Awareness saves lives. Share facts and resources with your network to amplify the message.
- This week is a reminder that a simple conversation or a proactive decision can make all the difference. Together, we can ensure that cervical cancer becomes a thing of the past.

School Crossing Patrol Collum Avenue (near Roundabout)

We have a new School Crossing patrol at the above site starting AM next Monday 27th January

Menu



STREATERIES LUNCH MENU					
WEEK 3 16/9, 7/10, 28/10, 18/11, 9/12, 30/12, 20/1, 10/2	AUTHENTIC <b>Italian</b>	PAN <b>ASIAN</b>	Home <b>STYLE</b>	Cocina <b>ESPAÑA</b>	Chips <b>&amp; More</b>
	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
	<b>MAINS</b>	<b>MAINS</b>	<b>MAINS</b>	<b>MAINS</b>	<b>MAINS</b>
	TUSCAN SAUSAGE LASAGNE	KUNG PAO PULLED PORK	CREAMY CHICKEN & PUFF PASTRY PIE	SMOKY ALBONDIGAS (Meatballs)	Choose from: BATTERED FISH SAUSAGE or VEG SAUSAGE (battered or plain) Margherita Pizza Chicken Nuggets Chips
<b>SIDES</b>	PROVENÇAL VEGETABLE LASAGNE	BANG BANG CAULIFLOWER	SMOKY SWEET POTATO & RED PEPPER PIE	SPANISH VEGETABLE TORTILLA	MINTY PEAS, BAKED BEANS, GRAVY OR CURRY SAUCE
	GARLIC WEDGES HOUSE CHOP SALAD	5 SPICE RICE & STIR FRIED GREENS	CHIVE MASH PEAS, GREEN BEANS SAVOY CABBAGE	SPANISH RICE TOMATO & GREEN BEAN SALAD	
	<b>- PASTA &amp; NOODLE POTS -</b>				
	CARBONARA PASTA	VEGGIE THAI STYLE NOODLE POT ITALIAN TOMATO PASTA - DAILY	BOLOGNESE PASTA	CHINESE CHICKEN CHOW MEIN NOODLES	CARBONARA PASTA
<b>BEANS - CHEESE - JACKET POTATOES - TUNA MAYO - SIMPLY PLAIN</b>					
<b>BIG BOWL SALAD</b>	CLASSIC GREEK SALAD WITH FETA & OLIVES	SQUASH, ROASTED VEGETABLE & CHICKPEA SALAD	SMOKY MEXICAN BEAN CHOPPED SALAD	CRUNCHY RANCH & EGG SALAD	COCONUT CHILLI CHICKEN SALAD
<b>DESSERTS</b>	APPLE & SYRUP SPONGE with Custard	CHOCOLATE SHORTBREAD	KEY LIME CHEESECAKE	CHOCOLATE BANANA CAKE with Custard	BROWNIE with Chocolate Sauce
Daily Meal Deals Regular Chef's Specials		Freshly Made from Scratch <b>DAILY!</b>	Fresh Cut Fruit & Yogurt Pots Available Daily	HANDCRAFTED DELI SANDWICHES, BAGUETTES, WRAPS, SALADS & MORE!	<b>DELI KITCHEN</b> HOT GRAB & GO

